

NEWSLETTER
Issue 100 - Dec 2022



SEASONS GREETINGS FROM THE CHAIR

On behalf of the Committee - Season's Greetings to all our Oliveti members and we hope you are all well and looking forward to the year ahead. The Christmas break gives a time to relax, spend time with family, to reflect on how our olive harvests have performed and for the committee to review the achievements of Oliveti for 2022.

We held 3-field days this year which were a great success. Our first was held at Les and Kay Woodham's place in Warkworth. The field day combined the AGM and a presentation by our Chief Olive Awards judge. We also presented the Olive Award medals followed by a visit to Les and Kaye's Olive Grove where Les gave us a history of his Grove. Les and Kay have now sold their grove and moved into a retirement village in Warkworth. On behalf of Oliveti we would like to take the opportunity to thank Les and Kay for the support they have given to Oliveti over the years and in particular to Les as a committee member over the last 2 years. Hint Hint!! We will be looking for nomination to join the committee for next year.

We also held a field day at Mangonui in the Far North at Ewen & Lesley's Hutchinson's grove and had a great turnout from members. Ewen and Lesley were great hosts, and we were given a very informative tour of their grove of 600 trees.

Our last field day was held at Leon Narbey's grove in Waipu. There we also presented the Olive Awards and Leon gave us a very interesting talk on his grove. What was a real interest to many of us was his on-site press and the story of how it was rescued and brought back to life.

The field days are a highlight of the Oliveti calendar, and we would encourage as many as possible to attend. There is so much to learn and there is nothing like seeing members' groves first hand and hearing their story. Our next Field day is to be held in Kerikeri and at Rob and Adrienne Gilmore's grove at 144b Edmonds Road on Sunday the 19nd of February. Further details will be provided in the New Year.

The car boot sale at the field days is another initiative for this year and we encourage members to use this opportunity to sell surplus plant & equipment.

The newsletters continue to be of a very high standard and a huge vote of thanks to all who contributed, and to the Editor - Murray Thoms. Our thanks also for his management of the Oliveti website particularly the new [Oliveti Olive Oil Trail Map](#).

We also held our [Olive Awards](#) in August and again were very successful. Congratulation to all those who won medals and in particular congratulations to Ewen and Lesley Hutchison for Best in Show. A big vote of thanks to Pauline and her team for organising the event.

We need new members to join the committee. With Les resigning this coming February we are down to only 5 committee members. Being on the committee is not onerous. We have a Zoom meeting once a month for about 40 minutes and then there are small tasks such as membership, helping with the newsletter, helping with the olive awards, field days etc. It helps increase your knowledge of Oliveti and also knowledge of olive oil production. Attached are the nomination forms. Please send in your nominations or give me a call should you consider being on the committee. The new committee will be voted on at the AGM to be held at the field day on February the 19th.

Please make an effort to attend this field day and AGM. Please also bring any ideas or comments that Oliveti could incorporate into our programmes for the year or any other ideas that could improve our organisation.

On behalf of the Committee, Happy Christmas and a Prosperous New Year.

John Pearson (Chair)

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OLIVETI NORTHLAND Inc.,

NOTICE OF 2023 ANNUAL GENERAL MEETING

Notice is hereby given that the Annual General Meeting of Oliveti Northland Inc will be held on:

Sunday 19th February 2023

1.00pm – 4.00pm

at

Rob & Adrienne Gilmore's Olive Grove

144B Edmonds Road

Kerikeri

AGENDA

1. Apologies
2. Minutes of 2022 AGM - matters arising
3. Chair's Report
4. Treasurer's Report
5. Election of Officers
6. Appointment of Auditor
7. Set the Annual Subscription
8. Resolutions and strategic discussions on the years activities
9. Guest Speaker
10. General Business
11. Afternoon Tea

NOTICE TO MEMBERS

1. Call for motions or business not relating to the ordinary annual business of Oliveti.

In accordance with Clause 7.4 of the Constitution of Oliveti Northland Inc., notice is hereby given calling for any notices of motion that members may wish to submit to the Annual General Meeting on Sunday, 19th February 2023

- Notice of any motions for consideration at the Annual General Meeting must be received by the Chairperson, John Pearson at pearsonjdc@xtra.co.nz by *1st February 2023*

2. Election of Officers.

In accordance with Clause 8.1, 8.2, and 8.3 of the Constitution of Oliveti Northland Inc, notice is hereby given calling for nominations for Officers of an executive committee.

- Please see the 2023 Nomination of Officers Form for further details.
- Nominations must be received on the appropriate form by the Secretary, Pauline Young at secretary@oliveti.co.nz by *1st February 2023*

ELECTION OF OFFICERS FOR 2023 YEAR

**Chairperson Secretary Treasurer + five Committee
Members**

I _____ nominate _____

for the position of: _____

who has agreed to this nomination.

Signed by Nominee: _____

Seconded by: _____

Signature: _____ Date: _____

The Nominee, Nominator, and Secunder must all be current members of Oliveti Northland Inc.

Nominations to be in the hands of the Secretary by email to Pauline Young :—
secretary@oliveti.co.nz by: *10th February 2023*.



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Adverse Weather Dampens New Zealand Harvest

Producers began 2022 with optimism for another excellent harvest, but rain and disease resulted in some producers yielding no oil at all.

OLIVE OIL TIMES Sep. 21, 2022

By Lisa Anderson

Earlier this year, olive growers in New Zealand were optimistic ahead of the harvest. However, some have had their hopes dashed, with more than a quarter of small-scale growers having no harvest at all.

According to figures released by Olives New Zealand, 180,000 litres of extra virgin olive oil were produced this year, compared to 200,000 litres in the 2019/20 crop year and 270,000 litres in 2020/21.

“Overall, our harvest was 17 percent down from 2021,” Gayle Sheridan, Olives New Zealand’s executive officer, told Olive Oil Times. “Our commercial growers were pleased with their 2022 harvest. However, our boutique growers had various ongoing challenges with disease management and weather issues.”

“Some 26 percent of these groves had no harvest,” she added. “It is apparent that well-managed groves are more resilient to weather issues and proactively manage disease, which pretty much eliminates biennial bearing.”

Earlier this year, Sheridan said that local growers were investigating farming methods – besides early harvesting, which improves the polyphenol count – to enhance the healthy properties of their oils.

“This is ongoing and will be the subject of future research,” Sheridan said after the recent harvest. “At this point, the only effective measure has been early harvesting.”

Sheridan added that the quality of the olives and oils has been excellent this year.

"Judging for the New Zealand Extra Virgin Olive Oil Awards is underway, and there is looking to be a good spread of Gold and Silver, especially," she said. "But perhaps not as many Gold oils as in 2021."

Andrew Liley, co-owner of Juno Olives in the Wairarapa region, east of Wellington, described his harvest as poor.

"It was expected to be down on last year's harvest, but we had a poor fruit set and ended up not harvesting our Frantoio or Moraiolo at all," he told Olive Oil Times.

Heavy rains contributed to Juno Olives' woes. "It was wet all across our harvest, making access problematic," he said. "It also influenced when we could harvest this year, leading to us harvesting our Leccino three weeks earlier than we have harvested it before."

Another producer from the Wairarapa region, Ross Vintiner, co-owner of Dali Estate, told Olive Oil Times that 2022 was their worst harvest in 10 years.

"Dali Estate has seen increasing production over the past five years," he said. "Our 2021 harvest was a record and in the top percentile for production and yield across New Zealand, with the top polyphenols for the country. Dali won top national and international honours with these oils."

"Our harvest was a bitter-sweet and short event, with fine weather, low fruit volume and oil yields," Vintiner said. "Even our normally high polyphenols were mainly at average levels."

"With the promise of spring inflorescence, southern Wairarapa suffered two weeks of constant rain, cool conditions and little wind to dry flowers," he added. "Frantoio and Picual suffered most at the fruit set. Leccino, Koroneiki and Kalamata fared only slightly better."

"Despite this setback this year," Vintiner continued, "we are confident that our biodynamic and organic growing regime will increasingly make our soil, biome and trees more resilient, productive and enduring."

Contrary to Liley and Vintiner, another producer from the Wairarapa region, Margaret Hanson, the co-owner of Blue Earth Olive Oil, said she was delighted with the harvest. "Although the oil yield was down, the volume of fruit was up, and the quality was great," she said.

"This year's harvest was our biggest ever, having grown olives for over 20 years," Hanson added. "More aggressive management of the grove is paying dividends."

"Our challenge this year was juggling filming, harvesters, weather and Covid," she continued. "We had the final shoot for a national television program, so it all needed to be teed up tightly. The weather cooperated for some days, but not all."

"We complicated it by getting Covid partway through," she added, "so the rest of the harvest was directed from a distance. But it all worked out. We are happy."



Photo: Kapiti Olives

Further west, on the country's Kāpiti Coast, Kapiti Olives also yielded positive results.

"Kapiti Olives had a good harvest," owner Diana Crosse told Olive Oil Times. "We were 400 litres up on last season. This is great for our sales going into the new season."

Crosse, who described the amount of rain they received as unprecedented, said this delayed their harvest by almost a month, which required them to be extra vigilant with their bird scarers. "We had one day at the end of May, and did not get back until June 25," she said.

"This had a flow-on effect to when we could then bottle our new oil," she said. "We sold the last of the previous season's olive oil the day we started bottling our new oil."

"We had a tasting session with the Kapiti Branch of Olives New Zealand and think we have once again produced some great extra virgin olive oil," Crosse concluded.

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STUDY REVEALS HOW MEDITERRANEAN DIET MIGHT COUNTERACT COVID-19

New research demonstrated that flavonoids and hydroxytyrosol counteract some of the most deadly impacts of Covid 19, including cytokine storms and lung inflammation.

Dec. 1, 2022

Paolo DeAndreis



A new comprehensive review study shows how following a Mediterranean diet and consuming extra virgin olive oil might provide some protection against the worst effects of a Covid-19 infection.

Some evidence suggests that following the traditional Mediterranean diet might help prevent infection.

Compared to other diets, such as the Western diet, the Mediterranean diet seems capable of containing inflammation and inhibiting potentially deadly Covid-19 consequences such as cytokine storms.

The research, published by the *Journal of Physiology and Biochemistry*, gathered the available data on key elements of the Mediterranean diet, such as its phenolic compounds, looking at their potential impact in preventing or treating Covid-19 infection.

“In contrast with the potential beneficial effects of the Mediterranean diet, Western diets are related to systemic inflammation, increased oxidative stress and lower immune response, and thus may increase the severity of Covid-19 patients,” the researchers wrote.

“These effects are due to their high content of saturated fat, refined carbohydrates and sugar, and to their low content of fiber,” they added.

In the introduction of the study, the researchers pointed out how the Mediterranean diet has been credited in several previous studies with reducing the

risks of developing common severe conditions such as metabolic syndrome or cardiovascular disease.

“Current evidence supports the potential benefits that hydroxytyrosol, resveratrol, flavonols such as quercetin, flavanols like catechins, and flavanones on the order of naringenin could have on Covid-19,” the authors wrote.

However, the scientists acknowledged that the impacts of these polyphenols commonly found in Mediterranean diet foods on Covid-19 have yet to be proven.

Still, they wrote, “these bioactive compounds show biological activities that can be useful to prevent this infection and or to improve its prognosis.”

The researchers analyzed the properties of the polyphenols, such as their antioxidant activity, which might control inflammation and the release of free radicals.

More specifically, researchers highlighted how hydroxytyrosol suppresses two enzymes: Matrix metalloproteinase-9 (MMP-9) and Cyclo-oxygenase-2 (COX-2). MMP-9 is considered responsible for allowing inflammation to spread to the lungs.

Scientists believe that MMP-9 and COX-2 play an active role in causing the cytokine storm, one of the most deadly conditions caused by Covid-19.

Hydroxytyrosol is one of the most relevant phenols in extra virgin olive oil due to its ability to protect blood lipids from oxidative stress. It is also credited with antiviral properties. Researchers also observed in a laboratory setting that resveratrol, a polyphenol commonly found in Mediterranean diet foods, has demonstrated the ability to inhibit respiratory viruses.

One of the reasons for this impact is its ability to trigger the nuclear factor erythroid 2-related factor 2 (Nrf2), which improves cellular antioxidant defenses. Both hydroxytyrosol and resveratrol are considered crucial in modulating the Nrf2 defenses.

“The activation of Nrf2 has been postulated as a potential therapeutic target against this disease since it is known to protect from lung injuries such as acute lung injury or respiratory distress syndrome,” the researchers wrote.

The paper’s authors believe that resveratrol could also help prevent excessive inflammation and result in even more benefits to patients with common conditions such as atherosclerosis or hypertension.

The flavonoids found in the Mediterranean diet were also investigated for their potentially beneficial impacts.

“The antibacterial and anticancer properties of flavonoids are widely known. Moreover, these compounds, commonly found in the Mediterranean diet, have the ability to sequester free radicals,” the scientists wrote.

While flavonoids might activate the Nrf2 pathway and modulate the inflammatory process, researchers warned that further studies are needed to assess such potential.

Flavonols such as quercetin might contribute to preventing the acute kidney damage caused by Covid-19, the activation of harmful macrophages and the protection of the Nrf2 factor.

The interest in quercetin's anti-inflammatory and antiviral effects is also due to its ubiquity in foods highly associated with the Mediterranean diet, including apples, grapes and onions. "It represents the most abundant flavonoid in the human diet," the researchers said.

In their conclusions, the researchers highlighted how the lack of evidence of polyphenols' impact on Covid-19 should be addressed, and more studies are needed.

"Nevertheless, numerous studies have demonstrated that these molecules induce positive effects on several alterations induced by this disease under conditions other than SARS-COV-2 infection, such as oxidative stress, inflammation, and thrombosis," they wrote.

"This scientific information is valuable and suggests that the phenolic compounds of the Mediterranean diet may represent a potential protective factor against Covid-19. Still, caution must be taken when connecting preexisting data to this new infection", the researchers added.

"In addition to the beneficial effects on Covid-19 outcomes mediated by their antioxidant and anti-inflammatory effects, the Mediterranean diet polyphenols can also act through other mechanisms that are not addressed in this review article," they concluded.

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The Flavours of Extra Virgin Olive Oil

Countless factors influence the flavours in extra virgin olive oils. Understanding the basics can lead to satisfying results.

Fernando Martinez Roman (NYIOOC)

Mar. 25, 2022

By Paolo DeAndreis

Extra virgin olive oil (EVOO) is much more than just the healthiest edible oil. It is also a vehicle to discover thousands of different flavours.

It is produced in dozens of countries at different elevations and climates from hundreds of olive varieties, each providing a specific and unique flavour profile.

Along with geography, dozens of other variables impact the flavour expression of an extra virgin olive oil; climate, proximity to other plants, farming techniques, processing technologies and storage facilities all affect flavour.

Furthermore, professionals can blend the oils of different varieties, or *cultivars*, to create a potentially infinite number of aromas and tastes.

Understanding EVOO flavours

While anyone can learn to taste and appreciate extra virgin olive oils and all the potential flavours, they are also evaluated by professional tasters, usually organized in panels.

Their work is traditionally coordinated by a panel leader who summarizes the results of the tastings and ultimately confirms the category of the olive oil in question and whether or not it deserves to be called *extra virgin*.

Producers use panels to decide which monovarietals (oils made from a single olive variety) to combine into blends. Tasting panels are also formed to evaluate the quality of EVOOs submitted for competitions.

Two of the most relevant characteristics of high-quality extra virgin olive oil are the presence and intensity of bitterness and pungency, which indicate the presence of phenolic compounds.

"Our first mission is to record the identity card of the extra virgin olive oil, confirm it is free of defects, evaluate the presence of fruity notes, which we can also describe as being green or ripe, or for their intensity, and evaluate the presence of bitterness and spiciness," Simona Cognoli, a professional olive oil taster and founder of Oleonauta, told Olive Oil Times.

"Tasting EVOO is at least as relevant than the physical-chemical analysis of the product," she added. "When I bring them to my courses, consumers start by tasting some bitter extra virgin olive oil, which most of them find unpleasant."

"Then I bring them on a guided tour of different extra virgin olive oil flavours," Cognoli continued. "As the last step, they go back to that bitter EVOO, which might be bitter indeed but is also well harmonized with its specific notes, and they do not even find it bitter anymore, as they have come to perceive the full range of its aroma and its taste."

“That is how many of them discover that bitterness is part of the EVOO character and end up loving it,” Cognoli said.

Aroma and taste

All consumers can follow the steps of olive oil tasters and chefs to learn how to taste and compare extra virgin olive oils, discover their scents and experiment with their use as a raw dressing or cooking ingredient.

“They do not only give value to a specific recipe; the aroma and taste also deliver new emotions to a dish,” Cognoli said.



Shrimp with Sun-Dried Tomatoes, Garlic, Olive Oil

Depending on their characteristics, professional chefs and amateur cooks alike can add flavours to their dishes ranging from aromatic herbs to tropical fruits and much more.

“There is an entire world of scents and tastes to explore,” Cognoli said.

These notes can contribute to flavour depending on the particular EVOO and how it is included in the dish. In addition, aromas will be affected by the temperature of the dish when the oil is employed.

Such a variety of possible outcomes means that chefs and amateurs should rely on more than one EVOO in the kitchen.

“If we consider extra virgin olive oil as a recipe ingredient, then we cannot use the same EVOO for all our dishes,” Cognoli said. “That is something that not all chefs have explored yet, maybe because many have yet to discover the outstanding variety of EVOOs we have at our disposition.”

There’s more to taste than flavour

Given the growing bank of knowledge surrounding the health benefits of polyphenols, many producers now focus on crafting EVOOs with the highest possible quantity of these organic compounds.

Still, those high levels do not necessarily translate into high-quality products.

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“Many focus on the early harvest to strengthen the presence of polyphenols,” Cognoli said. “But producers have to be careful as the early olive is not only more difficult to remove from the tree, it also can lead to an unbalanced product.”

Some early harvest EVOOs can lose their aromas more quickly, which are an essential part of the pleasure and the quality of tasting, while EVOOs produced with riper fruits will still maintain an adequate volume of polyphenols for some time.



Lina Smith (NYIOOC)

“It is true that EVOO provides relevant health benefits, but it is not a pharmaceutical, per se, which means that its healthy profile should accompany the pleasure of consuming it,” Cognoli said. “It is not a food integrator or a pill to consume daily.”

Still, high-quality extra virgin olive oil production is undergoing major changes over time, as new techniques and procedures are applied in the field and the following transformation phase.

“Thanks to a growing knowledge base and the development of new technologies, we are now more capable of producing extra virgin olive oils which perform from both a sensorial and healthy point of view,” Cognoli said.

On top of that, many high-quality EVOOs come from regions where culture and history are integral to the products.

“There is a whole world of scents and taste that can be explored, but there is also a world of beautiful stories to know about producers and their lands,” Cognoli said.

RECIPE: OLIVE OIL WET RUBBED RIBS

These low-slow baked ribs are fall-off-the-bone tender and infused with all those inspiring BBQ flavours, without having to fire up the grill or smoker.

Aug. 29, 2022

Patterson Watkins

Wet rubs are, essentially, just dry rubs with liquid added. They are thicker, more paste-like, than a marinade and the perfect flavour enhancer for lower and slower cooked meats. Using olive oil as the liquid component for wet rubs not only aids in that infusion of flavour but also helps glaze and sear the ribs, creating this almost caramelized crust.



Olive Oil Wet Rubbed Ribs

Servings

4 servings

Prep time

10 minutes

Cooking time

3 hours 30 minutes

The dry ingredients for the rub can be combined several days, weeks almost, in advance. When you're ready to bake the ribs, add the vinegar and olive oil to the prepped-ahead dry ingredients. You can also marinate the ribs in the wet rub for a day or two before baking, this will certainly infuse even more flavour into the ribs.

INGREDIENTS

- **Wet Rub:**
- ½ cup dark brown sugar
- 2 table spoons paprika
- 1 tablespoon smoked paprika
- 1 tablespoon black pepper
- 1 tablespoon salt
- 1 tablespoon garlic powder
- 1 tablespoon onion powder
- 1 teaspoon mustard seeds
- ½ teaspoon cayenne pepper
- 1 tablespoon apple cider vinegar
- 1 Kg slab of baby back ribs
- ½ cup mild to medium intensity extra virgin olive oil

DIRECTIONS

- Preheat oven to 250°F and line a large baking sheet with 2 layers of aluminium foil.
- Place brown sugar, paprika, smoked paprika, black pepper, salt, garlic powder, onion powder, mustard seeds, cayenne pepper, apple cider vinegar, and olive oil in a medium bowl, whisk until combined into a thick paste.
- Remove any connective tissue or membrane covering the back of the ribs and transfer to the prepared baking sheet. Coat the ribs with the wet rub, on both sides, and loosely cover and wrap in one layer of the aluminium foil.
- Place in the oven and bake for 2 1/2 – 3 1/2 hours or until fork-tender (check the ribs at around the 2-hour mark for doneness).

- Increase the oven temperature to 400°F, remove the foil covering, and return the ribs to the oven. Continue to bake for 10 – 12 minutes or until the ribs have browned and caramelized slightly.
- Remove from the oven and set aside to rest for 10 minutes before slicing. Pour the pan drippings into a bowl and serve alongside the ribs for dipping.



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TIPS FROM THE EDITOR

MIND YOUR HEAD!

When we first moved from Auckland out to our lifestyle block in Kumeu, our J5 olive trees were just a year old and only 2-foot tall. They had been planted by the previous owner – an orchardist. The trees were all laid out in neat “Roundup treated” - grass-baren rows and not knowing any different/better, I just simply followed his example and kept on spraying these rows as it made for easy mowing and I could zip up or down the rows with just one pass on the Ride-on mower.

Much later, having joined Oliveti I was made aware of the problems caused to the soil by continued application of Roundup and like many of our members, I made the decision to eliminate Roundup from the Grove. Five years on most of the trees are well over 12 foot tall and have healthy grass right around the trunk and I can mow under and around them with my trusty Zero turn Ferris Ride-On Mower.

In the early days I would drive up and down the rows at top speed and the only thing to watch out for was the occasional olive leaf in the face. Now that the trees are more mature and robust and the fact I am mowing “Under the Canopy”, I need to lookout for low branches....

So, my tip is simply this: When mowing - Don't wear a peaked cap – they will prevent you from seeing low branches and I have numerous wounds to the scalp and forehead as testimony to this fact.

Instead, invest in a hard hat and wear that whenever you are on the ride-on mower – much safer and you will definitely protect you from getting painful and nasty bang on the head.

You can buy them from \$15.00 upwards. Less than a Cap and a lot safer!



EDITOR – Murray Thoms *Comments/contributions to:* murraythomsnz@gmail.com