



• Chris Iacono in his Bunna Bunoo Olive Grove shop.

The romance of the olive

By Chris Priday

Chris Iacono of the Bunna Bunoo Olive Grove at Vacy thinks he may be on another winner with his plans to promote the grove as a wedding ceremony venue.

"The olive branch has been a symbol of peace and serenity for thousands of years so what more fitting place to seal your wedding vows than an olive grove," he said.

"We have all the facilities and surroundings for a beautiful ceremony among the olive trees.

"Already thousands of visitors enjoy our grove each year and hosting wedding ceremonies would be a great boost to our business and the local economy."

Bunna Bunoo Olive Grove has rapidly become an institution in the region.

But it was not always the case. When Chris acquired his dream property 12 years ago he had an immediate dilemma, what to do with the 4000 healthy olive trees he had inherited as part of the estate.

For Chris the solution was simple. He and his family set to work to establish the premier olive grove in the region with a range of unique estate produced products.

"The climate of the Paterson River area is much like southern Italy where my family came from so having a go at growing olives seemed like a very natural thing for us to do," Chris said.

"Our goal was to produce extra virgin oil and traditionally brined whole olives of the highest quality.

"By using time-proven traditional methods and adding the latest modern techniques we have created Bunna Bunoo products that are now recognised as being the equal of anything produced here or overseas."

Today Bunna Bunoo produces a wide range of traditional and not so traditional products including extra virgin olive oils, six types of cured olives, balsamic vinegars, tapenade, ducca and even olive soap.

Table olives come from Jumbo Kalamata,

Kalamata and Manzanillo trees.

"A special treat and a favourite of many top chefs is our caramelised balsamic vinegar made on site by a precise reduction process to draw out the exquisite flavours," he said.

Chris credits much of the success of the Grove to his late wife, Irma.

"As well as being a wonderful life partner and mother, Irma's commitment to building the grove into a successful business was indispensable.

"She was our daily inspiration.

"Irma's superb home style recipes give our products a unique taste.

"Art and craft works lovingly prepared by Irma adorned our shop and brightened our lives.

"Bunna Bunoo is Irma's enduring legacy and we intend to build on it in the future."

Not content with pleasing thousands of visitors and locals, supplying local markets and some of the country's top chefs and restaurants Chris and the family have plans to build the attractiveness of the grove even further.

"For some time we have been limited by the size of our on-site shop," he said.

"We now have development approval to significantly enlarge our tasting and selling area to accommodate more people more comfortably.

"The expanded facilities will allow us to introduce many more people, especially young consumers, to the delights of the olive and its products."

In addition Chris is also working on establishing a self-contained farm stay unit so visitors can sample the delights of the Grove first hand.

"At Bunna Bunoo we will offer a complete olive grove experience.

"We love it and we want to share it with as many locals and visitors as we can."

The Bunna Bunoo shop is open for business, Fridays, Saturday and Sunday 10am to 5pm. Group tours can be arranged and bus tours are welcome.

Further information : www.bunnabunoolives.com.au



Dental Health Week August 5-11

Looking after your teeth

This year, as part of Dental Health Week (DHW), the Australian Dental Association is helping young adults make sure their teeth make it well past their 30th birthday.

Commencing on August 5, DHW is targeting 18-30 year olds and is addressing the impact their lifestyle choices can have on their oral health.

The main threat of alcohol and binge drinking to your teeth and gums comes from the sugar content in alcohol (including beer) which, when broken down in your mouth, creates an acidic breeding ground for bacteria and plaque.

There is also a strong clinical link between the excessive consumption of alcohol and head and neck cancers. In fact, while it can increase the risk of

getting these diseases if used together with tobacco, alcohol can pose a risk in its own right.

Most importantly, after a night out, you should brush and floss your teeth before going to bed.

If you often forget to do this, leave your tooth brush on your pillow before you go out to remind you to spend a couple of minutes brushing.

While you're drinking try to swish a mouthful of water around every so often to increase the saliva flow and rinse away sugars and acid in your mouth

On your way home, chew sugar-free gum to stimulate saliva flow and clear the mouth of harmful sugars and acid.

For more information visit www.dentalhealthweek.com.au

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School slogan

Bethany Forbes and Erin Upton are the winners of Dungog High School's anti-litter slogan competition.

The students have each won a \$20 voucher for their winning entries.

Teacher Jennie Kun said there were many interesting entries.

"We will be seeing them around the school in varying forms over the coming weeks," she said.

"Our raffle tickets are being handed out for neat bays and a daily draw sees a \$2 canteen voucher being won as well as a \$5 draw each week.

"The recent rewards day went very well with many people enjoying the day at the James

Theatre and the kiosk sales being over the top.

"There will be another rewards day at the end of the year so to be invited you must practise respect, responsibility and do your personal best at all times.

"Remember you must have no negative entries to be eligible for the day."

Exhibition

Doubles Dance, an exhibition of vibrant, wild and whimsical crocheted art garments by local artist Lisa Wiseman will be held at Dungog Arts Society workshop next month.

The opening is on Saturday from 3-5pm and the exhibition will continue until August 30.

Zoo winners

Winners of the Dubbo Western Plains Zoo family tickets were the Black family from Wallarobba and Stella Wakeman from Dungog.

Thank you to everyone who entered.

Correction

In the photo published for the Dungog-Clarence Town CWA Quiltarama in last week's edition, the incorrect person was named in the photo.

It was Dawn Patterson from Medowie CWA with her quilt that won viewers' choice.

The Chronicle apologises for the error.