Your news how you want it. On the go and no time to finish that story right now. Your News is the place for you to save content to read later from any device. Register with us and content you save will appear here so you can access them to read later. Hauraki breakfast with Matt Jerry Auckland 's new breakfast Sarah Sam Toni The Country in your letterbox Royal NZ Show Where there 's wool there 's a way Jane Lacy-Hulbert Does under-milking really cause mastitis. Many farmers have developed strategies that are good for udder health. Photo NZME You may have heard that leaving milk in the udder leads to more mastitis affects milk quality and lowers milk production. For many years we thought removing all the milk at every milking was the right thing to do. The positive results of strategies such as maximum milking time or changing automatic cup remover settings to remove cups at a higher milk flow rate has been confronting to these views. But many farmers have discovered that strategies to reduce cow milking times and increase milking efficiency are also good for udder health. What does the research show us. In New Zealand trials in the 2010s reported on the effects of maximum milking time or raising the automatic cup remover thresholds for cows milked twice daily and with low somatic cell counts. Results showed no increase in mastitis or decrease in milk production even when more than 0.7 litres of milk was left in the udder in some cases. `` Many farmers have discovered that strategies to reduce cow milking times and increase milking efficiency are also good for udder health ". Similar results were observed in Australia where researchers concluded that incomplete milking in their case leaving behind 0.5 litres had no effect on somatic cell counts even for cows with mild subclinical mastitis. That means cows with a higher somatic cell count should n't prevent farmers from using strategies to improve their milking efficiency. Bruce Bisset Land-use rules must be fair Wind and rain no bar to champion showgoer Prices surprise at Oxford bull sale DairyNZ reflects on a very big year at AGM A DairyNZ animation shows what happens to milk retained in the udder when maximum milking time is applied. Check it out at Two international studies have explored the effects of gross under-milking for high-yielding cows milked twice daily. In France researchers found little impact on milk volume or somatic cell counts even if 30 per cent of the milk volume was left in the udder at a single milking. But when comparing udders with both fully milked glands and ones with 25 per cent of the milk left behind at each milking US researchers found some depression in milk production and a doubling of the somatic cell count over a six-week period. Both studies led to much greater volumes of milk retained in the udder after milking compared with maximum milking time neither reported increases in the risk of mastitis. Farmer runs 64k around house Now farmers are bracing for winter Jamie Mackay It 's okay to not be okay Order a copy of The Country Cookbook Dr warns rural areas vulnerable in lockdown Sign up to our newsletter The Country Profit edition Silver Fern Farms posts 70.7m net profit Milk price forecast Why it 's a good time to be a food producer Comment Covid 19 adds extra stress to busy calving season Life at level Your questions answered US nurse 'not given mask to treat Covid-19 patients dies Bars shops to stay shut Drive-through deliveries allowed in alert level Falling sales lower milk supply hit Fonterra 's Soprole in 2019 Soprole 's profit dropped 24 per cent in 2019 Life at Fonterra under level will feel like level Fonterra taking a cautious approach to lockdown conditions being loosened. Kiwi dairy farmer helps change thousands of lives in Sri Lanka Ross Wallis is a dairy farmer on a mission.