

**Table 1: Teagasc recommended guidelines for nitrogen application on beef farms [kg/ha (units/acre)]**

<b>Stocking rate (kg organic N/ha)</b>	<b>March</b>	<b>April</b>	<b>May</b>	<b>June/July</b>	<b>August/ September</b>	<b>Total N rate kg/ha (units/ac)</b>
138	34 (27)	25 (20)	10 (8)	15 (12)	19 (15)	103 (82)