

# Lacka Organic Farm

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## Hemp Hearts

- Certified Organic
- Local
- Homegrown



# Lacka Organic Farm

Farm converted to Organic in 2009

Main Enterprises :

- Barley – Waterford Distillery
- Oats – Flahavans
- Beef – Goodherdsman/Slaney
- Hemp Seed / Hemp Hearts - few niche markets / looking to expand / own brand



## Steps

- Market
- Soil preparation
- Sowing
- Harvesting
- Drying
- Cleaning
- Bagging
- Labelling



# Hemp

- Male and Female Plants
- Male pollinate females and die off
- Females produce seed
- Seeds do not ripening evenly
- Harvest in September
- Seeding Rate 11-14kg/acre
- License from HPRA required
- Early sown – earlier harvested
- Sow after last frost – Late April



## Growing Hemp

- Variety Finola –  $<0.2\%$  THC - Narcotic component
- Needs lot of rain first 6 weeks
- Nutrient Requirement – depends on what you take from field
- 80-120kg of N – (Teagasc Figures)





# Sowing

- Plough and sow quickly afterwards
- Need rain forecast
- Do not sow into a dry seedbed
- Poor weed suppression especially if it gets a bad start
  - Main weeds – grass/lambs-quarter/redshank
- Small seed – fine seed bed , grass harrow and seed box ideal.





DO NOT  
SOW INTO  
DRY SOIL



# Harvesting

- Clean out combine !!!!
- Set sieves correctly
- Return Auger can block
- Do not use a rotary combine – straw walkers only !!!
- High moisture – will heat quickly – need it on air in first 3 hours.
- Grain drying trailers ideal – scarce
- Batch dryers – may block
- Drying floor





## Organic Finola Finance

	Hemp	Hemp	Barley	Oats
<b>Yield /Acre (Tonnes)</b>	<b>0.4 Tonnes</b>	<b>0.25 tonnes</b>	<b>2 tonnes</b>	<b>2.5 tonnes</b>
<b>Seed</b>	161	161	43	43
<b>Plough Sow Till Roll</b>	72	72	72	72
<b>Combine</b>	50	50	50	50
<b>Dry</b>	60	60		
<b>Transport</b>	40	40	24	30
<b>Clean</b>	52	52		
<b>Fertiliser</b>	30	30	30	30
<b>Total Costs</b>	465	465	219	225
<b>Price /tonne</b>	2400	2400	450	360
<b>Price / Acre</b>	960	600	900	900
<b>Profit</b>	495	135	682	676

# Pros and Cons

## •Pros

- Increase margins
  - Adding value – Organic Food product
- Crop rotation
- Good for soil
- Carbon Sequestration

## •Cons

- Weather dependent – at both ends
- Weed competition
- Late Harvest
- Need drying equipment
- Need cleaning equipment
- Mould – fails specification – back up plan ?





## FINAL TIPS

### GET A CONTRACT WITH AN END USER !!!

- Need a letter from a end user as part of license application – THIS IS NOT A CONTRACT
- Specification should be part of a contract
  - Moisture , screenings, colour, free from mould, oil content.













## Future for Lacka Organic Farm

- Currently looking for new organic hemp markets.
- Products
  - Whole hemp seeds
  - Dehulled hemp seed ( Hemp Hearts)
    - High in protein , vegan friendly
- Dehulling machine on- route

If you would like to find out more information please

Lacka Organic Farm  
Hemp Hearts  
Whole Hemp Seed

Email: Alan  
[lackafarm@gmail.com](mailto:lackafarm@gmail.com)  
Tel: 083 8571270