

# Nelson Olive Grower



Edition: 1/2016

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# Minutes of Annual General Meeting Olives NZ, Nelson Branch

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## **Moutere Inn, Wednesday 17 February, 2016**

- Opening** Meeting was opened by Chair, John Dunlop at 7.10pm; he welcomed those present.
- Present** Michael Weller; Laurie and Peter Rothenberg; Roger Armstrong; John Dunlop; Hilary and Andrew Fenemor; Jo Day and Jim Webby; Wayne and Nini Wooff, Julian and Sally Manning
- Apologies:** Jonathan and Susan Pine; Helen Dunlop; Jo Cuthbertson
- Minutes:** The minutes of the previous AGM had been circulated to members by email and were taken as having been read. These were accepted as a true and correct record (John Dunlop, Laurie Rothenberg).

### **Chair's Report**

Chair delivered his report which celebrated increased membership, a good harvest in 2015 and progress on the Focus Grove Project. He reported on a number of notable events and thanked the committee for its contribution (full report appended). This was accepted (John Dunlop, Jim Webby).

- Finances:** Printed copies of the accounts had been circulated by email by the Treasurer. Branch funds now stand at \$245.32 (up from \$209.40 at the last AGM). It was agreed that at future meetings members would be asked to contribute a gold coin to boost the coffers. Non-members would continue to be required to pay \$5 per grove. This would be in addition to the gold coin contribution for tea and coffee (which is paid by everybody and is given directly to the host).

The accounts were accepted (Wayne Wooff, Peter Coubrough).

### **General Business:**

The programme for the coming year was discussed. John will pursue the olive oil inspired dinner by NMIT chef trainees (has been approved in principle by NMIT and will happen when the current batch of students is more proficient). It was also agreed that there will be pre-harvest field day (for all) and Focus Grove field day(s) for members only. It was agreed that the Harvest dinner and Christmas dinner should be scheduled.

There was a general discussion (carried on during dinner on several fronts so the writer was not privy to all that was discussed) on marketing which was a follow-up on the discussion at the Rothenberg's on 17 Feb. Laurie is to follow up on Jo and Jim's suggestion that we approach NMIT and ask them to adopt the Nelson ONZ website as a student project. It was reported to the writer (as this conversation was held at the other end of the table) that Andrew Fenemor agreed to re-engage with his contacts at NZ Trade and Industries to see what input they might be able to make to a marketing effort.

### **Election of Officers**

With the exception of Mike Weller, the existing committee agreed to continue in their current roles and Julian Manning agreed to attend meetings at which marketing was to be discussed. The Chair thanked Mike for his contribution.

**Closing**      The meeting was adjourned while members enjoyed their meal and matters were drawn to an end at 8.45pm.

Wayne Wooff

Secretary/Treasurer



# Chair's Report

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## John Dunlop

Well it's finally happened. The demand for NZ EVOO has finally exceeded supply. Poor crops in some regions have contributed to this to some extent, but generally speaking the feeling amongst most growers involved in marketing is that the message regarding EVOO is definitely gaining impetus.

The Nelson region generally had good crop levels last season with yields varying considerably as usual. It was a later than usual season though weather conditions were generally favourable for harvesting.

At a regional level a number of changes have taken place.

- The Scotts, have sold their press and Ed by his own admission is going to take it easy.
- Tasman bay Olives have moved their processing facility to Mariri.
- Kakariki olives have had a brain explosion and bought the Canterbury Olive Processors Alfa laval press .
- The Trodahls have sold their grove.
- A number of other groves are on the market.

Midway through 2015 Nelson ONZ membership reached 18. It was pleasing to see such a good response to the ONZ Presidents road trip with the focus grove project finally able to get underway with Tree scientist Stuart Tustin now enlisted as an independent facilitator. So far \$60000 has been pledged. We are still to have confirmation however of Government assistance for the project. We expect to have a decision from the sustainable farming fund by the end of April.

ONZ has been busy trying to coordinate an export proposal with Japan. Early indications are that at least \$30,000 will be needed to put a package together to attend the Kansai olive oil Exhibition in October. It is hoped that a grower participation proposal will be available by the ONZ AGM 19th March.

A group of growers met at Rothenberg's last month to discuss marketing proposals and looked at the possibility of regional branding.

The 2016 conference and awards dinner will be held in Wellington on the 15th of October, with tasting workshops and field days scheduled for Friday evening and Sunday. Once again Nelson will be well represented with Rachel Costello on the judging panel.

Finally it only remains to thank the committee for their contributions during the past season and to thank in particular Wayne and Nini for hosting all the committee meetings and to Wayne specifically for his excellent work as secretary, particularly for the great newsletters. Hopefully we can get some new faces on the committee for the coming year.

Good luck with the coming season and I hope we see more of you at the ONZ events around the country in 2016.



# Meeting to discuss Nelson Branch ONZ website & olive-oil tasting workshop

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**Thursday 14 April Upper Moutere Community Centre**

Members met to review the websites which had been designed by IT students at NMIT.

A total of 7 designs had been submitted, all of which had interesting features but two in particular stood out. After some discussion it was agreed that one was superior in its design and content and it was agreed that Wayne and John, in Lorraine's absence, would make contact with the designers to see if they would be prepared to alter it to fully meet our requirements and to make it live at a price which we could afford.

After the review of the websites, Rachel Costello, Nelson Branch ONZ member and member of the judging panel for this year's NZ Extra Virgin Olive Oil Awards, conducted an olive oil tasting workshop.

Members submitted five award winning oils from last year's competition for the exercise. Each member was given an anonymous sample of each oil. One by one the oils were tasted and everyone rated them according to their fruitiness, bitterness, pepperiness and persistence. After each oil had been tasted Rachel gave her assessment and individuals were then able to calibrate their own assessment relative to her expert opinion. This was a very useful exercise. It is Rachel's contention that everyone is capable of making an informed assessment but that it requires practice. She recommended that we conduct similar exercises on a regular basis.

Thanks to Rachel for conducting this workshop and to Mike Weller for sponsoring the venue.



Members reviewing NMIT students' website designs



Rachel Costello conducting oil tasting workshop

# Health Benefits of Extra Virgin Olive Oil

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During the discussions on the website, it was generally agreed that the health benefits of EVOO were a strong marketing feature and something that was worthy of bringing to the attention of the public at large. This summary below has been supplied by Rachel Costello and there is another excellent summary on the web at [www.oliveoiltimes.com/olive-oil-health-benefits](http://www.oliveoiltimes.com/olive-oil-health-benefits)

## Study Confirms Oleuropein Fights Cardiovascular Damage

A new study from the Yale University School of Medicine has identified oleuropein, a component of olive oil, as a protective factor against heart disease.

Researchers tested the effects of varying amounts of oleuropein on smooth muscle cells (SMC) in blood vessels which regulate blood pressure. Vascular SMC control flow blood flow by increasing the blood pressure as the muscle contracts and decreasing it as the muscle relaxes. When SMCs are damaged by high LDL cholesterol, white blood cells are sent to fight the inflammation but cause further damage by mixing with oxidised LDL and forming “foam cells”. SMCs proliferate to try and heal the blood vessels and the new SMC cells combined with the foam cells to form plaques on artery walls, over time leading to atherosclerosis, high blood pressure and heart disease.

The scientists found that the more oleuropein they added, the fewer SMC developed, decreasing by as much as 92% with a high dose. The team concluded that oleuropein in olive oil restricts SMC for proliferating and therefore could be protective against heart damage.

Source: [www.winespectator.com](http://www.winespectator.com)

## Evoo Good For Breakfast

A study by researchers at Cordoba University has found that to make the most of the health benefits of olive oil, we should be eating it in the morning.

Published in the BMC Genomics, the study looked at consumption of various oils for breakfast by participants with metabolic syndrome, a condition linked to an increased risk of cardiovascular diseases and type-2 diabetes. The participants were divided into two groups, one which consumed a breakfast including olive oil during the six week study, and the second a breakfast containing other seed oils. Vitamins and supplements were not allowed during the duration of the study.

The study concluded with a genetic survey of all participants, which found an influence on 98 different genes in participants in the olive oil consuming group. As most of these genes are involved in known inflammatory processes, researchers concluded that an olive oil based breakfast can lower the risk of inflammatory conditions.

Source: [www.teatronaturale.com](http://www.teatronaturale.com)

## Olive Oil A 'Super Food' For Crohn's Sufferers

When it comes to Crohn's diet and nutrition, there are many foods that are encouraged, as well as discouraged. Advocated foods are known as Crohn's super foods and are the back bone of Crohn's nutrition.

One example is olive oil, as its anti-inflammatory affects help prevent and lessen painful gastro-intestinal inflammation. Olive oil also slows abdominal contractions and tightening in the intestines, reducing pain from flare ups. EVOO is recommended due to its low acidity, as the Crohn's diet emphasizes alkaline foods, and it is unprocessed (processed foods contain indirect simple sugars which increase bad bacteria in the intestines which cause pain).

Crohn's sufferers are urged to consume two teaspoons of extra virgin oil a day to obtain the therapeutic benefits.

Source: [www.frogarticles.co.cc](http://www.frogarticles.co.cc)

## New study helps explain EVOO's protective effect against Alzheimer's

Italian researchers have provided new insights into the mechanism of interaction between tau proteins and the extra virgin olive oil phenolic component oleocanthal (OLC). Fibrillation of tau protein is one of the main causes of Alzheimer neurodegeneration and OLC has been shown to halt this process. Therefore the understanding of how OLC interacts with tau protein and prevents fibrillation could prove to be crucial in the fight against Alzheimer's.

The new study has shown that OLC irreversibly modifies tau protein via its fibillogenic fragment K18 and thus prevents it fibrillation. This occurs through a complex interaction process between the 3-amino group on the lysine residues of the tau protein and the carbonyl groups of OLC.

Source: [blogs.rsc.org](http://blogs.rsc.org)



Olive tree pruning is an ancient craft, and skilled pruners can have a major effect on a farm's quality and yield. In Italy, the importance of proper pruning is highlighted at an annual competition.

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**By YLENIA GRANITTO on May 9, 2016**

The 14th national championship of olive tree pruning was held at an experimental farm in Montopoli di Sabina (Latium). Sixty participants, selected through regional competitions competed, with saws and pole pruners, trimmed three plants each within 30 minutes.

The jury evaluated the performances based on five parameters: the number and shape of the peaks, balance and disposition of primary branches, number and disposition of secondary branches, vegetative-productive balance and conformity to the ideal shape.



Riccardo Macari, Italy's olive tree pruning champion



Judges of Italy's national pruning championship

The president of the scientific committee, Giorgio Pannelli, led spectators to a better knowledge of the structure of the polyconic vase and the management of the olive grove, through demonstrations in the field.

Riccardo Macari, 30 years old, was the winner. An olive oil taster, agriculturist, professional olive tree pruner, farmer and food and wine guide, Macari started to prune when he was only 13 years old.

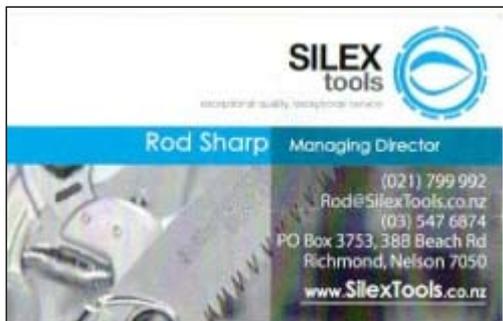
*"This award is a great satisfaction,"* he said, adding that he was seeking professional experience abroad to *"enrich my knowledge at international level."*

Another young pruner, Gioele Gaspari, 19, won in the competition category dedicated to schools, finished sixth overall. Gaspari attends the Technical Agricultural Institute in Pesaro (Marche) and started to prune only last year. "I am so glad of this award and now I want to start a real profession in olive growing and pruning." said the young champion.

From [www.OliveOilTimes.com](http://www.OliveOilTimes.com)

# Pre-harvest field day commercial participants

Nelson Branch ONZ would like to thank the companies that participated in the Pre-harvest Field Day at Kakariki Olives on Saturday 21 May. If you would like to pursue matters with any of them the their contact details are as follows

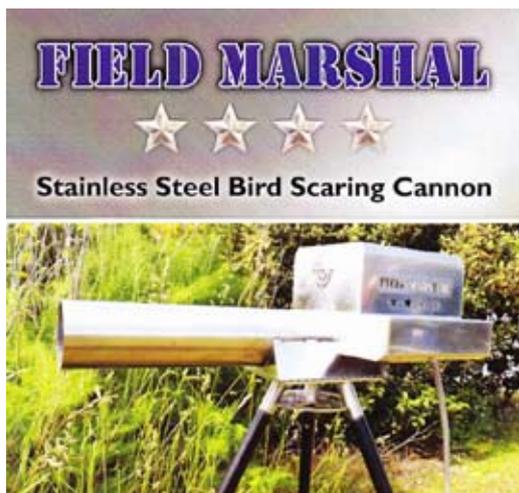


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# Olive Tree

## FERTILISER PROGRAMME



These programmes are recommended in association with soil and leaf tissue norms, and the pre-plant corrective fertility charts (Tables 1-3).  
Timings are approximate and will depend on the growing climate.

### Young non-cropping trees (Tree planting density: 300 trees/ha)

Timing	Yield	Rate	Fertiliser
Planting	30 g/tree	Nitrophoska® Top 15 - slow release	Mix well with soil to be returned to hole
September	45 g/tree	Nitrophoska® perfekt	Spread evenly around the drip zone
November	45 g/tree	Nitrophoska® perfekt	Do not let fertiliser come in contact with the trunk of the tree
February	Leaf Test		Do not over fertilise

Note: Do not apply fertiliser in the autumn in frost prone regions

### Cropping trees (Tree planting density: 300 trees/ha)

Timing	Yield (kg/tree)	Rate*		Fertiliser						
		(g/tree)	or Machine spread	Olive Tree Mix powered by Nitrophoska®						
Aug-Sept	1-5	90	65 kg/ha	N	P	K	S	Ca	Mg	Borate (%)
	5-10	265	190 kg/ha	10	4	14	8	4	2.5	2
	10-20	525	375 kg/ha							
	20-30	875	625 kg/ha							
	30+	1050	750 kg/ha							
February	Leaf Test									

Note: \*Spread fertiliser evenly within the drip zone of the tree

### Soil Testing

Collect 150 mm depth cores from the drip zone (area beneath the tree canopy) of 10 - 15 healthy trees (1 core per tree) ensuring sampling distance from the plant base is kept constant each year. Samples to be taken from systematic sampling points throughout the block in question, and points should be marked for future sampling. Samples should be taken prior to crop establishment and annually from autumn to winter.

Table 1. Desired soil test levels

Soil elements	Desired level	
pH	6.0-6.5	
Olsen P: (Phosphorus)	15-30 ug/ml	
	MAF	meq/100 g
Potassium (K)	8-12	0.6-0.8
Magnesium (Mg)	16-24	0.8-1.2
Calcium (Ca)	10-15	10-14
Sulphur (S)	7-12	
Ca : K : Mg ratio	1.5 : 1.0 : 2.0	
Boron	1-2 ppm	

Table 2. Pre-plant corrective fertiliser

Value found (MAF units)	Corrective action (incorporate to 30-40 cm depth by cultivation)
pH<5.8	Broadcast 1 t/ha lime to raise pH by 0.1 unit
P<20	Apply 7 kg/ha P (80 kg/ha Super) to raise Olsen P by 1 unit
K<6	Apply 250 kg/ha Potassium Sulphate
Mg<16	Broadcast Dolomite instead of AgLime or apply MagOxide at 300 kg/ha.
B<0.8	Leaf sample (Feb). Apply foliar Boron (Boro-solv) as required

## Leaf Testing

Leaf testing checks on nutrient uptake and balance, which provides valuable information, to fine-tune fertiliser programmes. Regular annual leaf testing in February is recommended to build-up a nutritional picture of your olive grove. Pluck a total of 40-60 youngest mature leaves plus petiole from mid portion of current seasons non-fruiting laterals (extension growth) from a least 15-25 trees randomly through your olive grove. Seasonal effects will alter the nutritional levels but it must be your aim to adjust nutrient status towards the optimum levels.

Table 3. Critical nutrient levels in olive leaf sampled in February

Element	Deficient	Concentration Adequate	Excess
Nitrogen	<1.4%	1.5-2.0%	
Phosphorus		0.1-0.3%	
Potassium	<0.4%	0.8-3%	
Calcium		1.0-1.5%	
Magnesium		0.1-0.14%	
Sodium		0.02-0.05%	>0.2%
Chlorine		0.1-0.2%	>0.5%
Sulphur		0.15-0.2%	
Boron	<14 ppm	20-150 ppm	>185 ppm
Copper		5-10 ppm	
Manganese		25-200 ppm	
Zinc		10-30 ppm	
Iron		50-200 ppm	

## Nutrient deficiency symptoms

Prevention is better than cure. Monitor closely via leaf tests and take preventative action.



Boron deficiency



Potassium deficiency

Healthy leaves

Element	Deficiency symptoms
Nitrogen	Small yellow leaves, reduced shoot growth, sparse foliage, small fruit set
Potassium	Tip burn, shorter leaf internodes, "weeping" effect on whole tree
Magnesium	Older leaves turn yellow and drop off
Boron	Misshapen fruit, stunted growing tips, limb die back, small leaves, shoot and leaf die back from the tip
Calcium	Shoot die back, more prone to secondary infection (eg fungal attack)

Note: Water stress can induce some deficiency symptoms.

## Foliar Nutrition

Foliar applied nutrients compliment a comprehensive solid fertiliser program. This encourages plant physiological processes by directing nutrients to areas where they are in short supply. Application at critical growth stages and during stress periods ensures maximum plant performance and can directly influence yield and quality.

Timing	Product	Rate	Comment
As required	Nutri-N40	10 l/ha	To promote vigour
Early budding	Zinc-solv	2 l/ha	Enhance flowering and fruit set
	Boro-solv	2 l/ha	Enhance flowering and fruit set
Pre flower	Mag-5	3 l/ha	Enhance flowering and fruit set
	Boro-solv	2 l/ha	Enhance flowering and fruit set
	Zinc-solv	2 l/ha	Enhance flowering and fruit set
Fruit development	Mag-5	3 l/ha	Maximise photosynthesis
	Nutri-Cal 19 or	7.5 l/ha	Enhance fruit quality
	Nutri-Cal N	7.5 l/ha	Enhance fruit quality
Early budding	Nutri-Cal 19 or	7.5 l/ha	Enhance fruit quality
	Nutri-Cal N	7.5 l/ha	Enhance fruit quality