

G J Growers Ltd

Le Lay Nursery
La Route de Vinchelez
St Ouen JE3 2DB
T: 484172

GJ Growers is the Channel Island's largest commercial conventional pepper and long sweet pepper grower, run by father and son team Graham and Mark Le Lay. They also sell a range of speciality produce including chillies, okra and Thai aubergines.



Classic Herd Ltd

Manor Farm, La Route du Manoir,
St Peter, JE3 7DD **T: 485562**

Classic Herd's farm shop sells dairy products which are all made on site. These include milk, cream, ice cream and award winning soft cheeses like Classic Brie. Seasonal fresh vegetables, Jersey beef and free range pork, sausages and bacon are also available.



Rondel's Farm Shop

La Vieille Grange, La Rue du Becquet Vincent,
Trinity, JE3 5FH **T: 863566**

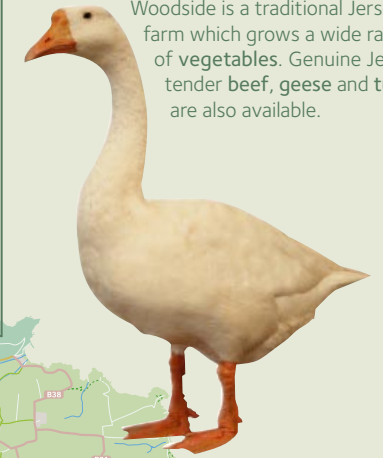
Rondel's Farm Shop offers a range of fresh fruit and vegetables. Most of the vegetables are grown by neighbours who run small farm units and the vegetables are freshly picked, up to four times a day. Genuine Jersey meat is also available from the Country Butcher.



Woodside Farm Shop

La Hocquarderie, La Rue Coutanche,
Trinity, JE3 5DU
Farm 865969 | Flowers 863451
www.flowerexpressjersey.com

Woodside is a traditional Jersey farm which grows a wide range of vegetables. Genuine Jersey tender beef, geese and turkeys are also available.



Didier Hellio Fruit & Vegetables

Manor Farm, Vinchelez,
St Ouen, JE3 2DB
T: 482734 M: 07797 717947

Didier Hellio grows a range of seasonal vegetables which are available from his farm stall in St Ouen.



Independent Retailers

Fresh Genuine Jersey produce is also available in most supermarkets:

- Co-operative Stores
- Checkers Stores
- Spar

Farmers Markets

Many Genuine Jersey members regularly attend the farm and craft markets held in St Aubin. These take place on various Saturday mornings throughout the year. For exact dates, please visit www.genuinejersey.com/events.



Farm Fresh Organics

La Bienvenue Farm,
La Grande Route de St Laurent,
St Lawrence, JE3 1GZ **T: 861773**
www.farmfreshorganics.com

Farm Fresh Organics is run by Steven and Linda Carter. They have an organic farm and sell a wide range of seasonal crops. They also sell eggs produced by their organic chickens.



Cooke's Roses

Le Passage Farm, Le Passage
St Lawrence, JE3 1GP
T: 863124
www.cookesrosefarm.com

Roly Cooke's farm shop sells a range of vegetables, honey, chutneys, marmalade and free range eggs.



Holme-Grown

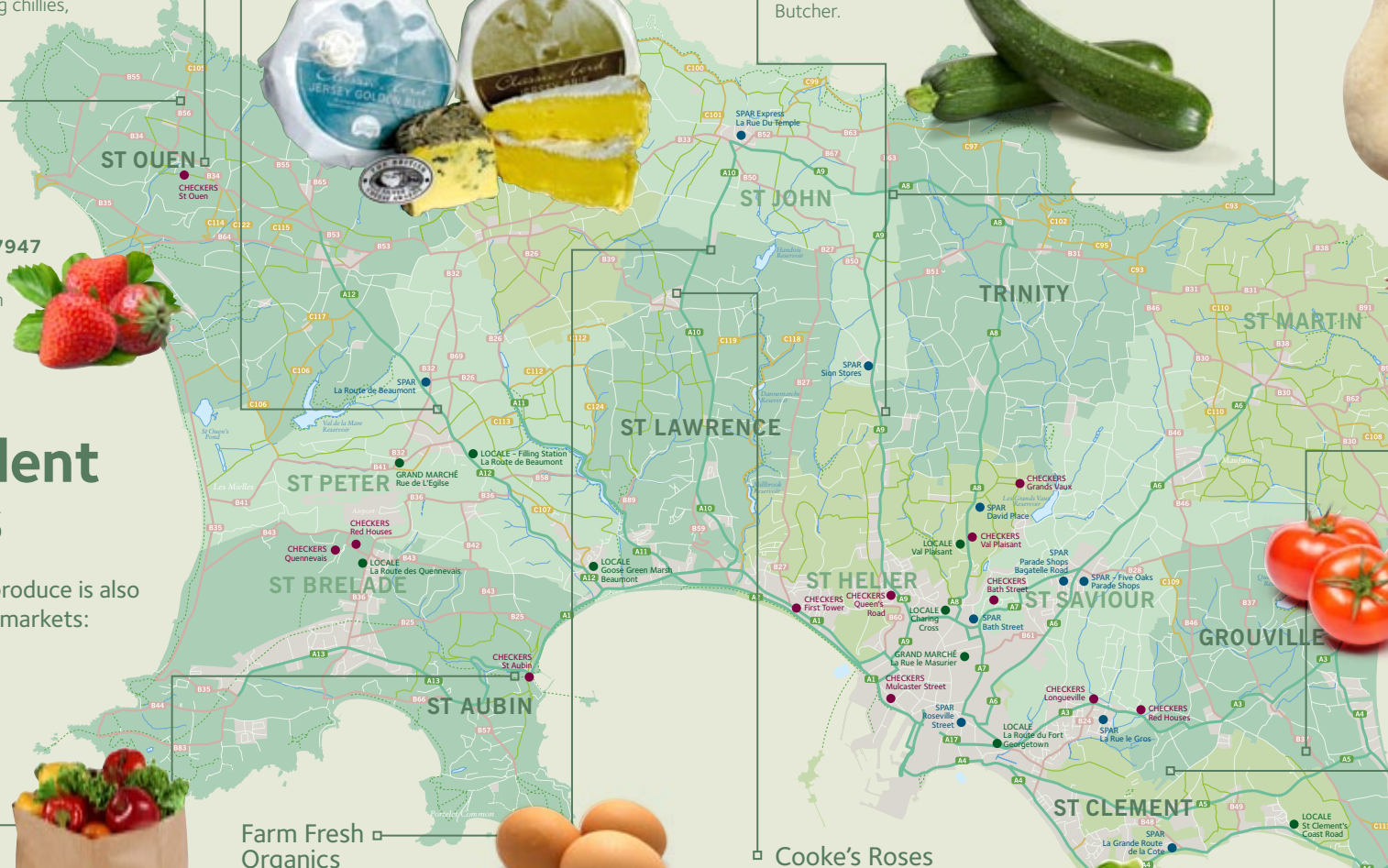
La Rue au Long, Fauvic,
Grouville, JE3 9SH
T: 851881
www.holmegrown.com

Holme-Grown sells farm fresh produce, home-made cakes, preserves and freshly baked bread. Hampers are also made to your requirements.



Homefield Growers

Homefields, La Grande Route de St Clement, St Clement **T: 852949**
Homefield Growers is run by Trevor Le Brun and grows 70 different crops – the largest range grown by any farmer in Jersey. Crops include a comprehensive salad range, root vegetables, peppers, chillies and tomatoes.





Seasonal produce on your plate

Jersey Royals

The Island's most famous produce is harvested in May and June but few Islanders realise just how bountiful the Island is; our mild climate means a wide range of produce is available throughout the year.



Fruit and vegetables

More than 100 varieties of fruit, vegetables and herbs are grown in Jersey. There's asparagus and aubergines, strawberries and sage, not to mention a wealth of organic crops.

Seafood

Fishing is popular around the Island's shores. Depending on the season, there are superb quality shellfish, hand dived scallops, lobsters, chancre crabs and spider crabs. Oysters and mussels are also farmed in local waters, as are turbot. Sea bass, bream, brill, conger, grey mullet, mackerel, sole and rock salmon are also available.



Locally reared meat

Guinea fowl, chicken and duck are all reared in the Island and a number of farmers produce veal, tender Jersey beef and lamb. Pork is also popular and sausages, bacon and gammon can be bought in many farm shops.

A full list of seasonal produce is available from www.genuinejersey.com/seasonal

Recipe made with local produce



Thyme roasted fillet of sea bass with sautéed Jersey Royal new potatoes, served with buttered asparagus

Ingredients (serves four)

- 20 Jersey Royal new potatoes
- 4 Sprigs of thyme
- Salt & pepper
- Baby spinach
- 4 Sea bass fillets (8oz)
- 20 Stems of asparagus



Method

- In a sauté pan, add a knob of butter and melt.
- Add the potatoes and fry until golden.
- Add the thyme and seasoning and place in the oven.
- In a non-stick pan, place the sea bass skin side down and fry until golden.
- Turn the fillets over and leave to gently finish cooking. Meanwhile boil the asparagus.
- Turn the fillets over and leave to gently finish cooking.
- Place a good spoonful of potatoes on four plates and place the sea bass on top.
- Serve with baby spinach and buttered asparagus

Savour the flavour

Clos, La Mare Wine Estate

A fruitier aromatic wine made with Reichensteiner, Huxelrebe and Seyval Blanc grapes. Bottled relatively young, the resulting wine is fresh and fruity with honey, figs and grapefruit flower on the nose and palate. Absolutely delicious!



Why buy local?

- ### 1 Eat seasonally

Nothing tastes better than the first Jersey Royals or strawberries of the season. Fresh seasonal local food is likely to be fresher and more flavoursome than food shipped long distances from other countries.
- ### 2 Support local agriculture

Supporting the local farming industry ensures that the Island's characteristic landscape continues to be preserved and that the industry remains sustainable.
- ### 3 Reduce food miles

'Food miles' are the distance food travels from where it was grown or raised, through the distribution process before finally ending up in your shopping trolley. Buying local seasonal produce reduces carbon dioxide emissions, packaging materials and waste.
- ### 4 Preserve the environment

Buying local and fresh produce means we can reduce excessive and expensive packaging – all you need is a shopping bag or basket! Good farming methods also help preserve the natural environment.
- ### 5 Support the local economy

What better way to support the local economy than to buy from local shops? We have some fantastic farm shops, small stores and supermarkets which stock locally grown items. Make sure your money goes back into supporting our farmers and growers.
- ### 6 Provenance/traceability

Wouldn't you like to know that the hen which laid your eggs led a happy life or that your pig was well fed? Knowing where your food comes from and how it is grown or raised enables you to make informed choices about the origins of your food.

www.genuinejersey.com

Look for the logo before you buy

Genuine Jersey was launched in 2001 to promote the diversity and quality of local produce and the skills and materials involved in their production.

Today the distinctive Genuine Jersey logo is seen as a byword for the best the Island has to offer.

