



Co-funded by
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Waters of LIFE Advisor Training

Module 4A: General Actions

May 2025

- **NMP - Nutrient Management Plan**
- **AgNav - Nitrogen Surplus Recording**
- **Precision Nutrient Application – Pasture Base Ireland & MoSt**
- **Catch Crops**
- **Minimum Tillage**
- **Mob Grazing (trial plots)**
- **Runoff Risk Assessment (short demonstration)**

Why:

- Improved Management of Nutrients

Where can I get an NMP:

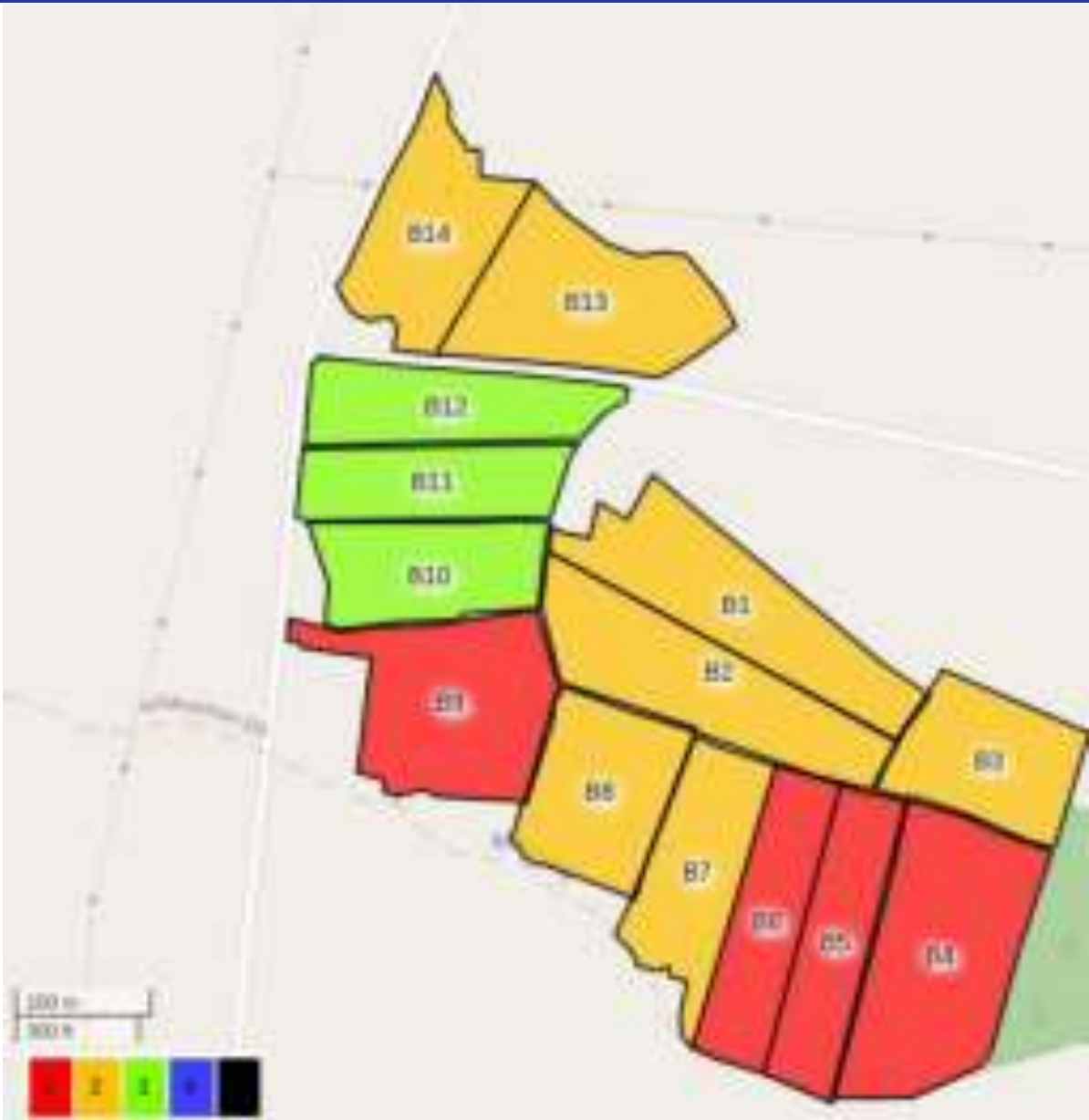
- Teagasc NMP Online
- Farm Eye
- Grassland Agri system

Rate:

- €400 per plan

Who This Applies To:

- Awbeg.....Required
- Shournagh.....Required
- Islands..... Optional
- Graney..... Optional
- Avonmore.....Optional



Step 1:

- Contact Farm Advisor
- Sign up to provider (Teagasc NMP, FarmEYE, Grassland Agri Systems)

Step 2:

- Soil Sample Farm
- 2 yr old samples max

Verification:

- Submit to Waters of LIFE:
- Farm Plan
- Soil Sample results



What is AgNav:

- Sustainability Toolkit
- Nutrient Surplus Calculator
- ICBF, Bord Bia & Milk Co-Ops
- Climate Action, Air Quality & Water Quality

Rate:

- Free €€ to sign up €250/yr
- 50% AgriTxt or similar support: €200

Who This Applies To:

- Awbeg.....Required
- Shournagh....Required



Step 1:

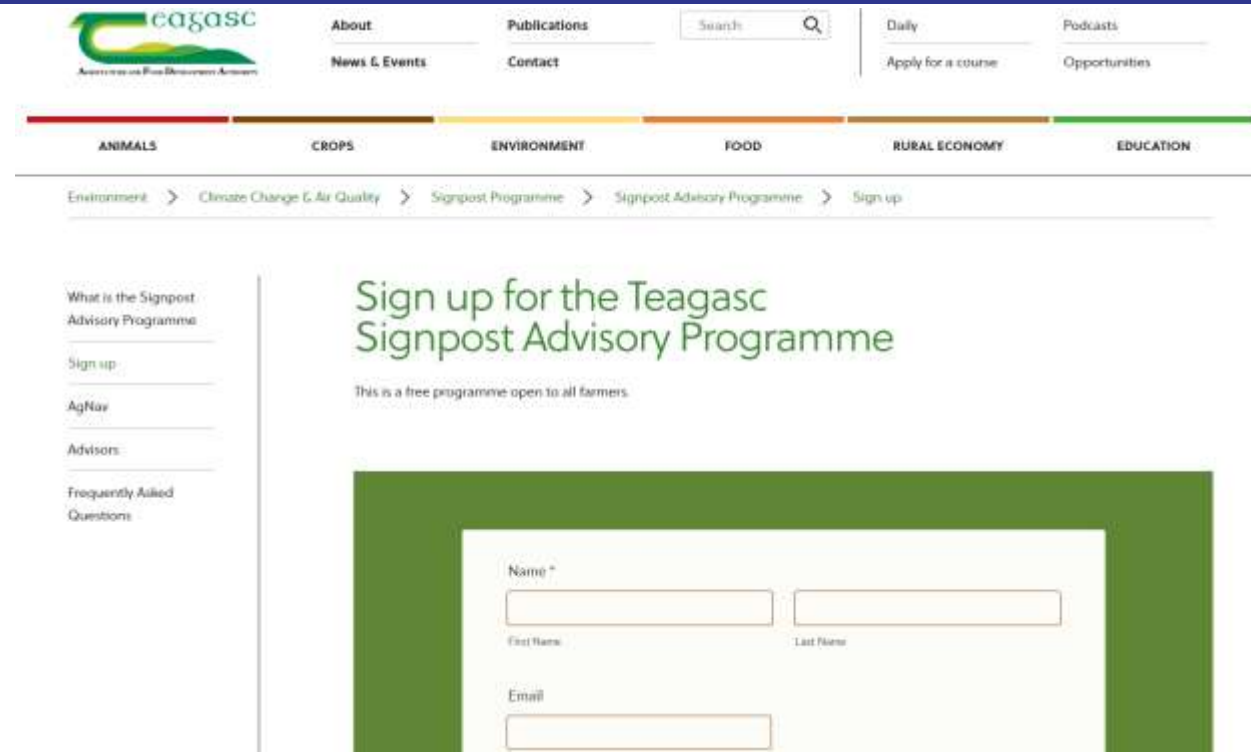
- Assessment: (data compiled from)
- Bord Bia Audit
- ICBF

Step 2:

- Forecaster:
- N&P surpluses for farm

Step 3:

- Action Planner:
- Farmer & Advisor develop Action Plan



The screenshot shows the Teagasc website's sign-up page for the Signpost Advisory Programme. The header includes the Teagasc logo, navigation links (About, News & Events, Publications, Contact), a search bar, and links for Daily, Podcasts, Apply for a course, and Opportunities. A horizontal bar below the header categorizes the site into ANIMALS, CROPS, ENVIRONMENT, FOOD, RURAL ECONOMY, and EDUCATION. The main content area features a sidebar with links to 'What is the Signpost Advisory Programme', 'Sign up', 'AgNav', 'Advisors', and 'Frequently Asked Questions'. The main body has the heading 'Sign up for the Teagasc Signpost Advisory Programme' and a subtext 'This is a free programme open to all farmers.' Below this is a sign-up form with fields for 'Name *' (split into 'First Name' and 'Last Name') and 'Email'.

Verification:

- Submit to Waters of LIFE:
- AgNav Action Plan
- AgNav Forecaster Targets
- Copies of Invoices/Receipts

Overview:

- Using Pasture Base Ireland and MoSt Grass growth model
- Need to include data from NMP – e.g, soil test results
- Allows accurate recording per plot

Rate:

- PBI Scorecard €490/yr (€70 per Q)
- Grass Measuring
- Non-derogation 0 - 35 recordings
- (derogation) 20 - 35
- €27.50/cover (max €962.5 for 35 covers)
- Total available: €1,452.50

Who This Applies To: Awbeg & Shournagh (Optional)



Verification:

- Submit to Waters of LIFE:
- Copy of PBI Scorecard
- Copy of PBI Reports

Overview:

- Planting crops for short duration on tillage ground
- Helps reduce nitrogen losses in fallow period
- Only non leguminous species supported

Rate:

- €173/ha (winter)
- €229/ha (other/spring)
- MAX 50ha

Who This Applies To:

- Awbeg & Shournagh (Optional)
- LPIS Parcels Declared as Tillage



Requirements:

2 sowing options

- **A (other cropping systems)**
 - Crop sown (mid Aug-Sept)
 - Remain in place until Jan 1st
- **B (winter cropping systems)**
 - Crop sown (before August)
 - Remain in place until Sept 30th

Verification:

- Submit to Waters of LIFE:
- Geotagged photos
- Proof of seed purchased

Table 1: Approved Catch Crop Species

Catch Crop Species	Monoculture seed rate kg/ha
Buckwheat	50kg/ha
Forage/Fodder Rape	8kg/ha
Mustard (Brown)	15kg/ha
Mustard (White)	7kg/ha
Oats	100kg/ha
Black Oats	60kg/ha
Phaceila	8kg/ha
Sunflower	20kg/ha
Rye	150kg/ha
Tillage Raddish	10kg/ha
Leafy Turnip	8kg/ha
Linseed	30kg/ha
Fodder Radish	10kg/ha
Kale/Rape hybrid ²	8kg/ha

Overview:

- Low disturbance crop establishment
- Helps reduce nutrient and sediment losses in tillage

Rate:

- €40/ha/yr
- MAX 50ha

Who This Applies To:

- Awbeg & Shournagh (Optional)
- LPIS Parcels Declared as Tillage (2024)
- Grassland Reseeding may be applicable



Minimum Soil Disturbance

No Ploughing



Verification:

- Submit to Waters of LIFE:
- Geotagged Photos
- Site visit by team during crop establishment

Overview:

- Experimental measure to improve soil health and moisture retention and ultimately to reduce runoff
- High-density grazing
- Short grazing period
- Long rest period (50+ days)

Rate:

- €750/ha

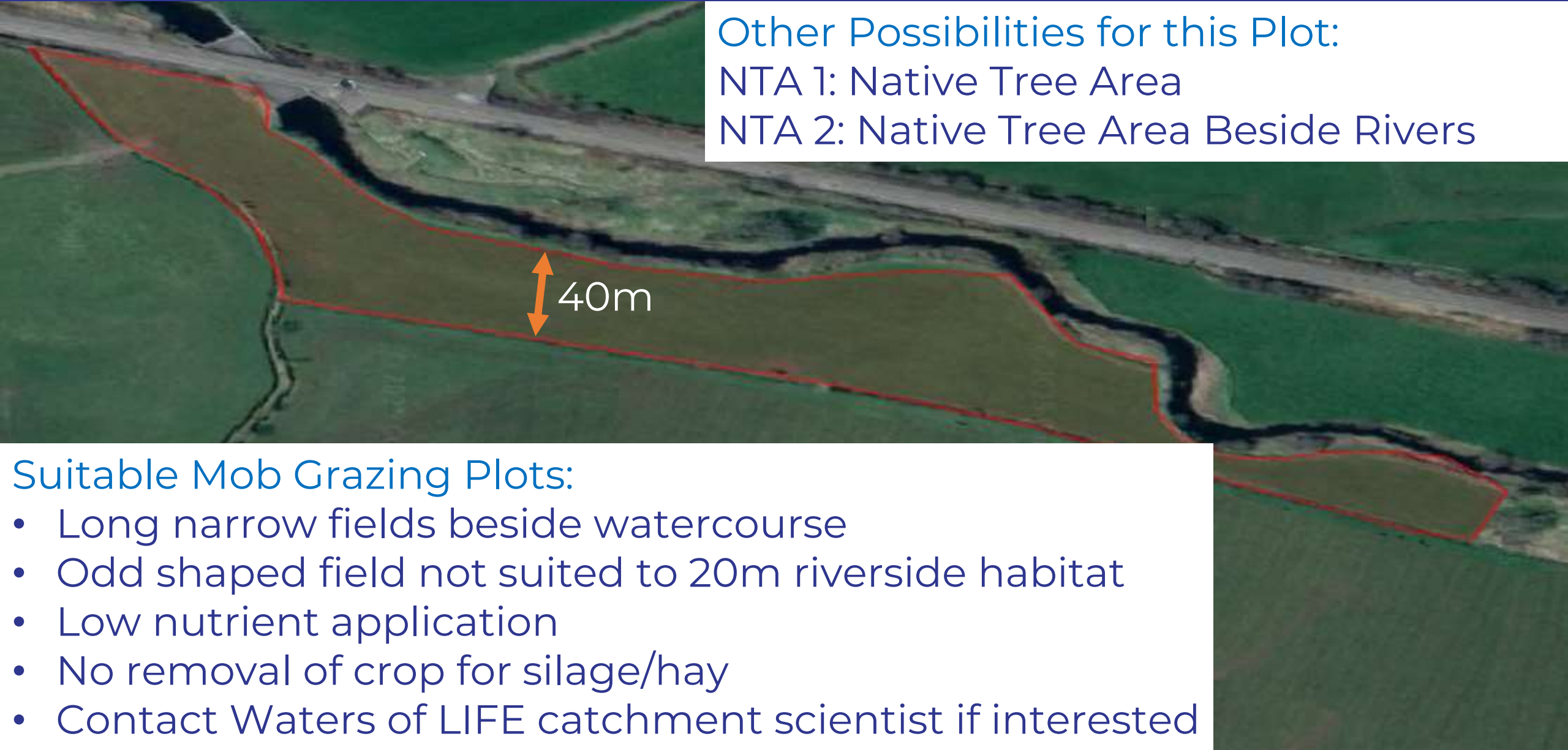
Who This Applies To:

- Options in all catchments.
- Selected plots approved by Waters of LIFE scientist



Verification:

Geotagged photo at intervals throughout grazing season



Other Possibilities for this Plot:

NTA 1: Native Tree Area

NTA 2: Native Tree Area Beside Rivers

Suitable Mob Grazing Plots:

- Long narrow fields beside watercourse
- Odd shaped field not suited to 20m riverside habitat
- Low nutrient application
- No removal of crop for silage/hay
- Contact Waters of LIFE catchment scientist if interested



Mob
Grazing
Area

Plot Area: 2 ha
@ €750/ha = €1,500

Riverside Habitat
Scorecard

River Length: 500m
River Fenced: 4 meters
Score 8/10 = €320

Total Plot
Payment
€1,820

Overview:

- Whole farm assessment
- Identifying Flow Paths
- Completed by Farmer & Farm Advisor Walking Farm Together
- Knowledge Exchange between both

Rate:

- €250 (yr 1)
- €250 (yr 3)

Who This Applies To:

- Required in all catchments



Flow
paths?



Framework

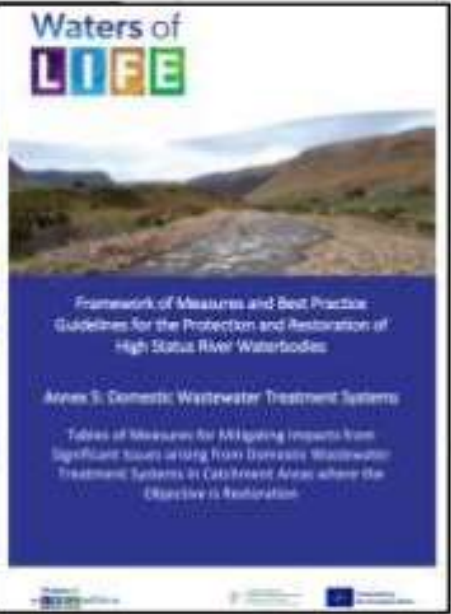
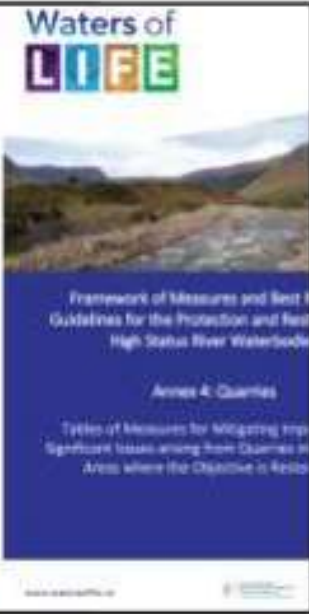
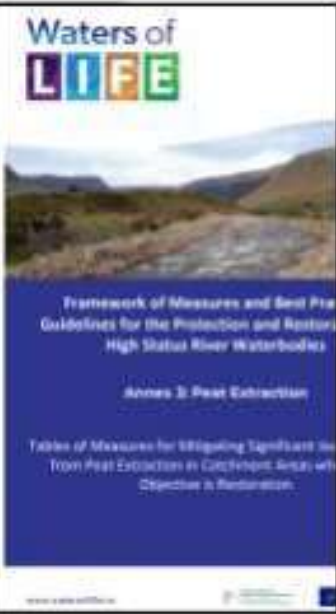
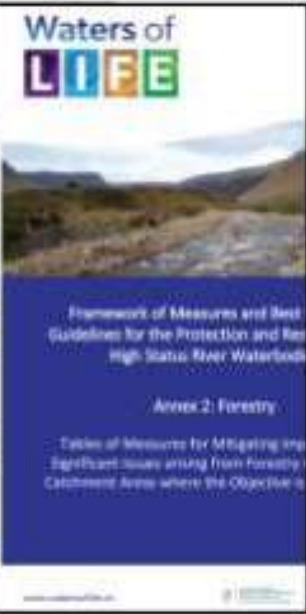
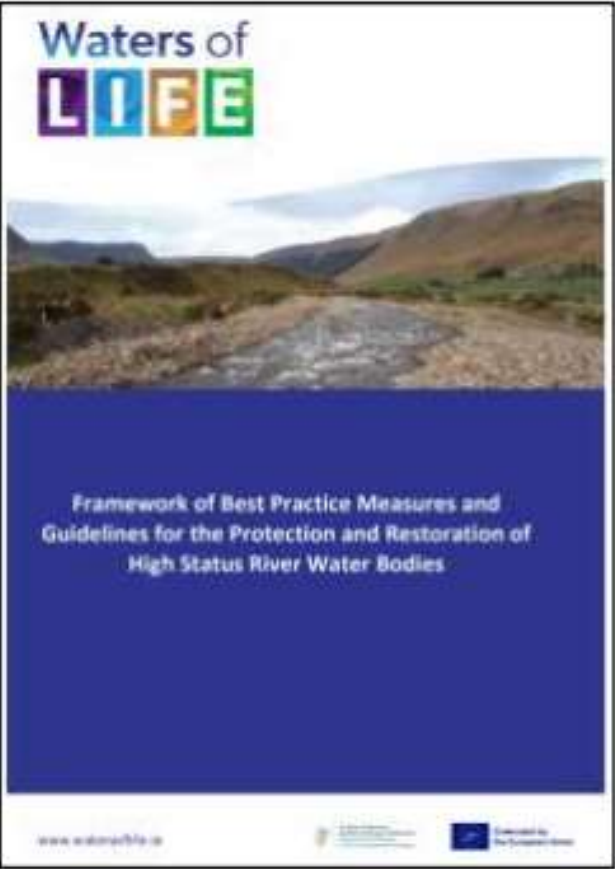
Agriculture

Forestry

Peat Extraction

Quarries

DWTS



Real-world scenarios - based on challenges seen in Irish catchments.

- Draw on your own experience
- Using Annex 1 from Waters of LIFE Framework of Measures (Page 11)
- Consider the following

What is the most appropriate and effective mitigation measure (or combination of measures) for:

- **Scenario 1:** Free-draining soil with elevated Nitrogen (N)
- **Scenario 2:** Poorly-draining soil with elevated phosphorous (P)
- **Scenario 3:** Poorly-draining soil with high sediment loss