

RURAL

Jersey Country Life Magazine

Issue 34 | Spring 2021

Natural medicine and natural therapies

Caring for ourselves during troubled times

RURAL Fashion

More dog walk than catwalk

Genuine Jersey ahead of its time

Championing local production long before the concept became popular

WIN

A traditional 'marriage stone' from Jersey Oak

A two-night staycation at the Ommaroo Hotel



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Welcome

By the time this issue is printed, it is hoped that at least some of the Covid restrictions will have eased. We can only hope that one day it will no longer be deemed audacious to exhale in public.

In the meantime, 'health' for us all remains a hot topic in a cold springtime. Accordingly, we have a special 'health' section in this issue. The dreaded Covid-word does not appear too frequently, I'm glad to say, and the magazine is not about to mutate into a health publication, but natural treatments and natural remedies certainly are within our remit. Welcome, then to this issue's special 'natural health' theme.

One of the few positive effects of Covid has been a concentration on local food supplies that do not reach us at the conclusion of a long 'food miles' journey. A re-balancing of our way of life towards buying local, seasonal food produced by local producers has been something that was long-overdue and it is hoped that the habit of 'think twice, buy local' will be retained when (and if) things get back to normal.

The Genuine Jersey Products Association has been in the forefront of promoting local products - and local non-food products as well. We are delighted to be one of the Genuine Jersey sponsors and to support this excellent organisation. For full details, browse www.genuinejersey.je

An innovation for this year is having a regular 'fashion' article - not written by me, I hasten to add. We may be the only 'countryside' magazine with a fashion page... but fear not, this is much more about the dog walk than the catwalk.



And talking of dog walks... in our preoccupation with our own health, we shouldn't forget health for dogs. You know how your dog likes his tummy scratched, or to be stroked and petted... canine myotherapy takes this treatment to another level - a massage treatment for aching canine muscles that both you and your dog will enjoy.

Enjoy this issue of RURAL and let us look forward to a better year ahead - fingers crossed.

.....
Alasdair Crosby | Editor
www.ruraljersey.co.uk

A handwritten signature in black ink that reads "Alasdair Crosby". The signature is written in a cursive, slightly slanted style. Below the signature is a horizontal line that tapers to a point on the right side.

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Genuine Jersey's chief executive, John Garton
Photo by Gary Grimshaw
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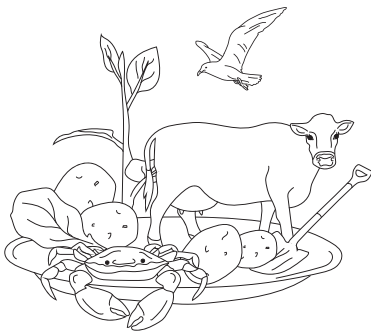


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R O M E R I L S

home interiors

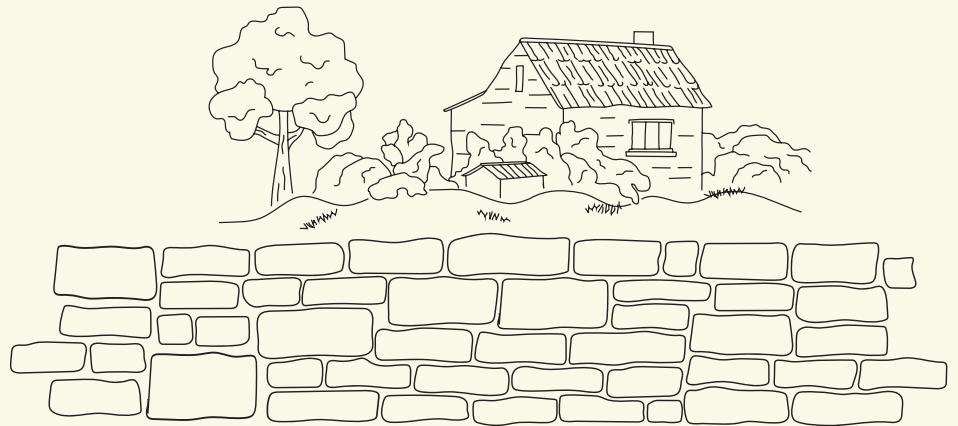
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Over the wall

A RURAL view



Jersey's fishermen and fish merchants have typically sold their catch into high value European markets for live and fresh shellfish. There has been little by way of market incentives to diversify, since the market for fish sold into France would take all that Jersey fishermen could catch, with minimal bureaucracy, and they would pay as well as any other market.

Although the French and wider European markets are as strong as they ever were, the paperwork that must now accompany exports and the risks of product being at best de-valued and at worst destroyed, means a sea-change in approach is necessary.

Rather than considering 'adding value,' Jersey's fishermen might now need to look at how they can retain the greatest value in their catch, while minimising the risks that are present in every European export sale. If the catch is not entering the high value markets of France and the EU, can Jersey's fishermen instead introduce some additional processing so that it can be sold at less risk into a wider range of markets, whether in the EU, the UK or elsewhere?

Processing requires infrastructure; infrastructure requires investment; and investment is more easily paid back when there are some economies of scale. This in itself might be sufficient to encourage fishermen, and merchants too, to take a more co-operative approach and to work together and with government to identify what shared facilities and services would give the best returns on investment.

However, investment also requires security; in this instance, the security would be the necessary assurance to fishermen that their investment in processing and marketing their catch would not be undermined by a licensing regime that allows others from outside the co-operative to fish freely in these same waters, which would also threaten the stocks of key species such as brown crab, European lobster, whelk, sea bream and bass.

Fisheries management has long been dogged by those who would respond to market demands by over-fishing. Whilst the Granville Bay Agreement should have prevented this, it failed to achieve all that it could because there was no singular drive towards environmentally and economically sustainable fishing. Although Jersey imposed tighter conditions on its fleet these were often not matched by the French authorities. Under the terms of the UK-EU Trade and Economic Cooperation Agreement, the Government of Jersey is now in the position of being in sole control of licence conditions. It has responsibility for a local fishing industry that is, to a large extent, operating with low-impact fishing methods, using fixed-gear such as pots and traps rather than trawling or dredging the seabed. If licensing can remove those who over-fish, and reward those who take a longer-term, environmentally sustainable approach, then Jersey will be able to build a fishing industry that is the envy of many and critically, it should be able to build an industry with uniquely positive environmental credentials.

Mitigating the risk of over-fishing that result from short-termism will mean giving fishermen some sort of shared ownership or control of the waters in which they fish.

Jersey's licensing regime must put environmental sustainability first and foremost, but it must also recognise that sustainable fishing will only be achieved if fishermen themselves have the incentives to improve the status of fishing stocks over longer time frames. Licensing must be sufficiently exclusive and long-term that it becomes worthwhile limiting today's catch for the chance of an improved catch next year.

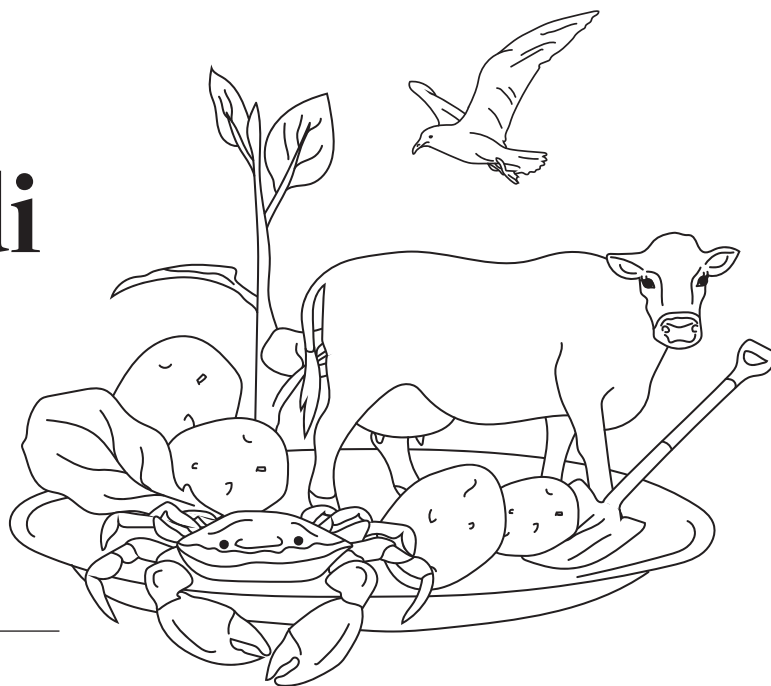
A fishermen's co-operative, providing the infrastructure to process and market shellfish and wet-fish, would, no doubt, improve the economic resilience of the fleet. The approach has worked well in other sectors in Jersey - take Jersey Dairy for example - and it has worked well for fisheries in other parts of the world.

Jersey has the opportunity as it takes full control of fisheries licensing to create a marine environment and a fisheries economy that we can be proud of. There is no doubt that our fishermen will need support to get through the challenging times they now face, to adjust to the new licensing regime, and to adapt to the new ways of working for trade into the EU. But in the longer term we can hope that the changes brought about by the UK-EU Trade and Economic Cooperation Agreement will stimulate an approach to marine management that is both environmentally and economically sustainable, one in which the benefits of low-impact fishing are recognised and protected, and one which continues to provide a living for our fishermen and the generations of fishermen to come.

The changes, in short, could land a sustainable future for Jersey's fishermen.

The Jersey Salmagundi

A mixed salad of events and news, with a bit of this, that and the other thrown in



Jersey's climate conversation

All Islanders are being encouraged to get involved, share their views, learn from their peers and pledge to take action to help support Jersey on its journey to becoming carbon neutral.

The States Assembly agreed that there is a climate emergency and that it's likely to have profound effects in Jersey. In early 2020 the States Assembly approved a Carbon Neutral Strategy which sets out a 'people-powered' approach and gives Islanders a real say over when and how Jersey should become carbon neutral. This includes a call for a Citizens' Assembly on climate change. The assembly will be made up of 45 Islanders and takes place between March and May this year.

To become carbon neutral, we will have to reduce the amount of greenhouse gases we produce to a much lower level than today and balance our remaining unavoidable emissions by absorbing the same amount from the atmosphere. The actions required to do this will change the way we heat our homes, how we travel, our diets, what we buy, the taxes we pay and many other aspects of our lives.

The climate emergency is a global challenge, but action at a global level alone will not be enough. Changing our personal and shared behaviours at a local level is the first step for us to live more sustainably and slow the rate of climate change. One way of supporting the Island is by purchasing local produce and products. This simple change has so many positive impacts, it ensures that you are supporting local jobs, boosting the island's economy and you're also having a positive impact on climate change, by reducing air miles and Jersey's carbon footprint. By supporting local produce and producers we are all contributing to something far bigger than just us.

The conversation continues throughout the period of the Citizens' Assembly and beyond. Ideas and recommendations shared with us throughout Jersey's Climate Conversation will be considered by the citizens' assembly and used when developing Jersey's long-term action plan, which later this year will be open to full public consultation. This will allow for further public involvement in this important issue.



You can get involved at www.climateconversation.je

Jane Burns, Eco-active project manager

CCA Galleries International Exhibition schedule - Spring 2021

26 March

Deadline for artist applications for 2021 Jersey Summer Exhibition Artists of all mediums are encouraged to get involved with this highlight of the Jersey Cultural Calendar. As well as exhibiting work for sale at the Hill Street gallery this summer, successful applicants are eligible for the Summer Prize and the RURAL Landscape Award. This year's RURAL award includes both sea and landscapes. It is sponsored once again by RURAL, BCR Law and National Trust for Jersey. Visit the website for further details and to apply.

Until 2 April

Handmade: original prints
Original prints and new editions by established and up and coming artists, including Dan Baldwin, Lucie Bennett, Sir Peter Blake, Rose Blake, Barbara Rae, Bruce McLean, Jackie Tsai and Gavin Turk.

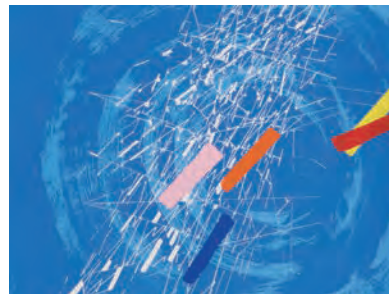
Talks, discussions and events this spring include:

Deconstructing the myth: silk screen printing and live discussion with Bruce McLean and Gillian Duke from Worton Hall Studios

The discussion will be followed by a private view of the exhibition Handmade with Gallery Director, Sasha Gibb. Tickets cost £25, are limited and must be booked in advance from the gallery.

Wilhelmina Barns - Graham: a discussion with Selina Skipwith

Ahead of the first ever retrospective exhibition of Wilhelmina Barns - Graham, Sir Terry Frost and Sandra Blow at the gallery later in the year, CCAI will be hosting a fascinating insight into Barns - Graham, her work and legacy by art advisor and curator Selina Skipwith.



Wilhelmina Barns - *Vision in Time III*

Marcus Binney OBE in discussion with artist Graham Byfield

Marcus Binney is well known as a historian and writer. As well as numerous books, he has written for many years for 'Country Life' and 'The Times'. He is the founder and chairman of 'SAVE Europe's Heritage'. Graham Byfield is watercolour artist living in Menorca who has published several books featuring cities around the world. They have worked together on a sketch book series, including Menorca, Oxford, Cambridge and Barcelona.

Graham will join us from his studio in Minorca, offering a behind the scenes insight into his creative process and his collaboration with Marcus.

Visit ccagalleriesinternational.com or call the gallery 01534 739900 for dates, further details and bookings.

Royal progress

‘Whether the weather be cold, or
whether the weather be hot,
we'll weather the weather
whatever the weather,
whether we like it or not'

- A true classic when it comes to tongue twisters, and something that farmers have always been adept at doing. That said, there has definitely been a change in classic seasonal climatic conditions in recent years, and all the quotes about a 'normal' year no longer really apply.

Seasons, once so clear cut with winter offering cold snaps, spring a new dawn and April showers, summer some months of hazy sunshine and autumn the traditional harvest period, have somewhat changed and we are now seeing more extremes than ever.

December 2020 was the second wettest since records began in Jersey, and this brings it own challenges to the Jersey farmers who need to get on with planting outdoors from the start of the New Year.

There are now fewer cõtils cultivated than in years gone by as the economics don't stack up. Most retailers offer seasonal prices and as such it no longer pays to work too many of the slopes that can easily take at least four times as many man hours to plant compared to flatter land. Cõtils do still have their place in the calendar as the iconic shots over Gorey castle or at L'Etacq really help to promote the heritage of the Jersey Royal new potato brand, and there is still a premium on offer from the early wholesale market trade, but farmers need to gamble and get on to flatter fields as soon as possible.

Sodden fields from the December rain have not had a chance to drain as January has been punctuated by showers throughout, and the start of February has not been any easier which has resulted in even slower progress than 2020 that was regarded by many as one of the toughest years. This puts pressure on the farmers who to date have only planted just over 10% of their total area.

No article would be complete without the mention of Brexit or Covid. Last year workers were encouraged to register for settled status so that they could return to work, but now there is an enforced ten-day Covid isolation period to endure.

When planting is not possible, there is still a stock of seed to grade and stand, but this is an anxious period. Farmers are praying for an easier run, with no drought to follow as was experienced last year - *William Church*

Genuine Jersey Ahead of its time



Supporting local producers as the Island community rediscovers the benefits of 'local' production. By the chief executive of the Genuine Jersey Products Association, John Garton

The Island of Jersey has been championing the benefits of supporting local producers, products and produce long before 'buying local' became a popular movement.

Jersey may only encompass 45 square miles but its most famous specialist produce - Jersey Royal potatoes, tomatoes and dairy products - have enjoyed an enviable reputation for generations.

At the height of the post-Second World War agricultural boom, before the finance industry became the dominant contributor to the Island's economy, life revolved around the seasons and the overriding aim to get fresh produce to the UK markets as quickly as possible.

Today, while the Jersey Royal potato is still the dominant crop and the tomato industry has declined in face of competition from UK and European producers, the Island can be justifiably proud of an abundance of fresh, seasonal produce. For a small community it also boasts a variety of skilled craftsmen and artists who create a range of excellent products. This diversity and wide choice is partly due to the efforts of the Genuine Jersey Products Association.

If residents and visitors want to enjoy the best that Jersey has to offer they can do so by buying goods that carry the Genuine Jersey mark - the guarantee of local provenance.

Goods carrying this distinctive mark have been reared, grown or caught in Jersey or created by accredited Islanders and local businesses who qualify to be members of the Genuine Jersey Products Association.

Products carrying the distinctive Genuine Jersey mark include dairy goods, fruit and vegetables, herbs and salads, beef, pork and lamb, fish and shellfish, pottery and woodwork, wines, ciders, spirits and beers, jewellery, needlework, decorative stonework, glassware and art and crafts. Genuine Jersey goods can be bought in the main shopping centre in St Helier and from many other outlets Islandwide - including, galleries, studios, tourist attractions and heritage sites, farm shops and markets - and sampled in restaurants, pubs, cafés and from ice cream stalls.

Genuine Jersey was launched in 2001 by a small group of Island businessmen who recognised the value of offering distinct and unique local goods and who were keen to promote the diversity and quality of local produce and products.

The Association founders were also concerned that visitors were being misled into believing that goods and souvenirs were made in Jersey when they were not. Take as an example the choices of fudge on sale in Jersey. While some brands are made with cream from Jersey cows, these animals are farmed in the UK and have never grazed on the lush green grass of the Island's meadows, nor are the sweets made locally.



Since the Association started it has attracted a loyal and enthusiastic membership. While some members ensure the survival of Jersey’s heritage and traditions, others are at the forefront of introducing pioneering farming methods, new crops or exploring previously untapped international markets.

The Genuine Jersey Products Association charter lays down the terms and conditions that members must comply with. This ensures that when Islanders and visitors buy produce and products bearing the mark they can do so in the knowledge that they are supporting local jobs and boosting the Island’s economy. Moreover, they are also doing their bit to mitigate the adverse effects of global warming by reducing air miles and Jersey’s carbon footprint.

In addition to members' subscriptions, the Association receives a grant from the Government of Jersey, through the Economy Department.

The promotion of the Genuine Jersey brand is in accordance with government strategies which promote sustainability, innovation in the land use and tourism sectors.

The Genuine Jersey Products Association is committed to raising awareness of local goods and supporting all those involved in their production. This is achieved in part by educating residents and visitors about the benefits of buying local and informing them about the range and diversity of seasonal produce on offer. The Association also sponsors competitions and educational initiatives in Island schools, often in conjunction with local businesses looking to support the rural economy.

Our membership has diversified to include the wide range of businesses that thrive in 21st Century Jersey. There is a reason for this - members all find a positive benefit in belonging to an organisation which promotes growth, sustainability and innovation.

Today the distinctive Genuine Jersey mark is seen as a byword for the best the Island has to offer - look for it before you buy.



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Thanks to the sponsorship of Lakey Offshore Ltd, we feature in each issue of the magazine an article on a local business; Lakey Offshore Ltd shares with RURAL magazine a commitment to try to promote and assist local businesses, particularly in these current difficult times.

Eric Smart of Lakey Offshore 07797 939662 acted as broker to assist Tim and Marianne acquire this business and is delighted at the success they have had in bringing something that is different and of such quality to Island life.

The good life, with golden goats

Local couple Tim Le Cornu and Marianne Shaw have made the first steps to combining careers in finance and law with one in the great outdoors. Kieranne Grimshaw visited them at their recently acquired business, Jèrriaise d'Or goat farm, in St Lawrence, to discover their journey

Standing at the top of a beautiful valley in St Lawrence, Tim is surrounded by 21 vergées of idyllic rural countryside, not to mention his 25 free range goats. A year ago, however, it was a different picture. As for many people, Tim's job in finance initially seemed to offer the perfect life - it paid the mortgage, many luxury holidays and gastronomical experiences. He soon realised, however, something was missing and made a leap of faith into the world of farming alongside his finance job.



The Farm is dedicated to the reintroduction of the rare breed pedigree Golden Guernsey Goat. Tim explained 'Our main aim is artisan cheese production. We make the mature cheese, Fluffy Fuhka (spell check not recommended) which is made from raw goat's milk.'

In addition to appreciating good food and wine, Tim's love and understanding of animals was a key factor in his choice of venture. 'As a child, I spent many holidays at my grandmother's farm in Brittany. I'd love helping out with the sheep, geese or rabbits, so I've always had an affinity with animals.' Tim's experience with animals helped him appreciate the benefits of a free range life style for his goats.

Apart from setting up a new business last year, the couple had their first child, Elodie, in October. 'We initially considered starting a restaurant and other food outlets, the irony is we said we'd never see each other - but now I don't see Tim much either.' Marianne admitted.

Tim still works full time in finance. 'There are expenses to pay and some costly fencing - but necessary, especially if Zeus, our breeding male, sees the girls in season nearby!' Tim said.

Having two jobs has many challenges and working with livestock is not for the faint hearted. Tim has had to learn how to treat an abscess, vaccinate the goats and must also trim their hooves every 4 - 6 weeks. 'Goats hate the rain,' Tim said, 'they could get foot rot.'



The couple admit to working harder now than ever, but have been amazed at the generosity and support received from friends and family. Marianne explained: 'We've had people who've been made redundant due to Covid. They've since visited us and said how beneficial it's been and consequently ended up helping out, all socially distancing'. The couple have seized the opportunity to offer a safe outdoor environment for people to come. Working parties have regularly visited to assist with odd jobs - 'We had three lorry loads of wood chippings delivered and within a day people had moved it into the girls' yard,' Tim said.

The recent pandemic has also enabled Tim to take stock and have time to learn along the way. Covid restrictions resulted in restaurants closing, so other means of selling cheese had to be found. 'Both Longueville Manor and Relish were selling our cheese, but then La Robeline Cider was able to sell it via a Genuine Jersey stall and their outside pop-up restaurants.' Marianne said.

From selling around 25 cheeses last year, the couple aim for a few hundred per week in future. 'I think the timing may work - with kidding time around April, then cheese making recommencing in May, when restaurants should have re-opened.'

The earthy smell of wood chippings and the sound of birdsong is the model alfresco workplace. Goats love climbing and Bonnie stands inquisitively on a bespoke wooden structure, whilst Marigold gently nuzzles her visitors.

Some sacrifices have had to be made for Tim and Marianne to reach their goal for a work life balance, but they remain optimistic. Tim's other office is an open sky: 'When we had the recent frost, just looking across the meadow down the valley with the stream running through - it was stunning.'

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Adaptability is key...

... especially when Covid comes calling. Happy anniversary to Valley Foods, celebrating their 40th anniversary in April, and adapting to counter the pandemic pest



Happy birthday Valley Foods – 40 years old in April; established by Matt Robin in 1981 as a food wholesale business supplying mainly hotels and restaurants and still locally owned, by Andrew and Helen Clackett.

Any person or company would change a lot in 40 years, of course. When it was founded, tourism was a booming industry and a successful business was built up servicing the hotel and restaurant sector – but business has changed hugely since then. Like the leopard in the Just So Stories, the company has had to change its spots.

Not only physically – moving from Springside to La Solitude Farm, St Martin – but also in the way it services its customers: the internet was still embryonic then but for the past ten years has caused a massive change in the way the company works. It began to offer a ‘supermarket delivery service’ to retail customers – the equivalent of a full weekly shop delivered to the customers’ door.

Nevertheless, it remained a minor part of the business until last year.... when Covid came calling.

As general manager Martin Mitchell said: ‘the main part of our business was still looking after hotels and restaurants, so when they had to close down, we had to transform our wholesale business into a retail business for the lockdown period. Challenging, to say the least, as we have had to take on more staff to cope with what is pretty labour intensive work.

‘One of our biggest issues has been stock; we have had suddenly to ramp up our retail stock urgently at the same time as our wholesale packs were potentially going out of date.

‘Mrs Smith might want to order bacon, but not exactly in a 20lb pack. It has been a problem, but problems are there to be solved.’

Valley Foods is a Genuine Jersey member since it supplies Jersey beef both retail and (when it can) wholesale to as many businesses in the Island that care about supporting local produce. They work closely with Trinity Manor Farm and there are are full butchery facilities at their store.

‘We like to support as many Genuine Jersey suppliers as we can,’ Martin added, ‘even the very smallest ones. So we can supply Jersey chutneys, candles, sea salt, the Jersey Dairy’s products ... large or as small as can be, we give them an outlet to sell their goods that they might not otherwise have.’

They carry over 5,000 separate lines – on the day Martin was interviewed, specifically 5,112 lines – including fresh vegetables (they work with Homefield) and seafood (working with La Crete Seafood.

As they are members of Co-Op in the UK, they can supply all their products as well.

Anniversary year this might be, but celebrations are muted while Covid continues to cause disruption. ‘It is going to be another tricky and challenging year,’ Martin said. ‘We need to manage ourselves as an Island and promote ourselves as a destination that people are happy to want to come, because it is a safe destination. There are plenty of businesses out there, us included, which have worked their hardest to ensure that they are Covid safe.

If we can promote ourselves properly, potentially we will have a good second part of the year to which to look forward; the first part of the year is still going to be challenging.’

So – hoping to be able to survive for another 40 years?

‘We’d like to be – no reason why not. We like to think we are in front of the game when it comes to technology, I think that has helped us. As a team, we have been able to move and change with the times and that has certainly helped us with Covid.

‘But who knows what will happen in the future? I hope in three months’ time, the Island will be open fully – but we might not be, as something else might hit us - perhaps a new strain of Covid - and we will be back to square one. We need to have the ability to continue changing and to plan as much as we can.

‘At the end of the day, we’ve got to be able to continue turning left or right, sharply and suddenly, to avoid any unexpected obstacles ahead.’

Near at hand is far away

Cumbersome regulations are hindering the export of shellfish, such as oysters, lobsters and crabs, from Jersey to France following the post-Brexit trade deal. By Ruth Le Cocq

Chris Le Masurier, who runs the Jersey Oyster Company, wants everybody involved, on both the Jersey and French sides, to clarify what is required so the industry can continue to provide produce in a sustainable way.

‘A deal was struck and yet the communication we had from the Jersey government and the veterinary and fisheries departments was diabolical. The Jersey Government accepted our involvement in the deal without regard to or liaison with industry as to the implications the deal would pose,’ said Chris.

He added that, in comparison, the UK government aided the aquaculture business for Brexit readiness, giving funding and information about the infrastructure, the new markets, the different transport routes and any training needed for the new system.

Chris, who has been farming oysters for over 23 years as a third generation business, became increasingly frustrated during 2020 when he realised the Island was not taking steps to find out what would be needed to export produce from Jersey post-Brexit.

‘2020 was a bad year. The only thing that saved us was the pre-Xmas sales. We sailed daily to Granville – which was hard on all my staff - and found the markets which meant our bills were paid,’ he said.

Now the Jersey Oyster Company, which usually exports around 1,000 tonnes of shellfish into Europe every year, is dealing with regulations including giving the authorities five days’ notice of exporting produce with every shipment being inspected and signed off by a member of the veterinary department.

‘This is causing an unnecessary burden on government resources,’ said Chris. ‘Before Brexit I was able to sign off my own export certificates confirming the species (oyster or mussel). Our farming practices and standards have not changed. If there is a visual sign of mortality, I think I’m qualified enough to manage that!’



Chris, whose company bought the ‘Normandy Trader’ to ensure produce is shipped in a timely fashion, said he and his staff had to discover for themselves what paperwork was needed to trade. Since January all shellfish exports have to go through St Malo doubling fuel charges and causing delays.

‘France is the gateway to Europe and our oysters are sent from there to Holland, Italy, Belgium and Spain. We have worked hard to build good relationships with Normandy and Brittany and they have confidence in what we send. So we spoke to the French and then we went back to Jersey who then had to ask England - better communication is needed.’

He added: ‘The Jersey aquaculture industry is built on the hardworking people involved and it receives no handouts or grants and the less bureaucratic involvement we have the better.’



Phtyobiophysics

– using the infinite energy of plants



Photograph by Natalie Mayer

By Diana Mossop

There is so much choice for help that we never need feel unsupported.

From Sacro-cranial practitioners, Osteopaths and Chiropractors for structural disorders and pain, acupuncturists for rebalancing our energy fields, naturopaths for our nutritional support, vibrational medicine practitioners, spiritual healers, psychologists, yoga experts, exercise classes, personal trainers and so much more... the list of support on offer from qualified practitioners is comprehensive.

Phytobiophysics is defined as the philosophy of healing using the infinite energy of plants to heal on all levels of consciousness: spiritual, mental, emotional and physical.

I have spent my life researching the healing power of plants.

Although I am a 'Jersey Girl', I have travelled to many remote and beautiful parts of the world. I am a plant collector. My mission is to heal people and I have dedicated my life to the search for healing plants to fulfil this pledge. I have collected hundreds of thousands of flower and plant essences from all over the world to create the range of Phytobiophysics formulas.

From the primary jungle of Pahang in Malaysia, the deserts of the Sahara, to the astonishingly beautiful waterfalls of Iguacu in Brazil and the forests of remote Northern Canada, I have found rare plants that offer healing on a deeply powerful level.



Natural medicine and natural therapies

In these troubled times it has never been more necessary to care for ourselves. In Jersey we are fortunate to have a very wide selection of extremely highly qualified practitioners of Complementary and Natural Medicine.

Co-ordinating and sponsoring this series, as well as making her own contribution is natural therapist Diana Mossop, founder of the Institute of Phytobiophysics | diana@phytob.com

But I always come home to Jersey. Perhaps we may not realise that the most beautiful flower essence healers are often the most humble little flowers that grow between the cracks of the paving stones just outside our doorsteps.

Flower essences - the most sophisticated medicine on this planet in my opinion! If you can understand that from a little seed a mighty tree can grow, then it may be easier to believe the possibility that a drop of water charged with the vibrational frequency of a plant, can offer healing on a profound level. It is important to remember also that over 90% of pharmaceutical medicines are derived from chemical compounds in plants.

How I love to pass on my knowledge of the healing power of flowers to little children. I was fortunate to have grandparents who loved flowers and I spent hours of happiness with them as they passed on their wisdom to me.

I have been holding regular workshops in my beautiful garden to teach children to respect the beauty of the environment and to make their own flower essences. Although this last year the training had to be put on hold, I am hoping that I will be able to offer these classes in the spring and summer.

Recently I gave a field to the Jersey Trees for Life to create a tree nursery and we are hoping that this will be a wonderful place to teach children about the value and need to plant trees.

During the last year we have all been forced to look at new ways to care for ourselves and so to be able to make our own medicine from the flowers that grow around us is absolutely invaluable.

One of the most exciting aspects of flower essences is that anyone can make one. A flower, water, sunshine and a clear glass container are all that is needed to make a powerful and personal flower essence.

The intention to create something special is really the most important ingredient. I have always been fascinated that children often make the most magical essences but there are some important rules that need to be followed. The most important is that if the water does not sparkle and turns murky it must be discarded immediately. Poisonous plants should be avoided.



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This method is described in depth in Chapter 3 of my book, Island Flower Essences.

The really exciting aspect of making essences is that it is possible to use any part of a plant, but flowers are so beautiful and hold the key to the support of spiritual and emotional issues; bark, lichen, nuts and seeds often have more physical benefits.

The first simple rule is to think about what you require from your flower. Also it is helpful to see if your chosen flower invokes certain feelings. I have known people who are so sensitive to the healing power of flowers that they can shake and shudder, especially if the healing from the flower is for a traumatic situation.

Are you feeling sad or do you have a more physical condition? Remember that many physical conditions are probably the result of an emotional issue that needs to be addressed.

The colour of your flower has specific healing benefits in relationship to the chakra system, so if you follow the map with regard to choosing a flower this may be the best way to start.

It is particularly important at the moment to look for green flowers to heal us and support our immune system. Green is the vibration of life and love and the colour of the heart, lungs and the thymus function.

The heart is the fulcrum of the energy flow through the body. Every experience, every emotion and all of life's daily expectations and occurrences have a subtle yet profound effect on the heartbeat and the flow of blood through the heart.

Green helps one to forgive and feel love.

We live on a coloured planet and green is the colour of the plants. Chlorophyll is the life blood of plants and this amazing energy supports LIFE as not only do we depend on plants for food and succour but plants breathe in carbon dioxide and breathe out vital oxygen to support us. The plants, the leaves, the trees and grass are often described as the lungs of the planet.

Cow Parsley

Supports us on a spiritual level

For a person who has a mission in life. Who is sensitive and caring and ambitious, very capable and talented with the capacity to succeed in many paths in life.

Supports Trauma

Bored and lonely. Unable to find direction and therefore becomes neglectful of responsibilities. Finding it difficult to find true direction in life and therefore becomes somewhat aimless. Unable to fulfil one's calling.

Repercussions on the Physical Level

Heart, lungs, circulation and mucous congestion. Excellent essence for the support of congestive lung disorders such as emphysema.



Fat Hen

Supports us on a spiritual and emotional level

Heartfelt and loving

Trauma

The desire to recover from sadness, grief, bereavement, rejection, boredom, isolation, loneliness and illness. Fat Hen essence is very valuable to support the utter exhaustion of grief.



When suffering from these negative emotions the repercussions on the Physical Level may affect : The heart, the thymus gland and the lymphatic nodes of the heart and lungs. May sedate production of T cells, white blood cells and lymphocytes.

I believe that not only do all plants have astonishing healing powers but that the plants that grow in our own environment have developed an immunity to the pollution and problems of the environment. Never more needed than now!

When energy from these flowers and seeds is harnessed and used as a remedy, this captured immunity can be passed on to us to harmonise our immune deficiencies.

“ My mission is to heal people and I have dedicated my life to the search for healing plants to fulfil this pledge. I have collected hundreds of thousands of flower and plant essences from all over the world to create the range of Phytobiophysics formulas



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Chiropractic treatment

- about as natural as it gets

By Charles Robottom, chiropractor and owner of Orchard Chiropractic & Health Centre, a business he established over 20 years ago



In these pandemic times, I believe it has never been more important to focus and take accountability for our health and wellbeing.

Chiropractic treatment will address many of the mechanical health issues, but given the body is an integrated system, it stands to reason that we need to look after ourselves in an integrated way. By doing so, we stand a better chance of fending off disease.

Health is as defined by the World Health Organisation (WHO) as a state of physical, chemical and mental wellbeing, not merely the absence of disease or infirmity. This definition is as profound today as it has ever been, as people look for ways to stay healthy and manage the impact of less exercise, poor home working posture, virtual meetings, too much time bent over smartphones and the physical and emotional manifestation of anxiety.

Chiropractic treatment is about as natural as it gets: it is simply manipulation of the spine or joints to treat problems with the 'musculoskeletal system'. In fact, manipulation has been used for thousands of years and even recorded in cave paintings in France and written about in the time of Hippocrates!

Chiropractors use precise manipulation to treat all ages and a variety of conditions including back, neck or joint pain, headaches and conditions arising from sports injury.

They are always seeking to rebalance the mechanics of the human body - the way the joints work, the length and strength of the muscles and the feedback and control loops of the controlling nerves. This restores movement, relieves pain and enhances the way the body should work.

Here are some of top tips for better health in 2021

Focus on gut health Accumulating evidence indicates that gut microbiota plays a vital role in our health, including immunity. The so called 'forgotten organ', the microbiome, comprises trillions of microbes, including bacteria, fungi and viruses that are unique to each of us. I have had personal experience of the benefits, as I followed the Nutri Advanced Gut Transformation Programme for six weeks last summer. The programme helps to heal the small intestine lining, reduce leaky gut and increase 'friendly' bacteria. The change in my intestinal health and the biome had the effect of reducing inflammation within my body - I felt fantastic, shed a stone and, most importantly, the benefits are still very much in evidence.

My deeply held view is that this anti-inflammatory focus is vital, especially at the moment. This can be achieved by:

- Gut transformation to heal and populate with 'friendly bacteria'
- Supporting the friendly bacteria in the bowel with a good quality probiotic
- Stop eating the foods that promote bad bacteria and fungi (e.g: Candida) on a regular basis
- Making a habit of eating a broad range of different coloured vegetables that will feed the friendly bacteria

- Reducing or avoiding foods that contain a lot of sugar such as sweets, biscuits and alcohol. I don't advocate abstinence as it is not realistic for many of us, but eating and drinking these carbs for more than two days in a row will dramatically affect the balance of your Gut Biome

Top up the Vitamin D Diet is vital and there is also a great deal of research showing that Vitamin D, taken as a preventative vitamin, will enhance the immune response and reduce the cytokine spike that is so damaging. According to an article in the Guardian, the British Association of Physicians of Indian Origin advised its members to take the nutrient, citing research that vitamin D3 deficiency is a major risk factor for severe coronavirus infection.

Get walking Although experiences of the pandemic are individual and unique, what is common to all are the increased levels of frustration that the pandemic has introduced into our lives. Simple activities we took for granted are no longer the same or certain and many of us have had to cope with ill health or grief in challenging circumstances. But we are luckier than many - we live in a beautiful, beautiful island, with 350 miles of roads winding between fields and along the coastline.

Walking, even if it is just 20 minutes a day, is one of the most beneficial things we can do for our physical and mental health.

Of pain and pleasure

Lockdown, social distancing and self isolation are words striking at the heart of communities all over the world. As the rates of chronic mental and physical health problems increase, Ruth Le Cocq, a qualified counsellor and yoga teacher, looks at what this ancient Indian philosophy has to offer

Pleasure and pain are undoubtedly two of the greatest motivators in life and many people lie down on a yoga mat for the first time seeking relief from their aches and pains.

Practising yoga poses (asana) and breathing (pranayama) turns your attention inward and helps you to become aware of your thoughts and feelings and the effects they are having on your physical and mental wellbeing. If fear and anxiety are ruling your life, what are the effects on your body – are your shoulders bunched up to your ears? Are you holding your breath? And you wonder why you've got a headache?! Yoga's ancient purpose is to quiet your mind.

Humans are relationship beings and, during these challenging times, we are seeing the detrimental effects of us not being able to spend time with our family and friends, of being deprived of touch, which is so vital for our wellbeing.

Yoga can help to slow things down so our heart, brain and nervous systems can speak to one another. Our breath becomes easy thus slowing down our heart rate and respiration. This encourages us to drop into a state of relaxation while, at the same time, we can feel energised.

My teacher, Satguru Swami Nirmalananda Saraswati, says: 'While you are remodelling your body, yoga remodels your mind and heart and gives you access to an inner sense of joy.'

But where to start? A quick search on the internet reveals there are many different types of yoga on offer here in Jersey from slow-paced Yin yoga to the more athletic Vinyasa. Add into the mix a little Iyengar or Kundalini yoga and a pinch of restorative, trapeze or hot yoga and it can all become a bit overwhelming.

Each style has its own purpose for working with the body - some focus on core opening while others focus on core strength. It's important to find a yoga that suits you - your body and your mind – while ensuring the yoga teacher you choose is a qualified professional.

One of yoga's greatest adages is: 'Do no harm' and every type of yoga has profound effects, so much so that, if you have had a major organ transplant, you cannot participate. Yoga, especially Ocean Sounding Breath (Ujjayi Pranayama), can boost your immune system and stop immuno-suppressant drugs from working.

This is great news if you want to take steps in your personal fight against Covid-19, but not if you have been the recipient of a new heart, lungs or liver.



Photos courtesy of Svaroopaa® Vidya Ashram

Yoga is not a religion but a philosophy and, although here in the west it is synonymous with poses and breathing, these are only two aspects of traditional yoga.

The Yoga Sutras of Patanjali, which are believed to have been written between 2,000 and 5,000 years ago, describe the eight limbs of yoga including concentration (dharana) and meditation (dhyana). In fact, all yoga poses are preparing you to be able to sit, without wriggling around, so that you can focus your attention and savour the bliss of your own being.

Pain may have prompted you to go to your first yoga class but pleasure encourages you to return over and over again.



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Reclaiming your health: is self-care enough?

By Dr Thomas Faulkner, Chiropractor

Since the start of the Covid pandemic, we've all been alerted to the importance of taking responsibility for our health. We're increasingly encouraged to strive for the best possible level of physical and mental wellbeing by eating the right foods, exercising regularly, sleeping soundly, managing stress and boosting our immune systems from the outside in.

However, here at Human Health we're aware that taking care of yourself is sometimes not enough – many people also need to draw on external expertise to optimise their vitality. As chiropractors, our focus is on the whole human and we empower our clients to create change from the inside out. Through individualised advice and active, hands-on care we're able to steer them along the right path, also sometimes referring them to other specialists for further support.

Debilitating, chronic or confusing physical symptoms and extreme discomfort can derail people's lives. The deep-rooted causes are usually due to what chiropractors call 'the three Ts, namely: Trauma, from injury or poor posture; Toxins to which our bodies are exposed; or Thoughts, associated, for example, with anxiety or chronic stress.

All of these interfere with the body's structure and functions, resulting – sometimes years later – in symptoms such as back or joint pain. Once this happens, no amount of self-care will solve the problem – only skilled, hands-on care can remove the interference and reconnect the body to its natural ability to heal.

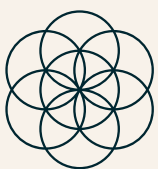
When a client seeks our help for a specific ache, pain, or anxiety issue, we consider the whole person (many people have underlying problems without experiencing any symptoms whatsoever). By taking account of recent or long-term impacts on their mind and body, including environmental factors, we discover the primary cause of the problem and then begin restoring balance and integrity through a series of tailored chiropractic adjustments – a process that gently prompts the body to heal, regenerate and perform.

This type of evidence-informed care can bring tremendous relief. But good holistic care never stops there. By also providing personalised self-care that guides the client towards specific solutions and lifestyle changes, we enable them to safely maintain their improved health. At Human Health we see ourselves, our client and other healthcare colleagues as being on the same team, working together to combine self-care with hands-on professional help.



Our health can thrive when we have access to conventional medicine combined with excellent complementary and functional healthcare and opportunities for informed, high-quality self-care. We're blessed in Jersey to have all these things. So, let's all start to see ourselves as the complex and amazing whole humans that we are. Next time you have any aches and pains or are feeling stressed or anxious – or even if you don't have any symptoms at all – make it your mission to work alongside your doctor and chiropractor or other alternative therapist so that you can enjoy optimal health throughout your life.

Dr Thomas Faulkner, MChiro DC, is a practising chiropractor, founder and director of Human Health, Jersey



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Bringing the outside inside - the cutting garden

Whatever size your garden is, if you start planning now you can bring the outside inside and fill your home with vases of cut flowers from June through to October. By our gardening writer, Gill Maccabe

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Growing your own flowers is reassuringly satisfying. Each morning brings a fresh surprise as yet another little head opens its face to the sun and rewards you. And you needn't be a floral artist. A handful of home-grown sweet peas stuffed in a jam jar can look and smell better than any expensive hand held bouquet costing £40 or more.

I've chosen some of my favourite cottage garden varieties which grow easily in our Island climate to help you begin.

All of these can be sown straight into the ground once the first frost has passed. However, I find it easier to start germination inside, either in the potting shed or a cool spot in the house as I find it easier to organise seedlings than seeds. Inevitably I forget where I've put seeds, despite numerous markers, and what the birds don't eat, the wind scatters.

Later this year I will discuss how to gather seeds, so buying them may be a thing of the past. But for now, go and buy your seeds.



Floral extravaganza by Sarah Raven. *Left to right - Ammi majus, Dianthus, Orlaya, Nigella, Foxglove, Papaver & Sweet peas*

Sweet pea

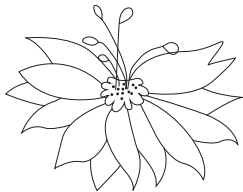
Highly fragrant members of the pea family.

I plant them wherever they can climb. Last year I invited them to share the same stakes as our edible peas and beans and they provided a beautiful fragrant curtain around the raised beds. They can also help fix nitrogen and enrich the soil. Soak the seeds for some 12 hours prior to planting and germinate until seedlings are strong enough to handle. Feed with a high potash fertiliser, such as tomato food, when flowers appear.

The more you pick the more you get, and don't forget to snip off the side tendrils daily in the growing season to prevent bent flowers. I prefer long-stemmed pink and blue varieties such as Sir Jimmy Shand and Gwendoline.

Nigella

Add a little romance to your garden with Nigella, an old-fashioned garden annual which is perfect over spring bulbs as, the minute they fade, Nigella takes over with its delicate upright stems of one to two feet which produce flowers in cornflower blue, pink, purple and white. Cut back stems as the blooms fade as this will encourage more flower production. Florists use the decorative dried seedheads. My favourite is Love in a Mist.



Dianthus (Sweet William)

A traditional cottage garden perennial, mainly in shades of pink. Sow the seedlings in summer for flowering plants the following year. For best results, deadhead regularly to prolong flowering. It makes a fantastic cut flower, the large flower heads and strong stems last for several weeks in water. Pictured is Dianthus Barbatus electron mix.

Foxgloves (*Digitalis*)

Most foxgloves are biennial in the UK, however, I am seeing a lot returning year after year in one of my sunnier borders.

The spires of bell-shaped bee-friendly tubular pink flowers with a spotted centre make fantastic cut flowers. Deadhead spent blooms after flowering to encourage a second flush and pick or let them self-seed over the garden. Bear in mind all foxgloves are poisonous if ingested by humans or animals.



Anni Majus

Sometimes called the Bishop's Flower, these are actually a member of the carrot family and they grow better if you sow the seeds where you want them to grow, as they don't transplant well. They have feathery foliage topped with heads of small creamy white flowers which look a bit like a lace doily. Very popular with flower arrangers, as they are long lasting and statuesque at the back of arrangements

Phlox

And finally, Sarah Raven has brought out a collection of three Phlox called the Jersey Cashmere Collection. They are easy to grow and last well over a week in water and were obviously created specially for us.

Malope Tripida Vulcan (*Lavatera*)

I bought a packet of these members of the mallow family at Chelsea Flower Show two years ago and promptly misplaced them. The packet was later found down the back of a shelf in the potting shed, all screwed up and split and showing signs of small rodent damage. It was fairly late in the planting season, but I scattered the remaining seeds anyway in a south west corner of the garden next to some lupins, with low expectations and no marker.

About six to ten weeks later, my husband and I contemplated the unfamiliar vigorous shrub, we thought it must be a weed, albeit a very strong one and with rather attractive leaves, so we agreed on a reprieve.

An abundance of buds appeared a few days later, then the most stunning deep magenta pink trumpet-like flowers with a vivid green eye at the centre opened one after the other until the whole bush was covered like a flaming fire. They are beguiling and magnificent and bloom for more than two months.

They are now probably my favourite plant in the garden. The cut blooms will last around one week in water.



Malope Vulcan by Gill Maccabe

Mole's end

‘Wind in the Willows’ was an undeserved PR coup for that ferocious little cannibal that wreaks havoc on our lawns. Gill Maccabe met Tracey Guillaume of Mole Cure, Jersey’s only female mole catcher



There was a lovely moment during a recent episode of *The Yorkshire Farmer*, the acclaimed series about Amanda the hill farmer and her nine children, where one of the sons, aged three and a half, was paid 50p for catching a mole and hanging its body up on the barbed wire fence.

Although the practice is on the wane, a few older mole catchers in the UK still employ the gibbets to prove that their work is complete, or to remind their neighbours to do the same.

Closer to home, the Island’s only company dedicated solely to mole prevention is quietly marking 32 years in business.

Sadly the founder, St Ouennais Alan Guillaume, passed away in July last year after a long illness. But his wife, Tracey, who joined him in business shortly after their two children were born and who can be seen running to jobs close to their home in Rue de la Devisé in her tiny running shorts and carrying a rucksack full of traps, is continuing the family business alone. She invited me to join her on her rounds one sunny morning in late November.

First stop was a huge estate in Trinity which is part of the JAYF Open Garden programme - and it shows.

She parked her car next to the gardeners’ sheds and opened the car boot packed with the tools of her trade; heavy duty gardening gloves, a pile of scissor traps, marker sticks covered in red and white tape, a garden spade and some refuse bags.

She pulls on her rucksack and guides me in a methodical route, checking the recently laid traps, all marked with overturned garden pots, which act as an additional safety measure for the resident dogs.

After about one hour of noting details hidden to all but an experienced eye; a crack in the soil, a disturbance in winter bark covering, a pile of fresh dirt, she is satisfied.

Moles don’t travel in straight lines, but Tracey can use a few markers: large molehills, for example, which mark the position of a nest; a line of small molehills, which mark the direction of a deep tunnel, and a continuous line of earth, which marks a very shallow tunnel.

Unfortunately, these little furry creatures with their cartoonishly large pink and practically hairless hands, are not just hated by gardeners for the disturbance caused by their excavated earth as they dig their tunnel systems to catch worms. Sheep that eat dirt from molehills can die from listeriosis and winter feed for dairy cattle can become foul tasting or toxic if contaminated by soil bacteria.

Racehorses can trip, fall and die if they trip over a mole hill. Tracey has kept Les Landes mole-free for 30 years and was happy to carry on free of charge when Covid stopped play.

Contrary to popular wisdom, moles do not hibernate but carry on building their tunnels throughout the winter, shoving the excavated earth out of vertical passageways up to 5ft below the ground underneath your walls and hedges, preparing their nurseries, and pantries full of worms ready for the mating season that starts in February.

“ Alan had been ill for many years with pulmonary fibrosis. I kept the business running while working around his care routine at home, so now I’m used to early starts, as I find it keeps me focused

“ I love coming here first thing in the morning. It’s a solitary job, but I’m happy to continue Alan’s legacy

Tracey said: ‘The male then starts mating with every female he can find; he has to cover many miles quickly as the breeding period is short. This ferocious mating causes him to lose more than a third of his body weight.

The expectant mother meanwhile gives birth to one litter around April and perhaps another in September.

‘So, I stress to clients that winter (before the breeding season is over) is a good time to start laying traps.

‘Alan had been ill for many years with pulmonary fibrosis. I kept the business running while working around his care routine at home, so now I’m used to early starts, as I find it keeps me focused.

‘Sometimes I go for an 8km run before work then work steadily until around lunchtime. Alan built up the business from an initial book of around 30 contracts, but it has grown considerably. A contract is where we charge a set fee per annum and I guarantee a minimum of 50 visits a year. Otherwise for less infested gardens a three week course will suffice.

‘We use a type of scissor trap, which has become the favourite of mole catchers ever since strychnine was banned (2007 in the UK and 2008 in Jersey) and they are the safest for young inquisitive children and pets.’

Next stop was a property which looks as if it has grown out of the headland above Le Grouet cove by Corbière. Here some enterprising moles have even made it up to the architecturally designed grass roof that covers one wing of the stunning modern property.

Elsewhere the curves and undulations of the garden, which flows and wraps around the single storey building in a giant embrace, have evidence of a recent infestation.



‘I love coming here first thing in the morning. It’s a solitary job, but I’m happy to continue Alan’s legacy,’ reflected Tracey.

‘Our children, Laura and Richard, are both focused on their individual careers. Laura is a primary school teacher and Richard is in Financial Services and so Mole Cure will continue with a female Guillaume at the helm.

‘I enjoy keeping my clients’ land in the best condition possible,’ she remarked as off she drove - an alternative Jersey Housewife.

Too late. I forgot to ask what she does with all the dead moles.

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Here comes the sun

The sun has certainly been shining on Mark Brandon's business in the last year. Jersey Dairy and Woodside Farm are two commercial projects which have helped raise the profile of solar energy in the Island. By Caroline Spencer

Energy. You can't see it but we take it for granted, and we consume it every day of our lives. We don't really give much thought about how it is generated so long as we have electricity with all mod cons.

The vast majority of us don't have solar power in our home, but one day that could change.

Mark Brandon, who set up SunWorks Jersey in 2013, believes it won't be too long, maybe 15 years, before nearly every house has some form of on-site energy generation. He uses the analogy of how underfloor heating has gone from 'something high-end' to being an almost standard specification.

'I'd like to see Jersey generating a significant portion of its power on-Island from our natural resources and it starts with homes and businesses,' he said. 'A real turning point will be when solar cells look almost identical to a roof tile, and then, over its lifetime, the cost of that is equal to or less than a traditional roof. That would be a game changer and we are positioning ourselves to deal with that.'

When Mark (34) founded SunWorks, there weren't many people who knew what Solar PV (Photovoltaic) was.

'I had to learn myself and build the market from the ground up. I started by selling to family and a handful of forward-thinking Islanders, including my godfather, who was my first client,' he said.

Jersey-born Mark wasn't sure what he wanted to do when he left Hautlieu. 'My dad Ian told me to do what I was passionate about, so I trained as a music technician, but the music industry was ruthless and fast changing. I qualified as an electrician in my early 20s, working for a number of local contractors. After some travelling I realised I wanted to start a business and do something that made a difference, so Ian and I founded SunWorks.'

Today, SunWorks has eight full-time employees and is growing each year. They have installed around 200 solar sites in Jersey, 'from a couple of panels at the Scout Hut at Crabbé to 1,500 solar panels at Jersey Dairy, and everything in between'.

2020 was a good year for them. Although there were some months that they could not operate due to Covid restrictions, they felt they benefitted from the number of Islanders choosing to spend on home improvements instead of holidays. And they have signed an agreement to roll out further solar in partnership with Jersey Electricity. This includes recently completed contracts at Jersey Dairy and Woodside Farm in Trinity.

To bring more renewable sources of energy onto the local grid, JE will lease viable roof space to install and operate the solar assets through SunWorks. This means that whoever owns the roof receives payment for an otherwise unused space and doesn't have to provide any upfront capital or worry about maintenance.

Mark, always modest, admits: 'It's been a fantastic achievement. I feel confident with any project and optimistic about the future. Initially I hoped growth would happen faster but when I look back, the timing has actually been perfect. We have a great team who are dedicated to high quality work.'

He explained that any freehold residential property can have solar so long as there is sufficient roof space and he hopes that all Islanders will be able to access local energy in the future. Agricultural buildings, he adds, are particularly suitable for solar because of their size and abundance. 'Solar has incredible economies of scale so the bigger you go, the better. And with a rooftop, you typically don't need planning permission.

'What commercial property owners need is a good power supply on-site to get solar connection to the grid. So if you have a large roof space (at least 350m²) of solid construction and an underground cable/sub-station nearby, then JE will definitely be interested in renting that space to generate energy.' However, for smaller businesses with a daytime demand, such as food wholesalers, they can buy a smaller PV system direct with SunWorks and make substantial savings on energy by offsetting in the same way homeowners do.'

Before he drives away in his small electric car, Mark admits that in his spare time he likes rock music, concerts and motor sport. 'It's like I'm a petrol head at heart,' he smiles.

He sees the irony.

And in his own home, Mark is aware of his energy use. 'I like to think I live quite a basic lifestyle. I'm very much a believer that low-energy living is more a mind-set.

“ I'd like to see Jersey generating a significant portion of its power on-Island from our natural resources and it starts with homes and businesses

We provide energy monitoring with our installations and most of our customers become much more energy aware and as a result they see savings above and beyond what solar delivered.

'Energy is such a fundamental part of everyone's lives. Even if you don't believe in climate change projections, what's wrong with generating energy from abundant natural resources in harmony with the earth's natural cycle? You can't really argue with that.'



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How farming can help biodiversity



Piers Sangan, wildlife ecologist and conservation land manager, spoke to Caroline Spencer on the importance of farming to the Island's biodiversity

Taking up 50 per cent of land in Jersey, the agriculture industry has the potential to do more singlehandedly to protect the Island's biodiversity than any other NGO or government agency.

That is the message from conservationist and ecologist Piers Sangan. 'Agriculture and wildlife have a strange relationship,' he said. 'A lot of our British wildlife evolved alongside agriculture but at no point has agriculture specifically been undertaken for the benefit of wildlife.'

'Now we're asking farmers to undertake work specifically for the benefit of wildlife. A lot of what used to be beneficial has been lost because of modernisation. In some cases it could simply be a matter of leaving places to be a bit more messy.'

Piers, director of Sangan Island Conservation, believes that farmers are already doing a lot of good work but it is time to start linking aspects of it together.

'There are already a huge number of habitats on farm land and it's a case of appropriately managing those,' he said. 'It's also about farmers being confident to undertake some of the work themselves.'

He takes hedgerows as an example.

'A hedgerow is not natural. It's an artificial product of agriculture. Hedgerows were never planted for wildlife. Wildlife adapted to hedgerows.'

'Many of them are in a really bad state, it's not anyone's fault, but they need to be coppiced, cut right back down to the ground to allow them to re-shoot. There is a public outcry when there is hard cutting, but when using the right methods for the right reasons, farmers need to have the confidence to do this.'

Managed well, farms will be the nature reserves of the future,' he says. Conversely, it is easy for them inadvertently to do a lot of damage.

'We need to start looking at everything in a new way,' he said. 'We can get very trapped looking at everything in silos but applying large-scale habitat management to a small area doesn't work.'

'New hedgerow planting might not be the right thing to do. Those grass banks already provide vital habitat for different species. You could be damaging that. It's all about balance and it should always be done on the science and species that you have.'

Piers also believes that Jersey could create larger open fields. 'You can create bigger fields by moving boundaries from the centre to the edge. Creating wider margins at the sides and larger, more open fields will benefit more wildlife. For example, certain ground-nesting birds prefer wide open fields so they can see predators coming.'

Piers has been working with Jersey Dairy, the first dairy in the world to achieve LEAF accreditation. LEAF (Linking Environment and Farming) is an internationally recognised mark for high environmental standards.

The dairy farms account for roughly 26% of land in Jersey and have more than 2,000 different species recorded, he said.

Every Jersey Dairy farm has a biodiversity enhancement plan for the next 10 years and Piers sees this as a great start to connected management.

Piers, who joined the LEAF technical advisory committee a year ago, will help identify which species are most suitable for which farm.

‘We have a unique biodiversity. Some of our species can travel to any point in the Island. Some bats might fly 45km in one night to France and back. A single barn owl pair can move across half a dozen farms in one night’s hunting. So for your own biodiversity enhancement plan to be effective, you need your neighbouring farms to have similar management styles.’

It therefore also makes sense when he says that the agriculture industry should have a biodiversity project co-ordinator, a single point of contact for ecological projects across the Island.

‘We would be able to achieve a lot more,’ he said. ‘I am not sure how it would be implemented or funded but I envisage it separate from government. It would be very beneficial to the environmental landscape to start co-ordinating agricultural and environmental practice.’

“ **We have a unique biodiversity. Some of our species can travel to any point in the Island. Some bats might fly 45km in one night to France and back. A single barn owl pair can move across half a dozen farms in one night’s hunting. So for your own biodiversity enhancement plan to be effective, you need your neighbouring farms to have similar management styles**

Piers, who is currently undertaking a Masters in Island Biodiversity and Conservation, added: ‘We have lost more species than people realise and that’s a shame. Brown hare, water shrew and water vole, and so on. If we had joined-up management, with the Island viewed as a whole, not field by field, we could look at some really great restoration projects; we could start looking at large blocks of land and potentially see if there is any feasibility in getting some of the species back, which would be amazing.’

‘At the end of the day, a farm is a business. If we lose farms we are more likely to lose biodiversity, because while those farms are active, the landscape is being managed and that rural open landscape is protected because it’s being worked. Loss of farmland is more of a threat to biodiversity than anyone perceives.’

‘The agricultural sector has the potential to play a prominent role in wildlife conservation. Without it we will lose biodiversity.’

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Budding Talent

**By Jess McGovern, head of education
and development at the RJA&HS**



In my role at the RJA&HS, I have had many discussions regarding raising the profile of 'horticulture' and 'agriculture' in Jersey and the importance of creating essential pathways into both these industries.

The meetings have raised concern about the lack of opportunities available to young people and has also highlighted the immense passion from key people working in the industry, keen to offer their time and knowledge to revert this trend.

At our Cultivate Young Minds event 2019, when asked the question, 'Would you like to know more about agriculture and horticulture?' 88% of the 80 Cultivate Student Ambassadors said 'YES'.

David Room (Head Gardener of Trinity Manor Estate) and Olivia Keylock (Deputy Head Gardener of Trinity Manor Estate) feel passionately about the importance of inspiring and educating young minds in the horticultural industry. In September 2020, the Trinity Manor Gardening team asked for my input in the launch and the selection process of the Trinity Manor Gardening Apprenticeship. This process has now come to fruition and the successful candidate, Wills Baker aged 19, has been selected. Wills Baker will study for the RHS Level 2 Qualification during his apprenticeship from March 2021 until June 2022. Not only did Trinity Manor Estate receive an overwhelming response to the 'Apprenticeship' offering, the final shortlist of candidates was outstanding, each one in their own way.

I would consider this more than just an 'apprenticeship' but an essential positive step in opening the door to our young people to consider a career in Horticulture.

“ It has always amazed me that on an island that probably has more gardens per square mile than anywhere else, there are few, if any, opportunities for young people to study and make a career in horticulture

On behalf of the RJA&HS, we would like to thank Trinity Manor Estate for offering such a life changing opportunity and to Skills Jersey for their Trackers support to the Apprentice. The responsibility rests with us all, and Government in particular, who must ensure that sufficient resources are allocated within our educational system. This is especially important for those young people who might be considering making their careers in this sector and for whom, sadly, there are currently very few opportunities on island to gain qualifications and training.



David Room explains: 'It has always amazed me that on an island that probably has more gardens per square mile than anywhere else, there are few, if any, opportunities for young people to study and make a career in horticulture. Here at Trinity Manor, with the generous support of Pam and Paul Bell, we are happy and proud to be doing our bit towards rectifying this problem, and hope others will be inspired to take up the torch. I very much hope that Wills will be the first of a new generation of young, qualified Horticulturalists here on Jersey; a trail blazer; an acorn from which a great Oak tree will grow, perhaps?'

Society launches new Website!

The RJA&HS new website was launched in December 2020. This journey began in 2018, where a survey of our members' views concluded that they would like to see more education of the next generation and thought the Society should have a higher profile.

The RJA&HS occupies a key role at the heart of Island life on many fronts - as an organisation that unites Islanders who value and wish to celebrate Jersey's rural heritage and bounty, for example through its excellent shows both horticultural and agricultural, garden competitions, talks and demonstrations, to name just a few. One could go on, mentioning the running the Royal Jersey Showground, the provision of essential services to the dairy industry, our partnership with Jersey Overseas Aid and the recent launch of our educational 'Cultivate' programme. The aim of our new website is to extoll all of the many facets to the Society that it prides itself on, in a vibrant and inspiring way.

In my role there, I would like to highlight the 'Cultivate Academy' within the 'Education' section of our website.

With the help of our passionate local agri-food stakeholders, the Cultivate Academy aims to be a fun learning platform where primary and secondary school teachers can access the Cultivate Scheme of Discovery which includes lesson plans and learning resources relating to food provenance, seasonality and the pioneering 'Dairy for development' programmes run in partnership between JOA, the government of Rwanda and Send a Cow.

Check us out on
www.royaljersey.co.uk

Remember to visit the Horticulture section where you can learn all about the Spring Flower Virtual Show and download the Show Schedule. The Horticultural Department have decided that the Spring Flower Show will be held as a Virtual Show following the success of the three Virtual Shows held last year. Details of how to enter can be accessed on our website and the closing date of Monday 22nd March.





Power ancient and modern

Old and new ways of using waterpower have come together at Le Moulin de Quétivel in a new exhibition that raises awareness of the causes and impacts of climate change. By Lynn Schofield

Waterpower has helped sustain Islanders since throughout history.

In early mediaeval times man discovered how to use waterpower to crush grain instead of doing it by hand. Over the centuries, up to 47 water mills have been recorded on 14 Island streams. In 1682 Jean Poingdestre recorded: *'thirty water mills besides foure or fiue malt and fullers' mills...'* and in 1685 Philippe Dumaresq spoke of *'pleasant rivulets that in their way to the sea drive several corn mills by the help of sluces.'*

Today, waterpower helps to sustain Jersey in another way - by generating over 200 million kilowatt hours, or units, of renewable electricity a year. That is a third of the Island's total annual electricity consumption. It comes from the world's first tidal barrage and power plant on the estuary of the Rance River in Brittany.



“ This exhibition means that, not only does Quétivel Mill house Jersey’s only working watermill, it is now also the home of the first local hydro generator. Moreover, by refreshing the existing living mill museum exhibition, the Trust has fused the history and future of this remarkable renewable energy source

It is all part of a new ‘Climate Hub’ at the mill featuring two floors of informative displays (designed by local company The Idea Works) on climate change, and two iconic local species: bats and red squirrels that reside in the nearby woodlands. Importantly, the exhibition provides simple take-away actions that visitors can do to help curb climate change and conserve our wonderful local wildlife.

The exhibition has been funded by Jersey Electricity, which supports the Trust’s education programme, led by senior education officer Erin Cowham. Under the banner ‘*We Have the Power*’, the programme focuses on developing an awareness of the causes and impacts of climate change and biodiversity loss, while at the same time inspiring children and their families to make a positive impact on the environment.

After a summer of exciting education activities, last year, the Trust and JE decided to create the ‘Climate Hub’ to serve as a venue for staging school and holiday educational activities on the ‘*We Have the Power*’ programme.

JE Engineers offered to enhance the display by installing a 1,000-watt generator to convert the energy created by the waterwheel into electricity. Mechanical Engineering student from Birmingham University on work experience with JE, Ryan Bianchi, led the project and presents in the video.

Jersey Electricity CEO said: ‘We are delighted to be supporting the Trust’s highly-valued education programme. Climate change and biodiversity loss has never been so important and urgent, as the Citizens Assembly gathers to discuss how Jersey can best play its part in addressing the climate issue.

‘Whilst Jersey is different to many countries trying to decarbonise in that we already have a reliable, low carbon electricity supply, there is so much more we would like to do to support our community. As a Company, we want to inspire a zero-carbon future for Jersey and empower our community to play its part in the transition. We hope this new exhibition and accompanying activities will engage and inform all ages and encourage them to join JE and the Trust in Jersey’s fight on climate change and biodiversity loss.’

Trust CEO Charles Alluto added: ‘This exhibition means that, not only does Quétivel Mill house Jersey’s only working watermill, it is now also the home of the first local hydro generator. Moreover, by refreshing the existing living mill museum exhibition, the Trust has fused the history and future of this remarkable renewable energy source.’

**Extracted from Le Moulin de Quétivel by Joan Stevens*

Now, as part of an innovative project to raise awareness of the causes and impacts of climate change, the ancient and the modern have come together in a special exhibition at Jersey’s last surviving working water mill, the National Trust for Jersey’s Le Moulin de Quétivel in St Peter’s Valley.

‘Milling Mondays’ attract many visitors to Le Quétivel during the summer months. Now, children can marvel at the old water wheel actually generating electricity to power a state-of-the-art interactive video and light display unit. This features videos on hydropower and the workings of the generator, as well as footage from a ‘Squirrel Cam’ installed in nearby woods and a video on local bat species and bat calls.

Hospitality staff plant hedgerows for national trust campaign

An employment solutions and training specialist company has teamed up with The National Trust for Jersey to support its campaign to restore and plant hedgerows while at the same time providing employment for hospitality staff while the sector is shut

An employment solutions and training specialist company has teamed up with The National Trust for Jersey to support its campaign to restore and plant hedgerows while at the same time providing employment for hospitality staff while the sector is shut.

The company, GR8, has employed five people who are not working due to the Covid-19 restrictions for a short-term project to plant hedgerow corridors. The project started in October 2019 when The National Trust partnered with The Jersey Royal Company to plant 10 miles of hedgerows across the Island.

Now in its second year and a further 10 miles well underway, the Trust is utilising public donations to deliver even more hedgerows. However, with agricultural workers now focusing on potato planting, GR8 has stepped in to help the project reach its goal by recruiting staff who are not working because of the pandemic.

Lee Madden, managing director of GR8, said: 'We wanted to help improve biodiversity and provide employment for people in a sector that has been devastated by the pandemic. We have a strong partnership with the Jersey Hospitality Association, working with them since the start of the crisis to find jobs for staff who cannot work due to Covid-19 restrictions.'

'We saw this short-term project as an ideal way to support hospitality while it is shut down and to contribute to the Island's goal to tackle climate change.'

The team of five is working with Project Co-Ordinator, Conrad Evans, to plant 4,500 whip sized plants measuring 40-60 cm, including some trees. The focus area is between Victoria Village through Maufant to Queen's Valley to the north and La Hougue Bie to the south. This will provide habitat and help to support and protect many species of wildlife.



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THE RENAISSANCE OF CHARING CROSS



The opening of the Santander Work Café marks the next phase in the regeneration of Charing Cross, with a new banking, working, and social centre forming a hub for all the community

Regeneration is part of the history of every town, with new buildings joining old each year. Charing Cross is no different. This commercial area once marked the edge of St Helier, becoming integrated with the rest of the town after the prison was demolished in 1811.

There have been properties on the site of 13-15 Charing Cross at least as far back as 1861 when census records show a grocer living at number 13 and a housekeeper at number 15.

Over the following century the buildings have been home to merchants and grocers, a harbour policeman, an iron mongers, a butcher, a crane driver, a bike shop, and a car hire shop.

In the late 20th century, the four-storey structure was remodelled to form one building, which was occupied by Thomas Cook from the mid-1990s.

Today, after over a year of extensive renovations, the site is now the Santander Work Café, a banking, meeting, and co-working space designed for 21st century Islanders.

“ This site has an amazing history, and we are proud to be part of the transformation of the area, and play a role in making this wonderful space accessible for, and relevant to everyone living and working in Jersey. We are literally at the crossroads between the traditional retail heart of St Helier and the new Financial District, and by being both a café and a bank, we can be a hub for all our Island businesses. ”

John Burns, Santander Work Café Director



Charing Cross in 1985 (top) & 1908 (bottom)



An artist's impression of the new Santander Work Café in Charing Cross

As you enter the new Work Café the first thing you notice is the barista area, a contemporary café space run by the team behind Cargo. Fans of the original Cargo or The Yard, will be pleased to find the same house coffee, Empire, a blend of five varieties of beans from Ozone Coffee plantations in Brazil, Colombia, Ethiopia, and Guatemala. In addition, there will also be a single variety coffee, chosen by Cargo each season.

As well as sustainably sourced organic coffee, the café serves a selection of freshly prepared food including grilled cheese sandwiches that use homemade bread, healthy yoghurt pots, and salads. When paying with a Santander International card there is a 30% discount on hot drinks and 15% on freshly prepared food.

With names like Santiago and Lisbon, Buenos Aires, Brooklyn, and Madrid, the meeting rooms are a reminder that Jersey's Work Café is part of a global network. Santander has over 80 Work Cafés in nine countries around the world, providing the facilities to connect customers and communities, and help entrepreneurs.

The five meeting rooms are free to book for up to two hours and can accommodate up to eight

people. Equipped with 40" screens which connect directly to Zoom and HDMI TV cables that allow you to easily connect your devices, the Santander Work Café offers a central location for face-to-face meetings or video conference calls.

As well as the meeting rooms, co-working space, and café experience, customers will be able to meet relationship managers in the building, open and manage accounts and mortgages, and withdraw money by using an ATM.

Later in the spring, or whenever Covid-19 regulations permit, the Santander Work Café will also be available for community events.

“ The Santander Work Café is a welcome addition to St Helier and another positive development in the regeneration of Charing Cross. Multi-purpose sites such as this show how organisations can work to serve the community and highlight how we can continue to help our town centre adapt to the changing needs of Islanders. ”

Simon Crowcroft, Connétable of St Helier

The Santander Work Café, 13-15 Charing Cross, St Helier.

The **banking and mortgage** team is available from 9am-5pm Monday to Friday, and barista facilities are open from 8am.

If you would like to host an event, please get in touch via www.workcafe.je

For more details, please visit the website or follow the Santander Work Café, Jersey on social media for updates.

Meeting room hire, co-working desks, and the barista area may be restricted due to Covid-19 regulations.



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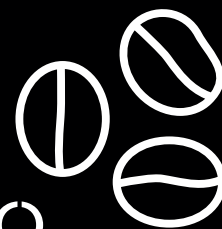
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In the kitchen

By our cookery writer, Zoë Garner

Oh Springtime, we've missed you! The arrival of daffodils, sunshine and warmer days, not forgetting an abundance of new foods coming into season. Here are a few of my favourite recipes at this time of the year.



A trio of dips



Marinated feta

200g feta, cubed
120ml Extra Virgin Olive Oil
Zest of 1 lemon
1/2 tsp chilli flakes
1 tbsp freshly chopped dill

Pea & artichoke dip

150g frozen peas, defrosted
100g cream cheese
1 small garlic clove, finely grated
70g marinated artichokes, drained
Juice of 1 small lemon
1 tbsp freshly chopped parsley

Beetroot & mint dip

250g cooked beetroot
1 tbsp freshly chopped mint, plus extra to garnish
3 tbsp crème fraîche
Poppy seeds, to garnish

- 1 To Marinate the feta, put all the ingredients into a bowl, cover and leave in the fridge for at least 4hrs or overnight. Then serve.
- 2 For the pea and artichoke dip, put all the ingredients into the small bowl of a food processor and whizz until smooth. Season to taste. Tip into a bowl and finish with a drizzle of oil.
- 3 Lastly, put the beetroot in the small bowl of the food processor and whizz until smooth. Season to taste. Tip into a bowl, add the mint and crème fraîche. Garnish with small mint leaves and poppy seeds.

White chocolate easter mouse

Serve 4

100g white chocolate, plus extra to decorate
4tbsp low fat yoghurt
2 large egg whites
1tbsp caster sugar
Mini eggs, to decorate

1 Melt the chocolate in a heatproof bowl over a pan of simmering water, making sure the bowl doesn't directly touch the water. Leave to cool for 10min, then stir in the yoghurt.

2 Whisk the egg whites until stiff, add the sugar and beat until stiff again. Add a spoonful of egg white to the chocolate mix to loosen, then fold in the rest. Divide the mousse into 4 cups or glasses, top with the mini eggs and chill in the fridge to set overnight, or at least 4 hours. Grate over some white chocolate and serve.



Spring chicken pie

Serves 4

300g Jersey Royals, quartered

1 lemon, halved

4 cloves of garlic

2tbsp oil

4 spring onions, sliced

6 cooked chicken thighs, skin removed

300ml chicken stock

1/2tbsp wholegrain mustard

150g frozen peas

200ml half-fat crème fraiche

2tbsp each freshly chopped tarragon and parsley

5 filo pastry sheets, halved


1 Preheat the oven to 200C (180C fan). Put the potatoes, lemon and unpeeled garlic on a large baking tray and drizzle over half the oil, season well and toss together. Roast in the oven for 40min, or until the potatoes are tender. Once cooked, squeeze over the lemon and garlic, removing the skins and toss together.

2 Heat the remaining oil in a pan and fry the spring onions for 3min. Shred the chicken and discard the bones. Add the chicken and stir through the stock and mustard. Bring to a simmer and cook, uncovered for 8-10min..

3 Stir in the potatoes, peas, crème fraiche and herbs then remove from the heat and transfer to an oven proof dish. Lightly scrunch up the filo pastry sheets and put on top of the pie filling, brush with a little oil and bake for 20min, or until golden. Serve immediately.



Zoë is a highly trained chef, having gained a full diploma from Leith's School of Food & Wine in London, as well as having written for the food pages of Good Housekeeping magazine for many years.



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New series:

Recipes from our Island chefs

Celebrating Jersey's chefs and the local produce they use

To start the series, we focus on two recipes by **Melanie and James Boothman**, who run 'La Bouche' restaurant in the Central Market. Needless to say the ingredients of the meals are not only 'market fresh' but also really very local indeed - sourced from a few ft away from the restaurant.

Melanie Boothman writes: 'At La Bouche we are lucky enough to be surrounded by some of the best produce in Jersey, all of which is a constant source of inspiration. The Davies family at Sprout's Farm in St. Martin supply us with an ever-changing array of local seasonal fruit and vegetables. These two recipes celebrate our local growers in a slightly less familiar but more exotic light.'

Tenderstem broccoli, halloumi, mango jam, lime zioli & dukkah

Serves 2

450g Tenderstem Broccoli
250g Halloumi Cheese
1 x Alphonso Mango
6 tbsp good quality mayonnaise (*homemade recommended!*)
1 x Lime
50g Caster sugar
Sea Salt
Black Pepper
Sumac

Dukkah

80g Hazelnuts
30g Pistachio
3 tbsp Sunflower Seed
1 tsp Fennel Seed
3 tbsp Coriander Seed
½ tsp Nigella Seed
1½ tsp Cumin Seed
Paprika
Sea Salt

- 1 Preheat oven to 185° c
- 2 Spread all of the ingredients except the paprika and sea salt on a baking tray and roast for 15 mins in the oven. Once roasted transfer to a bowl and allow to cool slightly, adding a couple of generous pinches of sea salt and a suggestion of paprika. Either with the end of a rolling pin or in a pestle and mortar roughly crush the spice and nut mix so as to have some fine and some slightly chunkier pieces. Set aside.
- 3 Peel the mango with a potato peeler, slice the flesh off the stone and roughly chop into a small sauce pan. Add the juice and zest of the lime, the sugar and a pinch of salt. Simmer this down on a medium heat to a sticky jam like consistency. Set aside.
- 4 Bring a pan of water to the boil; add a good pinch of sea salt and then the tenderstem broccoli. Blanche for 4 minutes or until the stem starts to soften slightly. Remove from water and drain on kitchen roll.
- 5 Bring a lightly oiled large frying pan to heat. Slice the halloumi, and sear the slices in the pan, add the broccoli and gently brown.

- 6 Arrange small blobs of mayonnaise and mango jam on the plate, sit the halloumi slices amongst them with the broccoli on top and sprinkle with dukkah. We finish the dish with sumac, a tangy powdered spice made from ground dried berries.

Tips: Add a poached egg to this for an utterly indulgent breakfast. Dukkah keeps in a jam jar for several weeks and makes a great accompaniment to salads, soups, fish, stews and even dark chocolatey desserts so why not double the recipe!?



Imam bayildi, sweet potato & coconut puree, coconut yoghurt & jerusalem artichoke crisps

Serves 2

- 1 x Aubergine
- 1 of each Yellow, Red & Green Pepper seeded and sliced
- 1 x Red Onion
- 2 x Garlic cloves finely chopped
- 1 x sweet potato peeled and diced
- 1 x tin good quality coconut milk
- ½ tsp Caster Sugar
- 100ml Olive Oil
- 2 x Vines of Jersey Cherry Tomatoes halved
- Handful of coriander leaf and oregano leaf mixed
- 2 x tbspc coconut yoghurt
- 2 x Jerusalem Artichoke

Toasted Spice mix of:

- 1½ tsp cumin, 1 tsp ground cloves,
- 1 tsp paprika, ½ tsp ground cinnamon

- 5 Slice the red onion and fry in oil on a medium heat with the rest of the garlic. Once beginning to brown add the toasted spice mix and cook out for a few minutes before adding the sliced peppers, sugar, salt and then finally the chopped tomatoes. Cover and leave to stew on a low to middle heat.
- 6 Heat the remainder of the oil in a pan and just before it begins to smoke, add the frozen discs of artichoke a couple at a time. Once golden brown and crispy, remove from the oil with a slotted spoon and leave to drain on some kitchen roll. Allow your oil to cool completely before rebottling for next time.
- 7 Spoon a dollop of the sweet potato puree into the bottom of a wide bowl or plate, lay the aubergine on top and cover with the tomato pepper stew. Scatter with oregano and coriander leaves and the Jerusalem artichoke crisps. Finish with a dollop of coconut yoghurt and a drizzle of olive oil.



- 1 Preheat oven to 185° c
- 2 Finely slice the artichokes into thin discs (use a mandolin if you have one) and freeze spread out on a sheet of baking paper on a tray.
- 3 Half the aubergine and score the flesh of each half with crosshatches. Heat half the oil in an oven safe frying pan and lightly brown the scored flesh side. Bake in oven for 25 mins.
- 4 In a pan with a lid bring to a mellow boil the diced sweet potato, coconut milk, one clove of garlic and a pinch of sea salt. Once the potato is soft, blitz until smooth in a food processor or with a hand blender and keep warm.

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JERSEY OAK

You see them everywhere as an architectural feature of old Channel Islands houses: the initials of husband and wife and a date, often carved on a piece of granite and used as a lintel above the front door. Sometimes the two names have between them a heart (or two entwined hearts), hence the description 'marriage stone'.

A traditional Jersey 'marriage stone' carved in wood from Jersey Oak

Now these are available from the Jersey Oak company, which is offering a wooden 'marriage stone' as the competition prize in this issue of RURAL.

Simon Bellwood of Jersey Oak said: 'They are synonymous with Jersey. This makes an ideal gift to their other half. No one is going to buy a piece of granite to put above their doorway, but why not buy a version of a marriage stone made in oak?'

Local oak is used whenever feasible, but converting a chopped down or fallen tree to a usable piece of wood is both extremely labour- and time- intensive.

But they recently made a wooden marriage stone for an anniversary present for a couple who had been married for 40 years. The wood came from the bough of a walnut tree that the couple had planted in their garden in the 1960s and which had to be felled because it was diseased. So they kept it and the 'marriage stone' was made for them from the tree in their garden.

The wooden marriage stones could be placed anywhere internally or externally around the home. They come in three sizes: the medium size, which is offered as the competition prize, costs £294, but the winner can choose to upgrade to a large or extra-large size.



HydroPool House, La Route de St. Aubin, St. Helier, Jersey JE2 3SH Tel : 01534 630 631



What symbol is frequently found on a marriage stone?

- A Interlocking Circles
- B Interlocking Hearts
- C Interlocking Rectangles

To enter the competition please visit ruraljersey.co.uk/competition.
Closing date for entries is 30 April 2021.

If you are not the competition winner, please quote 'RURAL' to obtain a 10% discount on Jersey Oak's marriage stones.

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Enriching the lives of dogs

Lara James is training as a Galen myotherapist so as to give dogs a better quality of life. By Alasdair Crosby

A dog in pain – one of the most upsetting sights there is. Any dog lover would wish that somehow the pain of their beloved pet could be transferred to them.

Does your dog have arthritis? Chronic or severe muscular pain? There is a treatment available to help it by enhancing its mobility and health.

This is 'Galen Myotherapy' – essentially, remedial massage for dogs. It uses appropriate, effective and targeted massage techniques and exercise to manage chronic muscular pain, reduce inflammation and to maximise muscle function.

Lara James, a Jersey resident who hopes to finish her qualifications this year as a Galen myotherapist, said: 'The welfare of dogs is a myotherapist's primary concern, and this takes priority over all other considerations. We truly believe that what we do improves the health and wellbeing of dogs.'

Galen Myotherapy can be a highly effective rehabilitative therapy in many different causes of lameness and conditions including arthritis, repetitive strain injuries, ongoing and undiagnosed lameness and behavioural indicators such as licking, chewing and itching. Even if a dog is healthy and in the prime of life, massage can help, just as it can for healthy humans.

Lara said: 'I love the thought of helping dogs release tension and ease their aches and pains and help them lead longer, better lives. My own dogs love being massaged, and I make it a happy experience for them. I'm really looking forward to completing the course and helping more dogs live their best life here in Jersey where we have so many dog lovers!'



“ The welfare of dogs is a myotherapist’s primary concern, and this takes priority over all other considerations. We truly believe that what we do improves the health and wellbeing of dogs

‘People are often surprised that dogs need massage, and laugh at the thought. But a dog’s anatomy is not a million miles away from a human’s, and humans feel aches and pain and enjoy a massage. Dogs also feel pain, but they are good at hiding it, because of their stoic nature.’

She continued: ‘I am a huge animal lover. Back in my twenties I knew in my heart that I needed to work with animals. I completed an Animal Science degree as a part-time student over four years.

As I was finishing the degree, we were given a talk by Julia Robertson, the founder of Galen Myotherapy, and that inspired me to start the course when I saw some ‘before and after’ examples of dogs that had received treatments. I knew at that moment it was what I wanted to get involved in.’

‘When we are tense or feel pain we can try to ease it ourselves, we can massage ourselves or get a professional; we can take pain killers, we can talk about what might be causing it. But a dog can’t, and so any niggles it has could go on to more serious complaints and eventually the dog may develop behavioural issues simply because it is in pain.’



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The organisation 'Galen Myotherapy' was the first therapy discipline to discuss the direct connection between muscle pain and specific behaviour patterns. It guides owners and handlers in understanding how muscle pain can be reflected in their dog's behaviour. One of its guiding principles is that it is vital for the dog being treated that they feel they have a choice in the treatment. Forced restraint is never used and treatment will always take place on the floor or on a low level, where a dog is most comfortable. Much like a human patient undergoing massage, the dog should choose whether or not he or she undergoes the massage and to be able to walk away at any point.

Owners want to help with their dog's treatment, so they are included in their dog's recovery plan and are imparted techniques that are safe to use, along with exercise planning and environment management.

Lara said: 'The diploma is challenging but I really enjoy learning it and I'm intending to qualify later this year. We learn all about human and canine anatomy and physiology, the principles of massage, how a dog moves, and all the different body systems, it's fascinating. It's taken me several years to work through the theory part of it, and this year I'm really looking forward to the intense practical part, held over in the UK, followed by a number of case studies.'

'Galen Myotherapy seems the perfect fit for me as I want to make a difference to dogs and give them something back - after all, they give us so much.'

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Horse racing in 2021



Ruth Le Cocq reports

Horse racing in Jersey may be extended into September this year following the cancellation of the first meeting on Easter Monday.

Bunny Roberts, the Jersey Race Club president, said continuing Covid restrictions meant the planned meetings in April and May would not take place.

‘We will be asking the Bailiff for permission to extend the racing season into September,’ she said.

Earlier this year the future of horse racing in Jersey was secured with digital-asset investment firm CoinShares promising to sponsor the racecourse at Les Landes for the next three years.

There was no racing in 2020 leaving the 189-year old club in a financial crisis that threatened its existence. A crowdfunding initiative, together with members renewing their 2021 fees early and support from a newly-formed patron’s club, ensured the organisation’s solvency but the deal with CoinShares means the club can plan for the future.

The course itself will be renamed ‘CoinShares Les Landes Racecourse’. The firm will also sponsor The Jersey Derby which is historically run each July.

CoinShares, which has been registered in Jersey since 2008 and manages over \$2 billion assets on behalf of a global client base, is providing funds over a three-year period showing its commitment to the club and ensuring its legacy as part of social and sporting life in Jersey.

CoinShares Chief Executive Officer Jean-Marie Mognetti highlighted that racing had continued in one form or another since 1832 with the exception of the two world wars and the 2020 season.

‘We are thrilled to support the JRC, a Jersey institution, and to feel the ground vibrate again as we continue the legacy of racing on the Island,’ he said.

Bunny said it was a ‘tremendous deal’ enabling the club to plan for the longer term.

She explained it had been a very challenging time and she was grateful the members of the JRC committee had such varied skills so they had been able to work together to find a solution to the financial crisis.

‘We were given the opportunity to look at the bigger picture and to see where we could make savings and do things a bit differently,’ she explained.

As a result, the racecourse is now being maintained by contractors working on an hourly basis.

The first race meeting of 2021 was due to take place on Easter Monday. Now there are plans to have eight fixtures this season instead of the usual nine.

‘It is vital that spectators can attend. We hope to have 2,000 spectators so that we can manage social distancing even though we have had between three and four thousand in the past,’ said Bunny.

However, she emphasised that jockeys will need to be able to arrive and leave the Island on the same day and that any horses can travel by boat to and from the Island.

In the meantime, Jersey’s racehorses are back in work as trainers prepare them for the new season.

‘Everything is in place and we are ready to go,’ said Bunny. ‘We are racing in 2021!’

Under the whip hand of Covid



Cilla Perchard

The global threat of Covid-19 continues to affect our lives. How are lockdown restrictions affecting Jersey's horse owner and rider community? Ruth Le Cocq finds out

Twelve horses stand, with their heads over stable doors, looking towards livery yard owner Cilla Perchard, the Chairman of the Jersey Branch of the British Horse Society.

It's early but the horses have been brought in from the fields, their rugs have been changed and they have been checked for injuries. They have been fed, watered and some have been groomed and ridden.

Last March, during lockdown, Cilla spent long days caring for the animals when she, and many other livery yard proprietors in the Island, banned owners from visiting their horses.

'Covid kicked in and most big livery yards stopped all their liveries coming up completely because for a lot of people their yards are their homes and, if you were working from home, you weren't allowed to mix,' explained Cilla.

Some DIY livery yards staggered visiting times while others encouraged people to ride horses directly from the field to avoid contact.

This change in routine meant Cilla and one member of staff worked for nearly six months without a day off.

'We decided that finding somebody to help us during Covid was not going to be easy and who do you trust to look after 12 horses who have different temperaments and needs?'

Although it was tiring, those months enabled Cilla to restructure the day so she could welcome her horse owners back safely once the restrictions were eased. A WhatsApp group was also created so livery yard owners could support one another and share good practice.

'I was sending my liveries pictures of their horses and we started using a riding app with people coming up at their allotted times while still sanitising, wearing gloves and socially distancing,' said Cilla.

She explained horse trainers in the Island could not teach riding lessons during lockdown so they encouraged their students to limit their activities to avoid having an accident.

'I was saying: "Please don't do stuff on your own if we are not there to help you. If you like jumping, jump smaller - a horse can fall over anything so do not push yourself out of your comfort zone".'

Usually Jersey's competition season starts in March but 2020 saw the Island's horse organisations cancelling or postponing events.

Cilla said: 'It was very hard to abide by all the Covid rules to ensure staggered arrival and departure times. For people with children it was difficult because you were only allowed one helper. If you have two children, what do you do with the other child?'

Several of the Island's horse organisations offered training opportunities although Rose Hull, the BSJA's Show Secretary, said low membership and no income from the main shows while still having to maintain facilities had drained the club's resources.

.....
Stacey Vardon, the chairman of the Jersey Dressage Club, said she felt quite negative at the beginning of the March lockdown with the cancellation of planned events.

'But we diversified with an online webinar with Carl Hester MBE and we commenced monthly training sessions from June - dressage training is one to one so it was quite easy to socially distance.'



Pippa Webster, the District Commissioner of the Pony Club, said it had been a lot of work to keep Covid compliant throughout the year to ensure the safety of its membership and families.

‘We adapted events particularly the summer camp, when we usually have 30+ children and their ponies camping on-site for five days. Instead, we offered three-day instructionals with local trainers and a competition.’

She added the Pony Club had endeavoured to provide socially distanced riding and learning opportunities for children outside in the open air.

Sadly, the Jersey Horse Driving Society, which is celebrating its 50th anniversary this year, did not fare so well. With membership dwindling, its President, Ian Le Marquand, fears 2021 may be the club’s last.

‘We’ve had some dips before but the horses are older and they are not being replaced and we have no juniors and the older members are retiring,’ he said.

‘This has been my life for the last 40 years or so and it breaks my heart to remember how we used to be and how it is now.’

The Jersey Drag Hunt is also using its reserve fund to fund its running costs which include providing a home for the huntsman who takes care of the hounds.

Nick Arthur, the Joint Master of the Hunt, said Covid restrictions combined with the wet weather had dramatically reduced the number of hunts held.

‘It’s the second bad year for us and our fundraising, which provides about 20 per cent of our income, has been badly affected.’

He added the cost of keeping the hounds had also increased because the hospitality sector was not able to supplement the animals’ diet with waste food.

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A Jerseyman's journey

From Occupation to thriving mini-state. A biography of Pierre Horsfall CBE has been recently written by former JEP journalist Peter Body. Mr Horsfall was interviewed by Caroline Spencer



'No other speck of granite in the oceans of the world has had a more disproportionate and positive effect on the affairs of the world than has the Island of Jersey.'

This is something that Pierre Horsfall CBE used to say as he travelled the world as an ambassador for Jersey Finance, speaking proudly of the Island of his birth.

Jersey has seen more social and economic change in the 80 years of Pierre's life than most other places in the world, and for decades he had an inside view of the politics that helped to bring that about.

A new book has been published. *A Jerseyman's Journey - from Occupation to thriving mini-state*, written by former JEP journalist Peter Body, is an account of the role played by Pierre in Jersey's post-war history.

Having entered the States as a Deputy for St Clement in 1975, Pierre's first proposition to the States concerned the restoration of St Ouen's Bay.

'I was vice-president of the Island Development Committee and it was brought to our attention that St Ouen's Bay was in a terrible state,' he said. 'It was appalling, there were piles of rubbish, scrap iron, and an offal pit, which stank.'

Pierre soon found himself chairman of the management committee overseeing the bay's restoration and, later, president of the IDC, the committee that came up with the very first Island Plan and introduced Sites of Special Interest legislation. His 27-year political career included presidency of major committees like Agriculture and Fisheries (negotiations with the French over fishing rights took 11 years), Finance & Economics, and Policy & Resources.

He had a reputation for getting things done. 'But, you see, I had had really good training, from what I had been doing before as an aeronautical engineer,' he said.

'Having started as an apprentice, I finished up working as technical assistant to the chairman and managing director of the British Aircraft Corporation, which employed 50,000 people.'

Indeed, he was on the Anglo-French team that developed Concorde in the 1960s.

As he reflects on his life's highlights and accomplishments, he frequently refers to being lucky to fall on his feet.

'It was often a question of being in the right place at the right time,' he said. 'All the international stuff that came up, of dealings with the Prime Minister and senior politicians, I happened to be the person who was there at the time and I had to deal with it.'

As it happens, I think I got on reasonably well and I set up some good relationships.'

The one which helped Jersey the most, he feels, was that with Labour Prime Minister Tony Blair. One time, when the two had a private meeting, Pierre briefed him on the struggle they were having negotiating with the UK Treasury over the EU Tax Package.

'He said he would see what he could do. About a week later, I got a handwritten letter from him saying "you may find the going easier now". From being totally obstructive, they started suggesting solutions.'

In fact, that meeting with Mr Blair had taken place in Jersey, when he joined other leaders for the third British-Irish Council meeting. Pierre had supported the move for Jersey to become a member of the BIC for the useful contacts with senior people in the British Government, but he hadn't anticipated chairing a meeting at Howard Davis Farm with every Prime Minister and Premier of the British Isles and Ireland round the table.

'I looked around this table and thought what the devil am I doing here?' he smiles. 'They'd never all met before outside of the first two meetings in London and Dublin.'

As treasurer of the Commonwealth Parliamentary Association, Pierre also met Nelson Mandela at a meeting in Cape Town. 'He had a big smile on his face and a lovely soft voice, and he spoke to each one of us.'

When it came to me, I was introduced as a Senator from Jersey, and he said "Ah, Jersey, Frank Sinatra country." I had to quickly decide whether to correct him but I decided to keep quiet and carry on with the conversation. It was a privilege to meet him.'

What does he think was his own greatest quality as a politician?

'On the international side, diplomacy,' he says. 'We had some very hard meetings but I always seemed to come out of them on the right side.'

Pierre recounts the story of when he went to Washington to sign the Tax Information Exchange Agreement, Jersey's first international treaty in its own name.

'I was greeted by Paul O'Neill, the Secretary of the Treasury, and taken to a room that had an audience and TV cameras. After speeches, we sat down at the table and we signed, and then he said: "Senator, it is my great pleasure to present you with the pen with which I have signed this historic document" and he offered me his pen. In reply, I said: "Mr Secretary, I'm afraid this pen was given to me by my wife on our 25th wedding anniversary and you cannot have it!"'

His wife has been at his side throughout his career and when asked his greatest lifetime achievement, his first thought is to say: 'Probably the best thing I ever did was propose to Thelma 60-something years ago.'

A Jerseyman's Journey – from Occupation to thriving Mini-state, by Peter Body, is published by Jersey Heritage and is available only at the Jersey Museum.



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Welcome to RURAL Fashion

Cat walk or dog walk? Kasia Guzik from 'The Mania', our new fashion editor, introduces her new series

How does 'fashion' fit into RURAL magazine? Well, think 'dog walk' rather than 'cat walk', for this series.

For my first article, I would like to concentrate on a new range of clothing available at JFTU from Ariat, due to be available from the JFTU shop at Southfork from March onwards.

Ariat is named after the American racehorse, 'Secretariat', the legendary race horse and 1973 Kentucky Derby and Triple Crown winner, widely considered to be the greatest racehorse of all time. As Ariat's founder, Beth Cross, says: 'His athleticism and non-stop competitive spirit make him an enduring inspiration for our company.'

Growing up on a working horse farm in Pennsylvania, she was one of eight children. She spent her childhood surrounded by animals - horses, sheep, pigs, chickens, dogs and cats. She founded the Ariat company in 1993 and Beth has since built it up into one of the top equestrian, outdoor- and work- -wear brands in the world.

Ariat was founded on the concept of as 'the new breed of boot,' integrating athletic footwear technology into boots for equestrian athletes. Jersey's footpaths are apt to get very muddy in rainy weather, but wellies are not the easiest boots to wear for taking the dog for a walk. The advantage of Ariat's footwear is that they all have an amazing cushioned footbed and you can go walking for miles in total comfort - and warmth.

Footwear remains one of the strongpoints of the Ariat range but there is a wide range of clothing for all outdoor activities, as well as accessories (that's also accessories for the dog!) The clothing is seasonal, so at the JFTU you don't see lots of the same product year in year out - and the JFTU are the sole retailers of Ariat in Jersey!

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Country girl this spring

Spring 2021 trends - the new season is the time to open up to fashion again. The latest trend forecast shows that ladies fashion will be very expressive, fresh and bold.

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Since we've spent 2020 mainly in tracksuits, we have high hopes for the next one.

Among the trends for the Spring'21 season, transparent fabrics and floral print. There are also candy colours and daring silver that shine triumphs once again. The clothes will be spectacular and exaggerated.

Oversized denim and statement coats. Timeless trench, flowers and pastels, extremely wide pants with an emphasized waist and baby pink clothes. Women's fashion this Spring will be an innovative solution based on classics and surprising novelties.

Trendy colours will be pastels, mainly pink, blue, violet and yellow. Although they have been trendy and popular for several seasons, they are still on big time!

Let's be honest...if I say the words "countryside outfit," normally you'll probably think of a pair of old wellies, checkered shirt and classic raincoat, but there are a number of other rural-appropriate ensembles one can wear for leafy walks.

There are many of countryside clothes and simplistic styles in a fashionable manner and more modern way.

From chic country girl captures to contemporary country fashion, the upcoming trends will make anyone feel like frolicking in the open field.

Can the Country Girl style be combined with these trends this season? Definitely YES! Here, we kick off with some of the Spring season's choices, which you can find in local retail shops.



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- 2. Shirt, £59, Selected, Voisins
- 3. Shades, £191.70, Burberry, de Gruchy
- 4. Dress, £58, Next

- 5. Jeans, £71, Mint Velvet, de Gruchy
- 6. Shopper Bag, £41, Ted Baker, Voisins
- 7. Crossbody Bag, £45, Clarks
- 8. Coat, £49.50, M&S
- 9. Jumper, £41, Selected, Voisins
- 10. Welly Boots, £40.45, Joules, Voisins
- 11. Loafers, £65, Clarks







Art, inspired by nature

In each issue of RURAL we profile works by contemporary Jersey artists who draw their inspiration from Jersey's landscapes or natural environment

In this issue we feature one of the top pictures of last year's Jersey Landscape Award, in which RURAL magazine teamed up with CCA Galleries International and sponsors to judge a new art award category at the Jersey Summer Exhibition.

We show Robert Allan's '**Tidal Expanse**' (*mixed media on canvas*) which achieved third place in the competition.

The third Jersey Landscape Award Competition is due to take place this July.

Philip John Oules (1817-1885)

a new perspective



The Paddle Steamer Superb off Elizabeth Castle, Jersey, 1856

By Jonathan Voak

Surprising as it may seem, Philip John Oules did not set out to be a marine painter. It was not until 1850 that he saw the opportunity presented by the boom in shipbuilding and began to paint ship portraits. Until then he had been painting portraits and even had a brief foray into photography but it was the beautiful landscape of the coastline of Jersey where his early inspiration lay. The son of an auctioneer, he was born in St Helier in 1817 and lived with his family in the Royal Square. Aged 19 he went to study in Paris and then for the next decade he divided his time between Paris and Jersey. It was while in Paris that he met his wife Caroline and they had their first child.

During his early years in Paris, he was influenced by the progressive Barbizon School painters such as Millet, Corot, Daubigny and Rousseau who worked directly from nature and rejected the romanticised landscapes favoured by the establishment.

This informal group of French landscape painters worked in the forest of Fontainebleau and were based in the village of Barbizon on its western edge. The free and spontaneous landscape oil studies that Oules produced at this time are comparable to the works produced by these realist, avant-garde, painters who themselves were superseded by the Impressionists later in the century. During the early 1840's Oules painted in the forest near Compiègne, an area also favoured by the Barbizon School, as well as Normandy and Brittany and of course his beloved island of Jersey. Oules continued to produce oil studies directly from nature throughout his life, perhaps as a release from the constraints of his commissioned work, significant for what they reveal about the artist.

In his twenties Oules found that he could not support his young family from painting alone. Possessing a good head for business, he secured the interest of publishers who reproduced his views of Jersey and sold them as collections of prints to the increasing number of visitors to the island.

The first of these was published by Philip Falle in 1840 titled the *Scenic Beauties of the Island of Jersey* and this was followed by many other albums of prints of local views. To commemorate the visit of Queen Victoria to Jersey in 1846, he produced eleven watercolours of island scenery, which were published in an album the following year.

In 1847 he returned to Jersey permanently and settled at 53 Paradise Row, New Street, where he advertised himself as a "portrait, landscape and marine painter". He also started to illustrate books and derive an income from the sale of individual lithographs of some of his most significant paintings from this period, such as Gorey Races held on Grouville Common in 1849. He also recorded a number of events in the Island, particularly shipwrecks, for reproduction in engraved form for the *Illustrated London News* which enhanced his income even further.

Around 1850 Oules began to meet the growing demand from ship owners and masters for paintings of recently launched vessels and from then onwards he never turned back, producing hundreds of oil paintings and thousands of drawings and watercolours, many of which are in the collection of the Société Jersiaise and in the care of Jersey Heritage. Whether a masterly depiction of a paddle steamer off Elizabeth Castle or a rapidly executed oil study of Rozel Harbour, there is no doubting the huge contribution that Oules made to our understanding of our maritime past, or of his love for the island which nurtured his prodigious talent.

Martel Maides Auctions is now sourcing pictures, antiques and jewellery for their auctions during 2021. Contact Jonathan Voak to arrange free auction estimates and valuations for probate and insurance.

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Philip John Oules (1817-1885)
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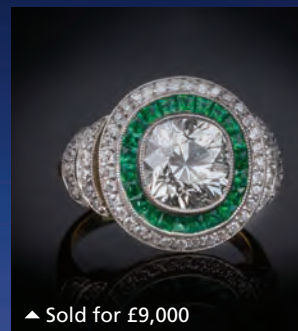
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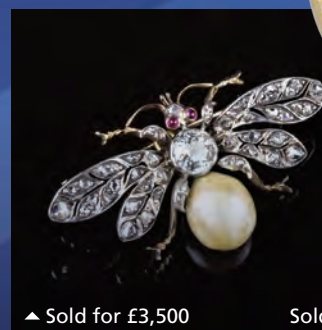
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Life after covid

The times this winter have been inhospitable for the hospitality industry. Alasdair Crosby talked to Simon Soar, the executive officer of the Jersey Hospitality Association

Is there life after Covid for the hospitality industry in Jersey? Certainly, but the way there is long and the path is littered with hard stones.

Simon Soar, the executive officer of the Jersey Hospitality Association, was speaking in mid-February, anticipating that the Hospitality industry would still be closed for several weeks. But still no restaurants are allowed to open and hotels remain closed.

'It is terrible for Hospitality,' he said. 'There is fear - as well as the virus - around members. Coronaphobia as well as coronavirus. Your business is closed and you don't know when you will be able to re-open. Do you have to put more measures in place? Are you going to get support? How are you going to pay your staff? How are you going to pay your rent? These are massive pressures. I'm concerned for the mental health of many in our industry, and rightly so.'

But, so long as the industry can weather the winter and New Year storms, there could be huge potential this coming tourism season. There was an increase in interest in Jersey by tour operators, for example, a greater amount of interest than anticipated. Jersey is closer to the UK, with less travel involved in reaching here - and it is an English-speaking destination. Its testing regime is superlative, he added, which will count when tourism resumes.

'We are leading Europe on everything. People will be looking for places that will be safe to visit. We have a 'visit safe' scheme, which has been collaboration between ourselves, Visit Jersey and government, which will put a mark on the Island to say "We're safe". We created something that will not only put a marketing tool in place, but also gives JHA members guidance on how to have a clean, safe environment, in which to look after their guests. It took a bit of work to get that put together!'

He added that he foresaw that the holiday season would be more spread out in the future, with more holiday makers coming to the Island in the shoulder months, when there are fewer other tourists and more room and space to enjoy the Island.

“ People are going to be wary about where they travel, how they travel, where they stay, what is on offer. It's all very well having good hotels, but not if there is nothing to do for the people who stay there



'People are going to be wary about where they travel, how they travel, where they stay, what is on offer. It's all very well having good hotels, but not if there is nothing to do for the people who stay there. The industry will need to accentuate activities, events and attractions. The issue with which we are dealing at the moment is making sure that our current food and drink scene is preserved. We have the Visitor Accommodation Support Scheme in place, which will protect providers of tourist accommodation, but there is a lot more work involved.'

'Anxiety is high, concern is high. Just watch the range of emotions, raw anger, sadness, concern and fear in the industry -this is all just about survival. Some of the JHA members need someone to shout at, so let them shout, if it makes them feel better. Some of them need reassurance, so I try to do my best.'

'That's what we are - we are the support for the industry. It's about looking at that point later this year and making sure we get there. '

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Jersey's rich landscape and the clean clear waters which surround it provide an abundant source of ingredients for the menus at the island's two Hand Picked Hotels.



Nicolas Valmagna, Executive Chef at the AA Five Star Grand Jersey Hotel & Spa and **Andrew Soddy, Executive Head Chef** at the AA Four Red Star L'Horizon Beach Hotel & Spa are passionate about bringing local produce and flavours to the table.

The chefs work with a variety of local suppliers to create exceptional menus that change with the seasons.

Nicolas explains,

"Quality and freshness is paramount and we are so fortunate to have a close relationship with all our suppliers.

We know the quality available on our doorstep is exceptional because they are as passionate as we are.

We buy produce we know is fresh that morning and plan our menus based on that. All our dishes feature local produce, from Jersey honey to fresh duck eggs."

Andrew added,

"We have some of the best produce in the world, from Jersey milk to our fabulous seafood but it's important to get the best produce at the right time to really showcase it."

The secret of their success as chefs is their comprehensive understanding of the ingredients and how they are produced.

Nicolas draws on his technical expertise to cook up a gastronomic adventure for his Tassili fine dining menus inspired by his love of fresh Jersey produce including Chancre crab and Jersey Royals.

Inspired by his extensive travels, Andrew adds a twist to local produce, blending contrasting culinary techniques with unique flavours and textures.

One of his signature dishes includes spiced cod loin, curried cauliflower and mango with sea herbs.

Whether you are fine dining in style or stopping by for a lunch or a light bite, you'll experience a celebration of the best ingredients Jersey has to offer.



Nicolas Valmagna



Andrew Soddy



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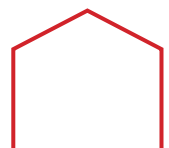


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When your house is more than just your home...

Working from home? Michelle Leverington, partner at BCR Law, considers the legality of what we are trying to achieve



The Covid-19 pandemic saw my family, like many others in Jersey, spending a lot more time together at home - much to the delight of our beagle, Emmy. Our living room became a classroom, the kitchen table an office.

The pandemic has caused a minor revolution in the way in which we all work and live. It has been proven that productivity can be maintained or increased with more flexibility on when and where we work. This could see more of us continuing to spend at least part of our working life at home.

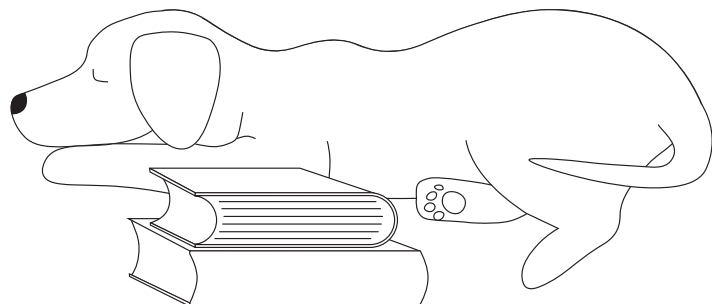
For many of us, this is the first time we've had to work from home and the need to adapt our homes to be as convenient and productive as possible has become more urgent. This could be through converting a spare bedroom into an office, or building a shed in the garden for extra space.

However, for larger renovations, such as an extension, it's important to consider the legality of what you wish to achieve, what rules govern what you can and cannot build, and where, and whether or not permission might be required.

In Jersey there are customary law rules in relation to the boundaries to a property which might restrict what you can do. For example, when building on a jointly owned boundary you may only build up to the middle line of the boundary; nothing is permitted past that line, including any guttering or fascia boards. It may also be the case that you don't have a right to go onto a neighbour's property to repair a wall. Furthermore, unless your purchase contract states otherwise, windows or air vents must be set back from a boundary by at least 2 feet 9 inches. If you fail to do this then your neighbour can insist they are removed or, in the case of a window, frosted and made non-opening.

Property rights and boundaries are not really considered by Planning and Building Control when reviewing an application. It's up to each property owner to ensure they understand and comply with their legal obligations when submitting plans. It's important, therefore, that owners understand the rights and obligations attaching to their land.

“ The pandemic has caused a minor revolution in the way in which we all work and live. It has been proven that productivity can be maintained or increased with more flexibility on when and where we work



“ Often a house on an estate or an apartment will have restrictions about what can or cannot be done in the property, some may include not being allowed to run a professional workshop or business from a property

Some works to some properties are allowed to be undertaken without an application having to be made to the Planning Department. Owners should be very clear as to whether the works they wish to undertake fall within the scope of the Planning and Building (General Development) (Jersey) Order 2011. A breach of planning law could see you having to spend more on applying for retrospective consent and expose you to the risk of being fined for having carried out the works without consent. The worst-case scenario, you could have to pay to undo everything you have just paid to do.

It's also really important to make sure that any agreements reached with neighbours are properly recorded. Often issues only come to light when an owner decides to sell their home and the purchaser's lawyer attends on site and notes a legal problem with work that has been carried out on the property and not properly recorded in the contractual documents. Remedying this can be very costly as a contract might have to be drawn up and passed before the Royal Court to clarify the position (if the neighbour agrees to remedy it, otherwise it may be that the works done will need to be undone before the property can be sold). It's really important to understand that just because your neighbour agrees with you 'over the fence' that you may carry out works, this will not be binding in the future.



The only way for a neighbour to agree legally is for them to be party to a contract passed before the Royal Court confirming their agreement.

Often a house on an estate or an apartment will have restrictions about what can or cannot be done in the property, some may include not being allowed to run a professional workshop or business from a property. The wording of a restriction or rule may allow someone to work in a 'liberal' profession, which is legal speak for 'working quietly' meaning that working on a laptop at the kitchen table is permitted. If you're thinking of making structural changes to your property so as to permanently set up shop from your home, that may not be allowed.

As we move into a brave new world of (at least partial) home-working, it is understandable that we will want to make our home-working environments comfortable and practical. It is important to be sure that you are entitled to do the works which you want to. If you are not sure, you should seek advice; not doing so could be a costly error.

“ As we move into a brave new world of (at least partial) home-working, it is understandable that we will want to make our home-working environments comfortable and practical. It is important to be sure that you are entitled to do the works which you want to

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Chant de la mer

Chant De La Mer is a wonderful example of how modern creative architectural design, coupled with the flexibility of timber frame prefabricated manufacturing, results in a spectacular, luxurious and sustainable family home. By Oliver Rehm, CEO Baufriz (UK) Ltd

The site originally hosted a bungalow, which was over time subject to extensions and alterations, resulting in a claustrophobic and enclosed living space.

The Jersey location overlooking a coastal bay, offered a self-builder with enough vision the opportunity to create something spectacular. The obvious solution was to demolish and rebuild with a clean sheet. The value of good design is understood in the transformation of this site from a tired and extended bungalow, to a construct built around an irregular plot, while binding the house's relationship with its natural surroundings.

Jersey firm Godel Architects was commissioned by the client and the idea for Chant de la Mer was born.

The resulting house is split over three levels, formed to not only take advantage of the spectacular views, but to flow between floors and function areas. Designed with a mixture of open spaces connected to landscaped gardens and more secluded personal areas, the juxtaposition results in a house that is both functional and innovative.

The basement carved into the hill includes an indoor swimming pool with secluded glass sliding doors leading to an open patio, a wine tasting room and separate wine store. A plant room and basement storage are situated towards the rear where natural light is limited. Access to the main living area is found in the core of the house via a spiral staircase and lift.

Situated here is the communal space for the house, consisting of an open living, cooking and dining area, cleverly divided using storage and modular placement. One wing hosts a gym and a snug cinema room, the other, three guest bedrooms with en suite bathrooms. To the rear is the main street entrance and a double garage.

Following on to the first floor, the owners have created their own private space. To the front is the master bedroom with the most spectacular views, and to the rear a generous bathroom and dressing room.

A successful element of the project was the ability to exploit the location of the site and its relationship with the surrounding bay.

Each floor has attractive landscaped courtyards, open terraces and patios, which connect to the house with glass sliding doors. The original house was cut off from its exterior. The owner understood that to make the build a success, this hurdle must be overcome to firmly cement the house with its surroundings.

You might be surprised to hear that a project of this scale is also very energy efficient. It uses less energy than it generates, which is down to the innovation Baufriz puts into its houses. Triple glazed glass, patented HOIZ insulation and high airtightness of the building fabric achieved through Baufriz's prefabrication manufacturing method, paired with the inclusion of photovoltaic and air source heat pumps, gives Chant de la Mer an A+ energy rating.

By combining a non-conformist architectural approach with the flexibility and quality of Baufriz's manufacturing process, this luxury home delivers a modern, clean architectural design, while remaining extremely energy efficient. One of the most successful attributes that this house possesses is its ability to still feel intimate and homely, despite its scale and elevated position.



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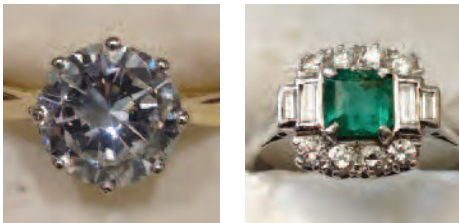
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From belief to reality

Stephanie Bass, former 'Jersey Entrepreneur of the Year' celebrates her own company's 20th anniversary in March. Covid may not have helped exactly, but despite it – and partly because of it - new opportunities keep on opening up



In 2001, marketing and sales consultant Stephanie Bass started her own small business, Channel Islands Training and Development Ltd (CITD). Two years later, she was voted 'Entrepreneur of the Year' as a result of her new company's amazing growth.

This March, she is celebrating her company's 20th anniversary. It is still expanding, despite (and partly because of) the difficulties that Covid inevitably creates.

Stephanie founded CITD because she sensed a great business opportunity: the Island lacked a training company that would specialise in the soft skills area for the corporate sector. Her courses range from exceptional customer service telephone skills for receptionists up to high level leadership programmes for directors.

They are designed to help staff enhance their leadership abilities, time management skills, personal effectiveness... in short, to increase their productivity within their own organisation.

Her clients range from small charities to very large corporates and government departments – not just in Jersey, Guernsey and the Isle of Man, but also in Europe and as far afield as the Middle East, where she has clients in Qatar, but the core of her work remains very much in the Channel Islands.

Having gained a business degree at Southampton University, Stephanie returned to Jersey, working first of all in an accountancy firm, during which time she realised that accountancy wasn't for her. She knew that she had strong communication skills, so she gained a post-graduate marketing qualification and then worked at Channel Television - a job she absolutely loved – where she became sales and marketing manager of their teletext service and publishing division. She left to start her own sales and marketing consultancy; Highlands College employed her business on a long-term contract and it was there that she developed an insight into the Channel Island training market.

'I'd always wanted to run my own business ever since I was small,' she said. I'm a very free spirit and I have the ability to think out of the box a lot. I've always been pretty entrepreneurial and have always looked for that winning business opportunity.

'I have a passion for my work. I absolutely love it and really don't consider it to be work at all. It is important to visualise. As Walt Disney said: 'If you can dream it you can do it! If you can see something in your mind's eye and truly believe in what you are doing then it will definitely become reality.'

'I am also very lucky to be working with a fantastic and very hard working team of trainers, who, like me, just really want to help people and organisations develop and attain their goals.'

Covid, that uninvited guest, has been a huge shock, of course. Immediately, the entire open course schedule had to shut down and face-to-face courses had to be put on-line pretty quickly so that teaching could continue. But even uninvited guests can bring welcome presents: the company is continuing to win clients off the Island for its much expanded on-line programmes – a big opportunity for the future.

'This past year has needed a lot of adaptability. It required a lot of thinking outside the box and changing aspects of the business. I can't thank the team enough for having been so flexible. For our 20th birthday year, CITD is now in a very good place offering both face to face and online short courses and qualification programmes. I look forward to seeing what the next 20 years will bring!'

The future is looking very rosy – or, considering her love of daffodils, perhaps better to say a future that is bright yellow and filled with the optimism of spring: 'I can continue to follow my passion for helping people and to grow my business.'

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The Land Rover Defender 90



The New Defender 90 is priced from £41,736 in Jersey and Defender 110 is priced from £43,215.

Defender 90 commercial (*Hard Top*) starts at £41,119 in Jersey and Defender 110 Commercial (*Hard Top*) is available from £48,670.

Order books for the Land Rover Defender 90 have opened following the successful launch of the Defender 110. New Defender is the toughest and most capable Land Rover ever made and delivers 21st Century connectivity with unstoppable off-road performance.

The first Defender 110 models will be delivered to customers from spring this year with three-door, short-wheelbase Defender 90 models due to arrive later this summer.

Since its world premiere at the Frankfurt Motor Show in September 2019, Land Rover has experienced unprecedented demand for the new 4x4. More than 1.21 million people have configured a vehicle on the Land Rover website, and over half of those chose one of the four Accessory Packs.

The Explorer, Adventure, Country and Urban packs give New Defender a range of distinct personalities. For the Defender 110, the Urban Pack - which includes a front undershield, bright rear scuff plate and metal pedals, plus a spare wheel cover - has been the most popular choice, selected in more than 35 per cent of the configurations that included an Accessory Pack, followed closely by the Explorer Pack.

Land Rover's global product marketing director, Finbar Mcfall, said: 'We have experienced unprecedented demand for New Defender 110 and the official introduction of Defender 90 is sure to boost interest.

'As the family grows to include an efficient plug-in hybrid powertrain and commercial derivatives later this year, we look forward to continuing this success. 'If our experience with the Defender 110 is anything to go by, we can expect over half of customers to opt for one of the four Accessory Packs, making New Defender the most accessorised and personalised Land Rover we have ever produced.'

The innovative Front Row Centre Seat (otherwise known as jump seat) allows three people to travel in the front row. Conceived and designed as an occasional seat, the practical addition means the Defender 90 can accommodate six occupants in a compact family hatchback length body. When not in use, the seatback folds down to provide a front armrest and oddment stowage, including a pair of additional cup holders.

Practicality is a hallmark of Land Rover interior design and the new Defender 90 comes with an abundance of storage opportunities including a choice of high and low centre consoles.

New Defender is the most capable and connected Land Rover to date and can trace its roots back to the original Series I model of 1948. The 110 and 90 body designs will be available as practical commercial models later this year while a highly efficient Plug-in Hybrid Electric Vehicle (PHEV) powertrain will also join the line-up.

The iconic 4x4 embraces 21st century technologies and introduces Land Rover's Pivi infotainment, which features an intuitive interface and its own back-up battery for always-on responses. Advanced software-over-the-air updates also ensure customers benefit from the latest software at all times, wherever they are in the world.

To find out more visit www.jacksonsci.com/new/land-rover/

Jacksons



For our local economy and community



By Mark Cox, the chief executive officer of the Channel Islands Co-Operative Society

There are two elements to what we do. The first is our commitment to local suppliers. In Jersey last year we spent just over £8m with about 45 local producers and suppliers.

By supporting them we help them generate jobs and that money stays within the local economy. That's great for the Island and it's great for our business. "Buying local" resonates really with our customers as well, especially during the present Covid crisis.

We shall be recruiting and committing funding for a "local sourcing and supply manager". Although we are good at what we do, we could always be better - but we need additional support internally to help us do that.

If potential suppliers think they don't produce enough to supply all the Co-Op stores, we can stock their products in just one or two, initially, and help them grow at a pace that works for them.

We have got great ties with Genuine Jersey and want to build upon those and support John Garton in helping local suppliers get their product onto the shelf. That's something that is really important to us.

The other element of our community involvement is our support of local charities: last year that support in financial terms amounted to £250,000. There is such a broad range of them in Jersey, from the bigger charities, such as Hospice and Cheshire Home, right down to the local Brownie group that's organising a raffle prize.

'We are a community based organisation; we're owned by a Channel Islands community of about 128,000 members. It's important that we give back to the community - it is part of what we do.'

Local producers are partners, season after glorious season

We actively look to stock our shelves with local products and are proud to have local producers as partners, in many cases for years and years.

Buying locally is good for Jersey's economy, environment and countryside around us, and the next generation of local producers.



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Genuine Jersey Directory

Anita Eastwood Art

I am a watercolour, mixed media and acrylic painter who travelled extensively until settling in Jersey in 1991.

My pet and equestrian portraits are popular and I have my artwork on the walls of homes in the UK, Europe and USA. I am available for commissions and work directly from photographs – getting the eyes right is crucial! If you have a clear photo of the animals that you would like painted then you can happily leave the rest up to me.



Contact Anita Eastwood | Facebook: anitaeastwoodart
www.anitaeastwood.com | www.madeinjersey.je

Jersey Dairy

Jersey Dairy is a farmer owned co-operative responsible for providing the Island with fresh milk and dairy products.

All our products are made from milk produced exclusively by the finest pure-breed Jersey cows. Our Jersey cows graze freely and produce milk which is naturally thick, creamy and nutritious.

Our milk has up to 20% more protein and calcium, 25% more butterfat and a higher concentration of minerals and vitamins than that from other breeds of dairy cow, creating a naturally improved texture and taste that differentiates our high quality dairy products. Jersey milk: natural, nutritious and delicious.

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MADD BEARD CO

MADD BEARD CO was formed in 2018 by friends Marc and Add. As bearded men, they often spoke about what products were available and what they liked from each of them. This sparked a conversation on how they could make their own beard products.

We decided that the products had to be natural and vegan friendly, also, where possible, local produce was to be used.

Now, MADD BEARD CO has a range of beard oils, beard balms and moustache wax in several individual scents to suit every situation.

Contact Marc and Add
www.maddbeardco.je



Inspired by Islandlife

Each piece is lovingly handcrafted with particular attention to detail, movement and texture. The Jewellery is fun and often quirky, especially designed for those who like wearing or giving unique and nature inspired treasures!! After 16 years in the business, Lisa recently opened a fabulous little shop in St Aubin.



Opening Hours are Tuesday – Saturday 11am-4pm.
You can find her online shop at www.lisalebrocq.com

Her Jewellery is all lovingly handmade and special commissions are considered.

Contact Lisa Le Brocq | Telephone: 07797 783 039
Email: lisa@lisalebrocq.com | www.lisalebrocq.com

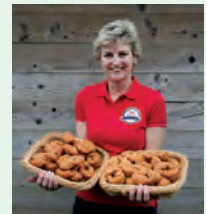
Jersey Wonders by Babs

We were delighted to be able to continue supplying one of the most traditional Jersey products, the Jersey Wonder, throughout 2020.

This included the very successful opening of our Honesty Box, located in La Rue Maraval, Grouville. A timeless family recipe handed down through the generations and we are proud to hold Genuine Jersey status.

We remain committed to continuing to supply such a unique product so steeped in Island history through 2021 and beyond. All trade, commercial and private orders welcome and please do not forget our honesty box.

Contact Barbara Bechelet | 07797 795 302
Email: hello@jerseywonders.je | www.jerseywonders.je



Out of The Tree Wood Art By Martin Cotillard R.P.T.

I started turning wood in 1996 and I have turned in Jersey, New Zealand, France and the UK. I love to work with local timbers. In 2018 I was admitted onto the Register of Professional Turners which is supported by the Worshipful company of Turners in London.

I am available for commissions at any time and if you have a special piece of wood I can make something for a keepsake. I also can make an urn for your loved pet that has been cremated.

Contact Martin Cotillard
Email: martincotillard@gmail.com



Genuine Jersey Directory

Sinclair Ceramics

Andrew is the creator of beautiful tableware and individual sculptural ceramics, both thrown and hand built in his workshop, surrounded by the inspirational countryside of St Ouen. Specialist in large floor vases and lamp bases.



These bold vessels are created in smooth stoneware clay, decorated in soft white glazes with oxides often applied to enhance their clean elegant lines.

Drop in to see a potter at work. - commissions welcome -

Contact Andrew Sinclair | 07797 731 324
Email: sinclair@localdial.com | Instagram: [sinclairceramics](https://www.instagram.com/sinclairceramics)
Facebook: [sinclairceramics](https://www.facebook.com/sinclairceramics) | www.sinclairceramics.je

Gaia and Moon

We are producers of handcrafted vegan skincare. I use sustainably sourced plant materials, including Jersey Hemp oil. All packaging is compostable, recyclable or refillable.

I make body soaps with plant oils, which I infuse by hand with dried herbs. Also eco personal care, such as solid shampoo and conditioner bars and eco home cleaning alternatives.

Creating natural products is most important. I create products keeping sensitive skin in mind and these are routinely safety tested in the UK.

They are available from some local retailers, such as Scoop, KEarth and Jersey Hemp or through:

Contact Gaia and Moon | Email: ordersgaiamoon86@gmail.com
Facebook: [gaiamoonherbaltreats](https://www.facebook.com/gaiamoonherbaltreats)
www.etsy.com/uk/shop/GaiaAndMoonSoapery



Stephen Davies Art

Graphic artist / illustrator, specialising in highly detailed black and white pencil drawing in aviation or military themed work and in all subjects.

My speciality is aviation and I am also an Associate Member of the UK Guild of Aviation Artists. I can illustrate / draw anything a client / customer wishes or desires. My artwork can be seen and purchased from many outlets in Jersey as well as directly from me. Please contact me directly for any work not shown on the website.



Contact Stephen Davies | 07797 734 774
Email: stephenjedavies@yahoo.com
www.stevedaviesart.com

Fish In The Frame

Gyotaku, from the words *gyo* (fish) and *taku* (rubbing), was developed in Japan to record fish catches.



Cleaned fish is inked and fine paper floated on to it, pressed gently and pulled off to produce an original print of that fish.

Simon uses this technique on local species, including bass, red mullet, snipe and john dory. Compositions may have local weed added.

These prints are excellent gifts for anyone interested in Jersey and its environment. Available directly from Simon Bossy or select galleries in St Helier and St Aubin.

Contact Simon Bossy | 07797 721 780
Email: simonbossy1@gmail.com

Sheila Birch

Offering an ever changing view round each bend of the road, Jersey provides an infinite number of pictures/memories for so many people. I have recorded a large variety and can print them for you on quality archival paper or order canvas ready for hanging on your walls to make wonderful gifts home or away.



I'm an Associate of the Royal Photographic Society and a Member of Genuine Jersey. www.sheilabirchimages.com; e-mail me at sheilabirchimages@gmail.com. Please contact me to let me know what you would like or see a large selection of items at The Harbour Gallery at St Aubin.

Contact Shelia Birch | Email: sheilabirchimages@gmail.com
www.sheilabirchimages.com

Gorse and Lily

Gorse and Lily was born out of lockdown in a medieval farm house in rural St Peter. Anna creates unique botanical preserves, using local seasonal fruits combined with flowers and herbs. Finding unusual flavour combinations is a passion for Anna, as well as introducing the island to floral flavours.



With Gorse and Lily it's all about the experience: quality is important from their ingredients down to the packaging. As well as treating yourself, their selections make excellent gifts.

Contact Gorse and Lily
Facebook: [GorseandLily](https://www.facebook.com/GorseandLily) | Instagram: [GorseandLily](https://www.instagram.com/GorseandLily)
www.gorseandlily.je

Genuine Jersey Directory

Jersey Fine Tea

We are a sustainable producer of single-estate Jersey teas.

We hand pluck only the tender young leaves and buds, which are then prepared in small batches to elicit nuanced aromas and flavours that reflect the unique Island terroir.

The range changes depending on the season, and at its core is whole-leaf white, green and black teas. Sold loose and super fresh, they are available to buy from www.jerseyfinetea.com and a growing number of local suppliers, including Fetch.je, Cooper & Co, Dunell's and Seahorse Café in Gorey.



01534 850402
Email: hello@jerseyfinetea.com | www.jerseyfinetea.com

Island's Choice Bakery

Since 2012 we have been supplying local supermarkets (also online), schools, caterers, and a wide range of other outlets.

Every day we bake 3,500 to 5,000 Portuguese rolls - their light texture makes these rolls quite sublime! We ensure that the flour is imported from Portugal to create an authentic product.

We also bake sliced bread, soft rolls, wholemeal, seeded rolls, crusty baguettes, hot cross buns... as well as our famous doughnuts and cakes. Since March 2020 our products have also been on sale in Guernsey.



Contact Joe Pinzari | 607019
Email: joe@islandschoicebakery.com | Facebook: [islandsChoiceBakery](https://www.facebook.com/islandsChoiceBakery)

Jersey Apple Press

At Jersey Apple Press we plant apple trees to bring you the finest locally made apple juice.

We have the Early, Mid and Late Pressings. We are also developing our range of single variety apple juices. Our Bramley juice is bursting with flavour and perfect for those who prefer a sharper taste.

To buy our apple juice please call Hans on 07797 712243. Normal price is £3.50 per bottle (74cl). We can deliver if ordering a case of 12 bottles. £42 per case of 12.

For more information go to our Facebook page, Jersey Apple Press.



Happy Hens Ltd

We are the largest producer of free-range eggs in Jersey. We keep approximately 8,000 hens that produce 7,000 eggs per day.



The eggs are all sold locally. The hens are kept in mobile houses, which allow them access to the surrounding fields whenever they please.

Although the free-range system is far more labour intensive and hence more costly than other methods, Happy Hens believes customers appreciate the improvement to the animals' welfare free this provides – and the better flavour!

The eggs are usually delivered within 24 hours of laying.

Contact Allan McCaffrey | 07797 758 414
Email: allan@happyhens.je

'Meandthefarmer'

Jon Hackett and his family run a successful business: Brooklands Farm, aka 'Meandthefarmer', located off Route Des Genets, St Brelade. The farm is clearly visible from the main road as you will enjoy watching the many animals grazing and foraging the fields that surround the shop.



They sell the pork from heritage breeds of pigs and other meat products, including sausages, burgers, pasties, pies and soup that are all homemade. Their opening hours are: Monday to Thursday, 9am to 2pm; Friday and Saturday 9am to 4pm.

Pop along and taste the difference.

Contact Kate Hackett | 07700 776 679
Email: meandthefarmer@outlook.com

Lucas Farm Shop

Fruit and Vegetables

Lucas at La Haule Farm has built an excellent reputation for first-class fruit and vegetables since opening in 1971. Their new website demonstrates an ongoing commitment to customer care through the convenience of online shopping.



Flowerbox Floristry

Flowerbox creates beautiful fresh hand tied bouquets and floral arrangements for any occasion. Accessories such as balloons, cards, chocolates, and wines can be added. Fruit baskets, gift hampers, and plants are also popular.

Commitment to Genuine Jersey

Lucas is proud to be associated with Genuine Jersey, growing a variety of produce on the farm and stocking other local suppliers' produce.

Contact Farm Shop/Flowerbox | 01534 745 199 | www.lucas.je

Genuine Jersey Directory

Sue's Fudge

Sue's Fudge has been selling around the Island for many years and Sue has a customer list that continues to grow.

2020 was a very strange year, as it was for most small businesses, but happily, Sue's mail order deliveries both locally and to the UK soared.

Although Vanilla fudge has always been Sue's best seller, she loves working on new flavours and 'new for 2021' is her Bakewell Fudge – laced with almonds and cherries.

Keep an eye on Sue's website and Facebook page for flavours available and local stockists.

Contact Sue

Instagram: [suesfudge](#) | Facebook: [suesfudge](#)
www.suesfudge.co.uk



Valley Foods Ltd

Formed in 1981, we have grown steadily over the years with the aim of providing a fresh approach to the food and drink trade in Jersey. We supply the Island's premium hospitality and foodservice outlets and also offer Jersey's leading online supermarket for home deliveries.

We have one of the largest state of the art butchery facilities in the Island. Working closely with our Genuine Jersey partners, Valley Foods' name has become synonymous with local supply.

Fresh butchery, fresh fish, fresh vegetables, dry stores, chilled, frozen and non-foods. Everything for a full week's shop.

Contact Valley Foods | 01534 841000
www.valleyfoods.je



Creative Stone Castings

We manufacture pre-cast concrete products using local sand and stone. Among our many designs of paving slabs, we specialise in Yorkstone for newer properties and Scarborough Mills for older or granite houses.

We have the widest range of garden edgings, copings, balustrades and walling. All products can be made in colours to suit customers' requirements.

We also specialise in pre-cast bespoke architectural products, concrete staircases and copings.

Customers can view the full range of products between 8am and 4pm Monday to Thursday and 8am and 2pm on a Friday at our St Brelade premises.

www.creativestonecastings.je



Jersey Oyster Company

Jersey Oyster is a third generation oyster farm situated on the Island's south-east coast. Its 60 Hectare growing area produces around 1,000 tonnes of oysters a year. By volume, it is the largest producer of oysters in the British Isles.

Jersey oysters are world renowned for their quality and freshness. This can be attributed to the hard work and care of the company's staff, but also the farm's ideal location; taking advantage of Jersey's 12m tidal range and nutrient-rich growing conditions. The company also produces high quality pole-grown mussels on a seasonal basis.

www.jerseyoyster.com



Farm Fuels

Farmfuels recycles Jersey's timber packaging waste and collects waste material from government, commercial and domestic customers. The material is sorted for direct re-use or remanufactured into a range of own brand wood fuel, animal bedding and landscaping products under the FarmFuels, Timberbed and Colourbed brands.

FarmFuels supplies pallets to other Jersey exporters and manufacturing businesses, exports pallets for re-use and is a leading importer of quality hardwood logs and wood pellets.

FarmFuels also markets a leading seaweed product in Jersey for use within the farming sector.

FarmFuels is currently growing Miscanthus for evaluation for future local uses.

Contact Doug | Email: doug@farmfuels.com



The Jersey Tea Company

The Jersey Tea Company was established in 2016 by four friends (Katherine and Terry Boucher; and Michelle and Cardin Pasturel), who are organically growing and handcrafting a range of premium teas in Jersey.

The Company uses artisan methods of hand plucking and processing; and regenerative farming techniques which encourages wildlife and biodiversity. No pesticides, herbicides or artificial fertilisers are used, so that the tea that is in your cup is just tea! The tea is whole leaf which preserves the antioxidant benefits and flavour of the tea resulting in a smooth full-bodied flavour.

Contact The Jersey Tea Company
 Instagram: [thejerseyteacompanylimited](#) | Facebook: [TheJsyTeaCoLtd](#)
 Twitter: [TheJsyTeaCo](#) | www.thejerseyteacompany.com



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OUR HENS HAVE
HAD ROOM TO ROAM



YOU CAN TASTE WHEN IT'S

WAITROSE
& PARTNERS

Art therapy

David Warr has the last word

The decision by someone or some people to vandalise a public work of art created by Ian Rolls that tells visually the factual story of global warming is desperately sad.

Not because of the damage that was done but in the nature of what was written. Words such as 'hoax' and 'how dare u scare kids' highlight a society where 'facts' and 'truth' have become almost background noise. The idea is nothing new: for those who know their Bible, Pilate famously asked Jesus 'what is truth?' (quid est veritas?) - and as we know, that didn't work out too well.

'Alternative facts' was a phrase famously used by U.S. Counselor to the President, Kellyanne Conway, during a Meet the Press interview on 22 January 2017, in which she defended White House Press Secretary Sean Spicer's false statement about the attendance numbers of Donald Trump's inauguration as President of the United States.

More staggeringly it is reported by the Washington Post, 'fact checker' column that by 9 July 2020, the President of the United States had made 20,000 false or misleading claims while in office.

No doubt the 70 million people who voted for him in the last election would describe that as 'fake news'. It seems extraordinary that an individual whose every word is scrutinised can be so blasé with the 'truth'. It creates its own ecosystem, which resulted in the storming of Congress by those who have been led to believe that the election had been 'stolen'. 'Fake news' turned into real action, resulting in huge outrage from those who should have known better but who don't have the foggiest as to how to turn the arguments around.

It's rather ironic that social media, which benefitted so much from Donald Trump using them as a platform, have been the ones to remove the proverbial loudhailer. Silicon Valley the new arbiters of truth? Who'd have thought it?

But I return to art and the hugely important part I believe it can play in helping us to resolve and discuss issues in a less confrontational way. During lockdown and into the summer Channel 4 ran a programme entitled 'Grayson Perry's art club' from late April 2020 for 6 weeks. It was extraordinarily moving and uplifting in equal measure: everyday folk producing all types of work in an effort to explain or get through lockdown.

It triggered a huge response, over a million viewers tuned into each episode. If ever there was a case for art as therapy, this was it.

Waldemar Januszczak an English art critic who writes for the Times newspaper recently wrote about the many 'fan accounts' that have appeared on Instagram and Twitter. One example, pretend Picasso (@ppablocicasso) has over 50,000 followers; a Vincent van Gogh feed has over 91,000 followers. As he says: 'the longer we shelter from the Corona virus in our burrows, the clearer it becomes that art is a lifeline.'

So back to Ian's vandalised artwork. Do we simply ignore the perpetrators comments and reinforce 'cancel culture' or do we engage, not through words but through art? The great thing about art is it doesn't tell you what to think, it makes you think - it creates a conversation in your head.

Maybe this is the way forward when it comes to reconciling 'alternative facts' with reality.

In a society that is so bitterly divided could it be the democracy created by art that will help to heal the wounds?





HOW WE ARE

Inspiring a zero carbon future

Our low carbon electricity has already helped Jersey reduce its emissions by over 40% since 1990. Now we want to go further. From renewable power to electric transport and smart homes, we're doing everything in our power to help Jersey to a zero carbon future.

Join us on the journey



www.jec.co.uk/zerocarbon
#JEZeroCarbon

Keep an ear to the ground at...

www.royaljersey.co.uk

...as we hope to resume our programme of shows later this year.



Become a member **Today!**

Simply download and complete an application form from our website and submit it to take full advantage of the many benefits of being a member.

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T: 866555

E: society@royaljersey.co.uk

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