

Nelson Olive Grower

Edition: 1/2018



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This Edition contains the minutes of our AGM which was held on 1 March and also a couple of articles dispelling the myth that olive oil is no good for cooking.

At the time of writing harvesting is in full swing. For some areas in our region the fruit ripened early and presses opened earlier than in past years. Other areas have followed the normal pattern and in general volumes and yields are better than last year (which was particularly poor).

While yields were poor last year, oil quality in the Nelson region was good as was reflected in the success of local producers in the 2017 NZ Olive Oil Awards (see article later). Our congratulations to Laraine and Peter Rothenberg for their Gold Medal!

Minutes of Annual General Meeting

Olives NZ, Nelson Branch

Moutere Inn, Thursday 1 March, 2018

- Opening** Meeting was opened by Chair, John Dunlop at 7.40pm; he welcomed those present.
- Present** John and Helen Dunlop; Wayne and Nini Wooff, Noel and Teena Jelsma, Andrew and Hilary Fenemor, Brenda and Ray Gregory, Roger Armstrong, Tim Lole and Andrew Beasley.
- Apologies:** Apologies were received and accepted from Laurie and Peter Rothenberg; Jonathan and Susan Pine; Jo Day and Rachel and Phil Costello. (Hilary /Andrew B)
- Minutes:** The minutes of the previous AGM were read and confirmed. (Wayne/Helen)

Chair's Report

Chair delivered his report in which he referred to the difficult season in 2017, both locally and nationally, due to a lack of sunshine which resulted in low volumes of fruit and low percentage recoveries of oil. Local membership continues to grow with 16 members (although 4 are yet to pay their dues).

Food safety regulations come into effect which will mean that all growers will need to complete the MP1 programme and those that do their own bottling will need to complete MP3. There appear to be only two firms that are able to do the required audits for these two programmes, Assured Audit (Helen MacDonald hmcd@xtra.co.nz ; www.assuredaudits.co.nz) and Snap Audit (Sandy de Vries rsdevries@snap.net.nz). It recommended that people seek quotes from both as there can be significant differences in prices.

The Focus Grove Project is in its final year although an application has been made to extend it. It continues to provide good information and evidence that pruning and spraying are the keys to better production. This is reinforced by the fact that all the Focus Groves are producing significantly better than the national average.

He advised that he and Helen had sold their grove to Ray and Brenda Gregory.

This was report was accepted (John/Roger)

Finances: Copies of the Accounts were tabled by the Treasurer and are appended.

The creation and launch of our website has consumed all our funds. It was a little disappointing in that of the \$500 pledged by members we only received \$350. The Treasurer moved that, in view of the fact that we only have \$6.23 in reserves and that we can fund any activities on a user pays basis, that we close our bank accounts and operate using the cashbox. This motion (see the appended Accounts) together with the Accounts themselves, were accepted (Wayne/Teena).

There is an annual fee for web hosting of about \$60.

There was some discussion regarding the website (oliveoilnelson.com). Others can join if they wish and this could be a source of income. Teena offered to look at the "hit" data and report back. It was also noted that some of the information needs updating and Teena agreed to do this also. Wayne will provide her with passwords etc.

General Business:

There is to be a Focus Grove field day on Thursday 15 March at Karkariki Olives. On this day the visiting party will include Stuart and Andrew as usual and they will be accompanied by Gayle Sheridan, Executive Officer, ONZ and the new President-Elect Craig Leaf-Wright. In order to have the opportunity to meet these people the field day will start at 2pm with a high tea, followed by the field day proper at 3pm. There will be two gold coin collections, one for Branch funds and one for the tea.

There was some discussion about the Rothenberg's remit to ONZ regarding membership structure and fees. There was support for this from several members.

Election of Officers

John offered to resign from the Chair. While he and Helen have sold Karkariki Olives they are leasing several blocks and as such remain growers and full members. John has the energy and interest to continue in the role of Chair. There being no other nominations he was duly re-elected. Nini resigned from the Committee and Tim agreed take her place. There being no further nominations the rest of the committee was elected unopposed.

Closing The meeting concluded at 8.40pm.

Wayne Wooff
Secretary/Treasurer

2017 New Zealand Extra Virgin Olive Oil Awards

Olives New Zealand and AGMARDT were pleased to announce the winners in the 2017 New Zealand Extra Virgin Olive Oil Awards at the Awards Dinner held at Wellington on Saturday 14th October.

Loopline Olives from Wairarapa took out the 2017 Best in Show while Reserve Best in Show was Robinsons Bay from Akaroa. Pictured are Mark and Kate Bunny receiving the Best n Show Trophy from the Head Judge Giuseppe Di Lecce (centre) from Italy.

Juno Olives from Wairarapa won the Best in Boutique Category for growers who produce less than 250 litres of certified extra virgin olive oil, while Reserve Best Boutique was Blue Earth, also from Wairarapa.

Best Flavoured Oil was won by The Olive Press, Wairarapa.



Nelson Medal Winners 2017

Gold – Boutique		
Boutique Medium – Single Varietal	Weka Koroneiki	Laraine & Peter Rothenberg

Silver – Commercial		
Commercial Mild – Single Varietal	ELOVI Frantoio	Roger Armstrong
Commercial Mild – Single Varietal	Weka Frantoio	Laraine & Peter Rothenberg

Bronze – Boutique		
Boutique Mild – Blends	Villa Grove Estate Blend	Phil & Rachel Costello
Boutique Medium – Blends	Kina Haus 2017 Blend	Wayne & Nini Wooff

Bronze – Commercial		
Commercial Mild – Blends	Weka Leccino/Frantoio Blend	Laraine & Peter Rothenberg
Commercial Medium – Blends	Kakariki, Oriwa	Helen & John Dunlop
Commercial Medium – Single Varietal	ELOVI Leccino	Roger Armstrong
Commercial Medium – Single Varietal	Weka Leccino	Laraine & Peter Rothenberg



Research Finds Extra Virgin Olive Oil Safest, Most Stable for Cooking

Australian researchers found extra virgin olive oil to be the safest and most stable even when used at high temperatures, dispelling a common myth about cooking with olive oil.

By Mary West on May 15, 2018

Australian researchers compared the effects of heating on extra virgin olive oil (EVOO) and an array of other common cooking oils in a powerful new study. They found EVOO to be the safest and most stable even when used at high temperatures. The investigation also dispelled several erroneous beliefs associated with cooking oils.

Canola oil produced more than 2.5 times the polar compounds of EVOO and just about double the polar compounds of even refined olive oil.

Mary Flynn, Research Dietician, Brown Univ.

In the study published in the journal *Acta Scientific Nutritional Health*, scientists heated popular cooking oils and performed a range of tests to assess parameters connected to stability. Aside from EVOO, the oils tested included virgin olive oil, refined olive oil, canola, grapeseed, coconut, avocado, peanut, rice bran and sunflower oils. One of the main findings was that EVOO produced the lowest quantity of harmful substances called polar compounds. The refined oils produced much more.

Olive Oil Times sought the perspectives of three experts: Sarah Gray, pharmacist and nutritionist at the Olive Wellness Institute; Simon Poole, physician, commentator and author of *The Olive Oil Diet*; and Mary Flynn, a research dietitian at The Miriam Hospital and Associate Professor of Medicine, Brown University.

“When oil is exposed to heat, it breaks down and produces a variety of degradation by-products such as polar compounds,” said Gray. “Evidence shows that polar compounds may be detrimental to health and have been linked to the development of neurodegenerative conditions such as Alzheimer’s and Parkinson’s disease.”

This superior stability makes EVOO the safest oil to use in cooking. Lead author Florencia de Alzaa pointed out that the study’s testing temperatures exceeded those used in common cooking methods.

“This research looked at the chemical and physical changes that occurred when heating common Australian supermarket oils to 180°/350° over 6 hours, and gradually (over 20 minutes) from 25 to 240°/475°. In fact, this is much higher than standard domestic cooking temperatures such as 120°/248° in stir frying (sautéing), 160-180°/320-250° in deep frying and 200°/400° in oven baking,” Gray said.

“In recent years we have seen numerous unsubstantiated claims that it is less safe to cook with extra virgin olive oil, despite frying and roasting temperatures being well below its smoke point,” said Poole. “This research provides unequivocal and definitive evidence that should finally dispel this myth. It shows that extra virgin olive oil is not only safe during heating at regular cooking temperatures, but is the desirable cooking oil when compared with others. The production of potentially harmful polar compounds and trans fats was markedly lower in EVOO.”

Analysis of the results also showed that an oil’s smoke point doesn’t predict its performance when heated. Instead, it found when combined with the total level of unsaturated fats, oxidative stability and UV coefficients are more accurate predictors. “Interestingly, it is a common thought if an oil has a high smoke point, it is preferential for higher-heat cooking despite limited technical evidence to support this. However, according to de Alzaa, the findings of this paper completely debunk this very common myth,” said Gray.

The study also discredited the notion that the use of canola oil is beneficial for health. “I found it most interesting how poorly canola oil performed, as the testing showed it to be the most unstable compared to all the other oils, especially in comparison to the three olive oils tested,” said Flynn. “Canola oil produced more than 2.5 times the polar compounds of EVOO and just about double the polar compounds of even refined olive oil.”

“Some health professionals inadvertently make recommendations that all olive oils and canola oil are equal in health benefits, as they all have high levels of monounsaturated fat. If the monounsaturated fat content was the reason for the health benefits of olive oil, then studies comparing refined olive oil to extra virgin would show the same positive effects, and they do not. The wellness advantages of extra virgin olive oil are clearly due to its content of phenolic compounds,” said Flynn.

“Increasing data shows the nutritional benefits of preparing foods in EVOO and underscore its central role in the Mediterranean Diet,” Poole noted.

The new study builds on this wealth of research by showing that instead of limiting extra virgin olive oil for use in salad dressings, it can be used in all manner of cooking methods.

- Acta Scientific Nutritional Health
- Olive Wellness Institute

From www.OliveOilTimes.com - 17 May 2018

Dispelling the Myths of Frying with Olive Oil

You can enjoy the health benefits of cooking with olive oil, even with high-temperature methods such as frying and sautéing.

By Angela Bell on November 7, 2012

Most people know that olive oil has certain health benefits and that using it in low-heat cooking and for finishing enhances the flavors in foods, but what about high-heat cooking like frying?

A recent study revealed that frying vegetables in extra virgin olive oil was actually healthier than boiling them. It makes sense: Not only do you get to keep the nutrients in the veggies instead of pouring them down the drain, but the olive oil helps your body absorb them (not to mention packing quite a few helpful components of its own, like cancer-fighting polyphenols).

So let's dispel some of the long-held misconceptions about using olive oil in high-temperature methods such as frying and sautéing.

Although pan frying, deep frying, stir-frying and sautéing are different stove top methods, they all have one thing in common: the temperature of the cooking oil. The object of these cooking methods is to cook the outside of the food quickly, creating a crispy exterior, while allowing the heat from the oil to penetrate all the way through. In order to accomplish this, the oil must reach a temperature of 350 to 370 degrees before introducing the food.

Myth number one: The smoking point of olive oil is too low for frying.

Some cooking oils and fats will reach what is referred to as the smoking point before reaching temperatures required for a good fry. The smoking point is the temperature at which a chemical change takes place resulting in undesirable smoke and flavor. Olive oil is not one of them. The smoking point of extra virgin olive oil is somewhere between 380 and 410 degrees Fahrenheit, depending on the impurities and acid content of the olive oil: the better the quality, the higher the smoking point. The smoking point of olive oil is well above the temperature required for all but the highest-heat cooking.

Myth number two: Frying temperatures will change olive oil from a 'good oil' to a 'bad oil.'

Cooking fats and oils are considered dietary fats of which there are three types, saturated, trans and unsaturated. The first two are bad, but the third, unsaturated fat, includes olive oil, a healthy plant-derived dietary fat. The heat required to raise the temperature of olive oil high enough to fry food cannot change the chemical composition of olive oil from a good one to a bad one.

Myth number three: Fried foods absorb cooking oil, making you fat.

Properly fried food will absorb much less cooking oil if the temperature of the oil is hot enough before food is introduced. Otherwise, the food will indeed soak up the oil, producing a soggy, flaccid product. You know, like those oil soaked fries you had last week from your favorite fast food chain.

Not only can you fry with extra virgin olive oil, but you should. Frying with EVOO not only satisfies our desire for Southern-fried comfort foods, Asian stir fry, Mexican fajitas and Italian veal piccata, but it does all of that in addition to fulfilling our nutritional requirements for a healthy dietary fat as well.

From www.OliveOilTimes.com