

RURAL

Jersey Country Life Magazine

Issue 38 | Spring 2022

Keeping carbon local

The Carbon Farm has set up a new trading platform for local carbon

The power of Vraic

Mounds of seaweed inspire a new commercial concern

Meet the *(retiring)* Constable

Sadie Le Sueur-Rennard will be stepping down as St Saviour's Constable

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Welcome

Calling all Jersey artists and photographers: Do you love Jersey's traditional rural landscapes and timeless seascapes? Do you enjoy painting or taking photographs of it?

If you do, I hope you will be interested in RURAL magazine's Jersey Landscape and Seascape Competition, which for the fourth year is being held as an integral part of the Jersey Summer Exhibition at CCA Galleries International in Hill Street.

For the competition, all the works of art that have been selected as entrants to the Summer Exhibition, and which illustrate the competition's 'rural' theme, are automatically entered into the RURAL Competition and judged separately, with prizes offered to the winning entrants. The winning pictures and photos will also be reproduced in RURAL magazine's 40th issue, to be published in October.

The competition sponsors are BCR Law, which sponsors the first prize (£500) to the winning artist and the third prize (£150). The second prize is sponsored by the National Trust for Jersey and consists of a free weekend at its self-catering Le Catel Fort, Grève de Lecq.

This year, we are adding an additional classification: photographs that illustrate rural Jersey, its landscape, agriculture, natural environment, flora and fauna. The main sponsor for this photographic section is The Insurance Emporium, which offers a first prize worth £500 and a third prize of £150. The second prize is donated by Fotosound Ltd and will be a £300 voucher for printing services.



All those who love Jersey's traditional rural landscape and have an interest and talent in painting or photography, please submit works to the Summer Exhibition so as to have a chance of winning the RURAL competition.

The final selection of successful Summer Exhibition entrants will be announced at the end of May. Submission to the Exhibition can be made via the website: Home - CCA Galleries International ccai-jse.co.uk. A reception at the CCA Galleries will be held in July to announce the winners of these awards, so please let me know via editorial@ruraljersey.co.uk if you would like to come along to this great event.

Please – get painting or taking photos of your favourite rural view – before it gets rezoned and buried under concrete.

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



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The Constable of St Saviour,
Sadie Le Sueur-Rennard
Photo by Gary Grimshaw
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Kieranne Grimshaw
Ruth Le Cocq
Cathy Le Feuvre
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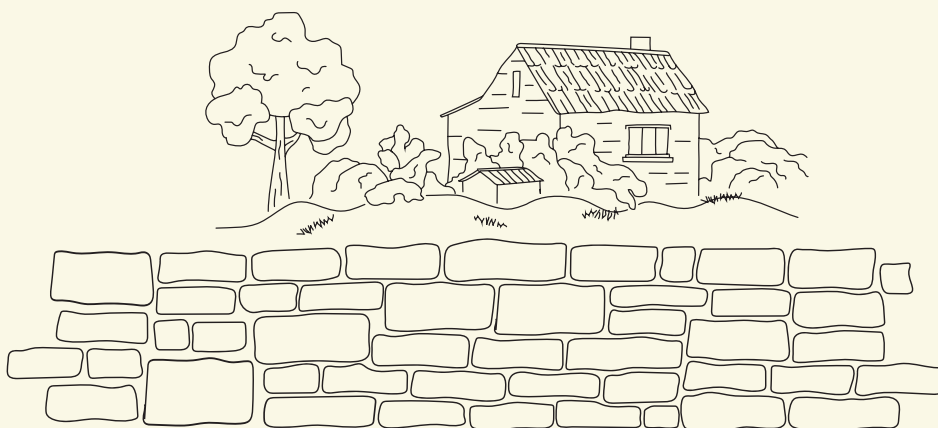


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Over the wall

A RURAL view



A gri-environment - 'too much environment and not enough agri'.

A bit simplistic, perhaps, but nevertheless quite a reasonable summing up of a certain viewpoint within the farming community.

To expand, nobody disputes the importance of caring for the natural environment or instituting measures to repair and restore it when and where that is necessary, especially to mitigate the local effects of climate change. It would be reckless to believe that such issues are not vitally important.

Re-wilding? To a point, bearing in mind the size limitations of Jersey. Tree-planting? Excellent idea, so long as it does not mean trees taking the place of fertile fields that could be used to produce food.

It is hardly a criminally self-satisfied point of view, however, to suggest that Jersey's natural environment is actually in quite good shape (so long as we can avoid the temptation of covering too many fields with concrete).

An Islander transported from, say, the 1950s to the present day would easily recognise much of the countryside and indeed might notice many improvements to it since his own time. Farming, for example, is carried out in a far more environmentally conscious way than it was in past times.

So much for the environment. But what about agriculture?

Agriculture is about producing food. It is about the way that food is produced, and about who produces it, which are both equally important questions for philosophical and political cogitation.

There are those mantras: 'Local food for local people' and 'Think twice, buy local' that have become very familiar to us. But it must be admitted that would-be opinion formers do not appear to have been particularly effective in changing local consumers' buying habits. As things stand, we are currently in a worse state as regards self-reliance for our food production than ever.

One might think that a farming company producing a range of vegetable crops to supply local retail outlets might be on to a reasonably sound business idea. The experience of local farmers who have been trying to do just that shows that such an idea is full of challenges, many of them created – at least indirectly – by the two ugly sisters of our times, Covid and Brexit.

There is every chance that the present tricky situation will evolve – perhaps sooner rather than later – to the point that the range of fresh produce, which consumers expect to see on the food shelves of Jersey's supermarkets, will need to be imported because there are no growers in the Island that can grow that same range viably.

As has often been said before, if supply chains to the Island remain strong and unbroken, there is not much to worry about as far as feeding ourselves is concerned. But what if there is an interruption? The past two years have shown up the flaws in the 'just in time deliveries' system. Shelves of certain products that we always took for granted can suddenly become bare. Future problems, both political and environmental, could exacerbate these shortages.

The concern we all rightly feel for the environment and climate change should be matched by an equal concern for the future of farming and local food production.

The long-term future for the intense production of Jersey Royals is questionable; the future for the commercial production by farming companies of a range of produce for local consumption is perhaps even more questionable. But what could take its place?

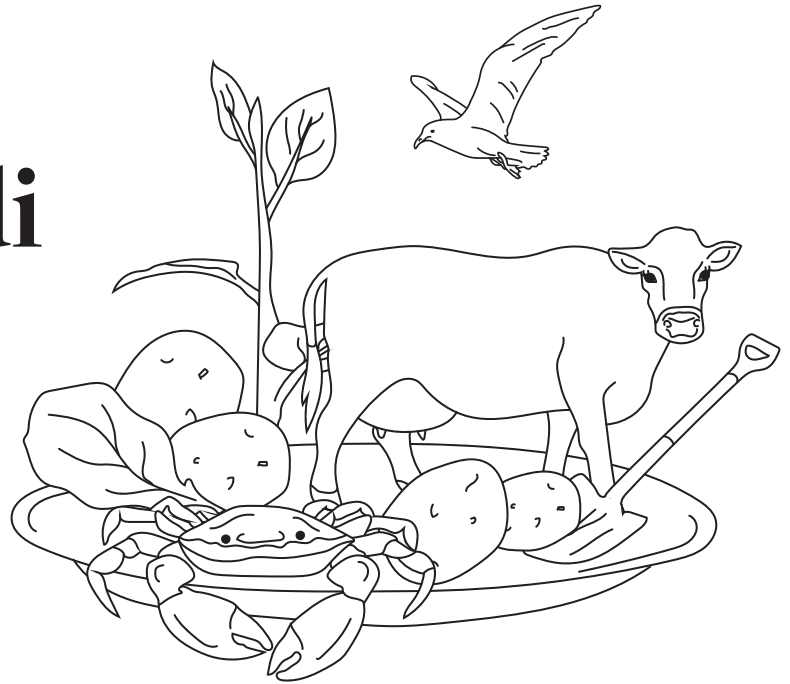
The idea of local 'production hubs' by small scale farmers and smallholders, working together and in combination with larger units to facilitate distribution, might seem to be the way forward.

We had those in the past, of course. We called them 'family farms' – but they've gone. Perhaps the time is right for at least some of them to return; at least there is reason to suggest that encouraging them, as well as allowing would-be farming families to create their own living quarters on site, should be a main thrust of the Island's future agricultural policy.

Certainly, we need local food production to continue, otherwise we might be forced to adapt, for modern times, Queen Marie-Antoinette's famous quote: 'They have no food? Let them eat grass. (It's very Green)'.

The Jersey Salmagundi

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



JSPCA's new shop



There's a new charity shop in St John - the former Co-op site is now run to benefit the JSPCA. Kieranne Grimshaw paid a visit

Formerly the Co-operative store at Sion, last September the building underwent a total transformation and is now a JSPCA charity shop selling quality clothing, accessories, books and homeware.

The JSPCA's Michelle Parker explained the concept.

'It's been years in the making to have a charity shop and then when Covid hit and fundraising and major events stopped, that's when the ball started rolling, and the Co-op building became available.'

Alan Cravo manages the shop with a few volunteers.

'Customer feedback has been amazing. Every day we get positive reactions. It's quite remarkable.'

'We don't have much storage, so we keep Tuesday just for drop-off day, to keep the high standards of the shop. It works well and we can prepare the shop for the rest of the week.'

Volunteers help unpack and sort through bags and anything unsuitable goes to The Salvation Army.

'We've set up a good relationship with them, so they come and collect anything not used. It's a good way of passing things on, with no waste.'

Looking around, there's a fresh look about the place.

'It's constantly evolving and depending on people's reactions and comments we take on board what they're looking for.'

The shop income helps boost the JSPCA, which not only deals with cats and dogs but all domestic animals, birds and wildlife.

'We do so much work in the community and this extra income really helps us to keep providing those vital services,' Michelle explained. She is pleased with their success so far.

'It's very much what we originally set out to be. We didn't want it to be a jumble sale or cluttered, but more like a boutique where people feel relaxed when they come in.'

The atmosphere of the JSPCA charity shop is very welcoming with plenty of variety, including a pet corner! If you're looking for something specific for an event or a fancy dress party, this is the place.

'There are even clothes with tags still on,' said Michelle. 'Every customer is helping to support the great work of the JSPCA, whilst getting a bargain at the same time.'

W: www.jspca.org.je | T: 519873
Facebook: www.facebook.com/jspca.charity.shop

Thanks to local businesses, Affinity Private Wealth and HSBC, together with some volunteers, the initial refurbishing and relocating of items were completed on time.

Open Gardens schedule

The Jersey Association for Youth and Friendship has announced its 2022 programme of Open Gardens.

The JAYF Facebook page (www.facebook.com/jayfgardens/) will detail any special highlights: for example, musical entertainment, nature walks, plant stalls and tombolas. Delicious cream teas are a feature of all its open gardens events.

Admission to each garden is £5; children under 12 free. Free parking. All proceeds to JAYF. Regret no dogs.

For fuller details and pictures of all these gardens, please see the RURAL website www.ruraljersey.co.uk/blog

Sunday 3 April

Oaklands

La Rue d'Elysee, St Peter, JE3 7DT
Open by kind permission of Mrs Melissa Bonn.



Sunday 1 May

Government House

St Saviour, JE2 7GH



Sunday 15 May

Domaine des Vaux

Rue de Bas, St Lawrence, JE3 1JG
Open by kind permission of Mr and Mrs Marcus Binney.



Sunday 29 May

Old Farm

La Route de la Trinité, Trinity, JE3 5JN
Open by kind permission of Mr and Mrs Clive Chaplin.



Sunday 5 June

Grey Gables

La Rue Du Bocage, St Brelade, JE3 8BP
Open by kind permission of the family of the late Celia Skinner.



Sunday 10 July

Les Chasses

La Rue des Chasses, St John, JE3 4EE
Open by kind permission of Mr Roberts.



Jersey Skin

Meeting one of Jersey's newest entrepreneurs who's on a mission to create beautiful locally made cosmetic products.

By Cathy Le Feuvre



Until March 2020, Benjamin Martin was enjoying a successful career in theatre management in the UK, but when the Covid pandemic hit he found himself back at his parents' home in Jersey facing weeks of isolation, with time on his hands... to think, and come up with an idea for a brand-new business!

Benjamin had already experimented in the past with making some cosmetic products for himself because, as a person who has 'incredibly difficult skin... eczema, allergies...' he has always struggled to obtain products for his own use. Lockdown made this even more difficult, so he started researching online, ordered some basic ingredients and began 'playing around' with creating his own products.

'I began with moisturisers and pillow mists and when I was out of isolation, I talked to my Mum who has a background in science, and we started breaking the elements down to see what would work and what we could grow and distil,' Benjamin said.

With the purchase of distillery sets from which you can produce oils from plants, and waters called 'distillate', the new business – Jersey Skin - was born.

Today Jersey Skin personal care products can be found on shop shelves across the Island, and the business is growing rapidly. Trading began online in September 2020 followed by the opening of the beautifully historic and quaint Jersey Skin shop at 11 The Parade in St Helier in May 2021. Here Benjamin and his business supervisor Suki Cartwright meet customers face-to-face and sell an ever-expanding product range, thanks to those who have already embraced Benjamin's vision.

'The customer has driven it a lot! The lovely thing about Jersey is that you'll get the same people coming in and they're happy to chat. Sometimes they say: "Oh I love this product... do you do this as well?" ... and if it's something that I think we could do, then we will develop it.'

From the start it was about producing local cosmetics using local produce. In the family garden in Gorey – home to his mother, Jane, and his father, Fraser - they grow lemon verbena, geranium, bay leaf, rosemary, seven types of mint and some lavender.

Benjamin also sources more lavender from the Jersey Lavender Farm and some products also contain seaweed - a particular type of vrac collected at low tide in springtime just off Mont Orgueil Castle.

As a vegan, Benjamin was determined that Jersey Skin would also reflect his ethical lifestyle, so the product range is 100% vegan apart from a couple of items which use beeswax, sourced from various beekeepers across the Island.

The name 'Jersey Skin' is central to Benjamin's aim to produce affordable Jersey cosmetics which will please not just locals but also spread the Jersey name and heritage further afield.

'I wanted to come up with a name which locals could associate with and be proud of. That's why we use Jërriais in a lot of the names. But I always wanted it to be lovely for tourists who come over... something a little bit different to take back home.'

To find out more about Jersey Skin and to buy online go to www.jerseyskin.com



The Jersey Landscape and Seascape Art and Photographic Awards

Are you an artist or a photographer, with a passion for Jersey's rural environment?

If so, please consider entering the Rural Magazine's Jersey Landscape and Seascape Competition. For the fourth year, this is being held as part of the Jersey Summer Exhibition, run by CCA Galleries International.

For the competition, all the works of art that have been selected as entrants to the Summer Exhibition, and which illustrate the competition's 'rural' theme, are automatically entered into the competition and judged separately with prizes offered to the winning entrants.

The competition sponsors are BCR Law, which sponsors the first prize (£500) to the winning artist and the third prize (£150). The second prize is sponsored by the National Trust for Jersey, and consists of a cost-free weekend at its self-catering Le Catel Fort, Grève de Lecq.

This year, an additional classification is being introduced: photographs that illustrate rural Jersey, its landscape, agriculture, natural environment, wild and domestic animals. The sponsors for this are The Insurance Emporium, which offers a first prize worth £500 and a third prize of £150 to amateur photographers. A second prize of a voucher worth £300 for printing services is offered by Fotosound.

The judges will be (art section) the managing partner of BCR Law, David Benest; the marketing and events manager of the National Trust for Jersey, Donna Le Marrec; director of the CCA Art Gallery International, Tom Parker and the publisher/editor of RURAL magazine, Alasdair Crosby.

The photography judges will be the photographic editor of RURAL magazine, Gary Grimshaw, Kasia Guzik, marketing manager of The Insurance Emporium and Mark Fisher, sales director of Fotosound.

All works representing traditional Jersey landscapes that have been selected for the Jersey Summer Exhibition are automatically entered to the competition.



Last year's winner: Louise Ramsay's 'Expanding Peace'

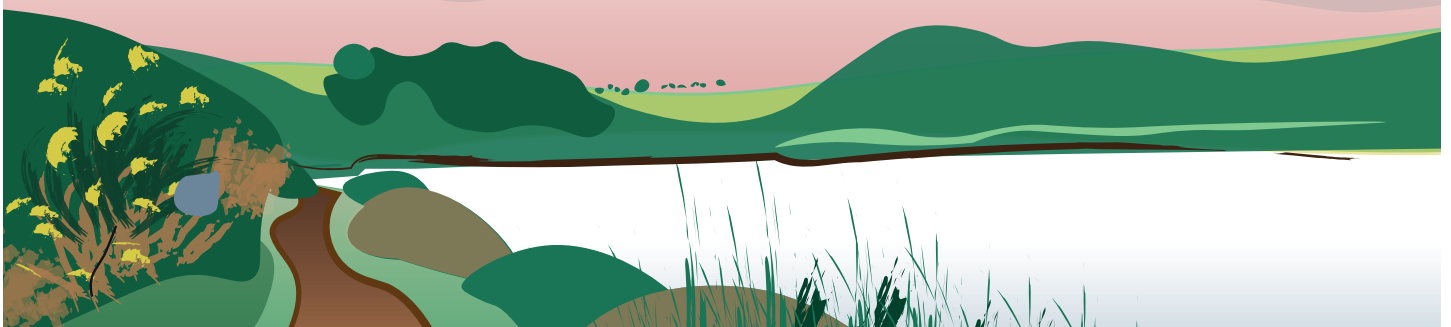
The Jersey Summer Exhibition is open to the public Friday, 18 June, 12.00 – 18.00, Mon – Fri and 11.00 – 16.00, Saturday, 19 June and there will also be an online catalogue. The final selection of artists will be announced at the end of May.

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Meet the (retiring) Constable

Politician, singer and organic dairy farmer - the Constable of St Saviour, Sadie Le Sueur-Rennard, who is standing down at the next election, told Kieranne Grimshaw about her role and how she has been juggling milking cattle with tackling Island-wide and parochial issues

Entering the world of politics was not what Sadie Le Sueur-Rennard had planned to do, although her background has always been customer focussed.

‘I used to work for Channel Airways and then in the perfume retail industry – I love meeting people,’ Sadie said.

She also loves animals and when growing up on a farm, Sadie used to help her father with the cows. She remembers the days when he regularly took cows to America and was away for long periods, including when a foot-and-mouth epidemic raged in the Island.



“ I just don’t want any more building in the Parish, we’re at saturation point and there isn’t even a mention of a school or green space in any of it

Balancing farming and politics suits Sadie because she’s an early riser. She gets up at 5am and does the cows, feeds the heifers and bulls and then comes inside to get ready for work. She takes breakfast with Jackson before a shower and then it’s off to the Parish Hall. Jackson goes to work with her most days and she has never missed a day, even with the virus.

Having a fantastic farmhand has been invaluable. Every morning Luc cleans and beds everything and prepares the units for milking.

‘I just have to push the button – I couldn’t manage without him.’

During the pandemic, however, life has been slightly different.

‘The virus has had its benefits as we’ve done everything virtually – and there’s always been tea and biscuits in the office for me as we got set up. Covid allowed me more time, because I didn’t have to wash and change to be in town for 9.15am, when the States sit.’

Sadie later inherited the organic farm in St. Saviour, where she lives with her ‘girls’ – thirty milking cows, eight heifers, two bulls and her beloved and faithful Red Setter, Jackson. She is now one of only two local organic farmers in Jersey.

Nearly a decade ago, in 2011, Sadie was first elected Constable of St. Saviour. She was pleasantly surprised to win and admits she wouldn’t have missed it for the world.

‘I like to meet everyone and have a chat with them, and the Parish Hall staff have been really great to me,’ she said.

On States days, Sadie has a friend to help with the cows.

‘They’re milked twice a day and around 3.45pm we have country music blaring; it’s on in the car when I feed the young stock who are off the farm. The builders opposite see the cows running up and say – “Oh they’re country music fans!”’.

A favourite part of the job is being a Governor for Grainville School.

‘The school has had its problems, but they embrace everything. I’m very honoured to have been asked,’ Sadie said.

There’s also ‘a major project’ which has been taking up much of Sadie’s time until she retires - the Island Plan.

“ When the new hospital starts to be built, builders will be brought in and inevitably love the Island and want to live here. We are only 9x5 miles and we cannot keep reclaiming land



“ I like to meet everyone and have a chat with them, and the Parish Hall staff have been really great to me

‘It’s given me a few headaches,’ she admitted. ‘I just don’t want any more building in the Parish, we’re at saturation point and there isn’t even a mention of a school or green space in any of it.’

Sadie believes we should at least have an immigration policy or work permits to address the rising population.

‘When the new hospital starts to be built, builders will be brought in and inevitably love the Island and want to live here. We are only 9x5 miles and we cannot keep reclaiming land.’

One of the benefits of being a States Member is that you can make a difference and Sadie has done just this by initiating setting up safer routes to school.

‘Senator Tracey Vallois and I have worked very hard together on this, but unlike the West, we don’t have the Railway Walk so it’s been harder to find safe routes due to heavy traffic.’

The work is ongoing: ‘We used to get the bus and walk,’ Sadie said. ‘But nowadays people are taken from A to B.’

Another ongoing project is finding space for youngsters to meet.

‘The Parish has been desperately trying to get a youth club for Georgetown; there’s no facility. We even have children come and play in the meadow opposite the Parish Hall. They get very muddy and I think “Isn’t your mum in for a shock!”, but where can they play? We just keep building, but no youth club.’

Being a States Member involves meeting many people, but Sadie didn’t anticipate meeting so many Royals. She has also had a wonderful relationship with the three Island Lieutenant Governors during her term – ‘I call them “the neighbours!”’ she said.

‘I enjoy looking back at the photos and it’s been wonderful being able to sing Beautiful Jersey at different occasions. To put Beautiful Jersey on the map was such an honour. I made a recording with the Band of the Island of Jersey, with La Moye School pupils recording it. I even get requests from undertakers in the UK and Islanders who’ve relocated to Australia. What better ambassador for the Island?’

“ The Parish has been desperately trying to get a youth club for Georgetown; there’s no facility. We even have children come and play in the meadow opposite the Parish Hall





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The passion and the pain

TV antiques dealer Adi Higham speaks openly to Caroline Spencer about his passion for Jersey, Acorn and 'brocante', but also about breaking his back, mental health and why he once tried to take his own life

It is impossible not to be caught up in Adi Higham's enthusiasm for everything he talks about, not least his newfound love of Jersey. But there are shadows behind the bright spells.

When he visited Acorn Enterprises last October, it became apparent that he had a genuine empathy for the work that is done there. Acorn provides work and training opportunities for people who have a disability or long-term health condition, and Adi knows just how that can affect anybody.

In 2017 he broke his back in a cycling accident. 'I was in Scotland training for the London 100-Mile Bike Ride,' he said. 'Coming down a mountain, I hit 31 mph, weighing 31 stone, came to one of the last bends and missed it completely.'

'I face-planted the bank at the side of the road, the second face-plant was into the road and I ripped my lip off. I still suffer from the injuries. I know what it's like to spend six months in hospital. I've got a wandering eye and I forget things in conversation, more than I should at 54.'

'I also now have piriformis syndrome which has destroyed the nerves down my legs. At the moment my right leg doesn't want to do anything.'

“ You are vulnerable when you have a health problem. I was getting better, but I've felt vulnerable again these last three weeks. Very quickly it can become a very lonely place

Adi Higham is the larger-than-life antiques dealer on the BBC programme *The Bidding Room*, which starts its fourth series in March. He is known for wearing bright colours and purple trousers. But today he is talking from his bed, as his back has 'gone' again, leaving him unable to walk for the last three weeks.

'Things like this accident can happen to anyone, and all of a sudden you're not the person you were the day before,' he said.

'What I saw at Acorn was a community that genuinely cared and people who were willing not just to help but to understand the situation you're in. And it was so upbeat. I loved it.'

'You are vulnerable when you have a health problem. I was getting better, but I've felt vulnerable again these last three weeks. Very quickly it can become a very lonely place.'

Adi speaks openly about how his mental health also took a battering following the accident. He said he just felt sad and lonely and kept bursting into tears over the simplest things. Thanks to the persistence of his partner, Tara Franklin, he sought help.

'In the end I had to hold my hands up and say "I'm in trouble". What brought it on, I had no idea, but I knew I could no longer fight it. I went on medication, which I am still on to this day.'

'I have opened up about it and realise how many people it affects. If I knew of any way to help more than I do, I'd do it.'

Although it was the first time that he acknowledged that he was suffering from depression, on reflection, he realises that he had been there before.

Years ago, when his sons were two years and six months old, his fiancée, Anne-Marie, was killed in a farming accident in France.

'We had only recently moved there, I spoke no French whatsoever, and I had these two little children,' he said. 'The easiest thing would have been to sell up and come back to the UK, but I didn't want to. I handled it very much on my own. Looking back, I very much did have depression.'

'I have never admitted this to anybody before, certainly not to a magazine, but I'd had enough. I couldn't see the point in carrying on. I took my boys to the UK with all intentions to go back to France and kill myself. I failed miserably, thank goodness.'



‘That’s a bit of my life that I have always missed out. Lying here now, I’ve decided not to do that any more because mental health is too important a subject.’

He says that he doubts he would have got through the last five years if it hadn’t been for Tara. She is an expert in antique French textiles and vintage clothes and together they run Hoof Brocante (*Brocante* being French for the second-hand trade) on an old RAF base in Romney Marsh in Kent.

As is often apparent in *The Bidding Room*, Adi loves the personal stories behind items, and he has a penchant for vintage pre-loved bears. He has floated the idea with TV executives about filming an episode of *The Bidding Room* in Jersey, something he sincerely hopes will happen.

Adi and Tara came to Jersey in 2021 to judge an upcycling competition run by the Harbour Gallery Jersey, which raised funds for Acorn Enterprises. They stayed for a week, as guests of Visit Jersey, and it clearly made an impression.

“ What I saw at Acorn was a community that genuinely cared and people who were willing not just to help but to understand the situation you’re in

‘I was absolutely blown away by what people had made,’ he said. ‘To create something new from things that are past their best is just fantastic. It doesn’t matter what you’ve got, a bit of brown furniture, whatever, you can make it into something with just a little bit of creativity. There is no reason to have this throwaway society.’

And as for Jersey as a whole, Adi is just as enthusiastic and is looking forward to a return visit as soon as he is back on his feet.



Adi with Tara

‘Jersey left such a beautiful mark on us. Everyone was so wonderful, from the minute we got on the ferry, it just carried on, no matter who we met. All the romance and fantasy I had got in my head about Jersey was true.

I’ve never known an island so dedicated to what they do, the reuse, the brocante. I just love it. I want to buy Jersey!’

In September, Adi Higham will cycle from Cape Wrath in Scotland to London for The Lily Foundation, which raises awareness of mitochondrial disease. You can read more at Follow the Hoof on JustGiving.

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Nature – ‘the best physician’?



Is ‘nature itself the best physician’, as Hippocrates said? When it comes to our mental health, it seems the answer is a resounding ‘yes’, writes Dreena Collins, service manager at Jersey Recovery College

Many of us trust in the transformative power of medicine, others in complementary therapies - and some people believe that the mind can overcome ailments. But these aren't mutually exclusive sets – we could have confidence in a combination of all of three.

But what of nature and recovery?

The natural environment has both a direct and indirect impact on our wellbeing. Being within nature is known to produce a biological response in the body, including within our endocrine and immune systems. This means that our overall health and energy levels are boosted by being in nature.

Conversely, most of us will have heard of Seasonal Affective Disorder (SAD), a complex condition leading to serious depression.

In winter, SAD is sometimes attributed to low Vitamin D levels, a possible side effect of limited access to sunshine.

Not only this, but being outdoors encourages us to be physically active, avoiding some of the inertia that comes from spending too much time inside the home – something that is especially important in recent times. Exercise releases endorphins and reduces stress hormones, such as cortisol.

Put simply, being outdoors encourages exercise - a benefit for physical and mental wellbeing. Surely a win-win result.

I work for Jersey Recovery College, a mental health education charity, and we firmly believe in the power of the outdoors to support mental health recovery. Over the years, we have included many courses linked to the natural world: Open-water Swimming, Connecting Walking and Nature, Running for Recovery, etc.

Our courses are free, and self-referred. There is also a sociability element to these activities – being part of a group. That is another great tool to help with a mental health recovery journey.

The author and journalist Richard Louv talks about ‘Nature-Deficit Disorder’, a condition encompassing not just physiological health issues but also the secondary psychological impact of being away from the natural world, which he believes leads to issues such as inhibited creativity and low concentration. Being in natural surroundings can elicit an abstract, psychological reaction: we can enjoy the sensory experience, the sights, sounds, and smells of the natural world. We can appreciate beauty and experience gratitude, feelings that can be elusive when we are struggling with our mental health.

It seems that people who spend time in nature are also more likely to support the natural environment and appreciate nature. In turn, they take part in activities such as recycling, or may be involved in organisations and activities linked to protecting the environment.

This idea of being part of a wider world or a community, of giving back, and social connectedness, is also a protective factor against poor mental health. This can help us towards a journey to recovery by connecting us and giving us hope and purpose.

No wonder the ancient Japanese practice of 'forest bathing' (*shinrin-yoku* – essentially, mindful immersion in the forest) continues to grow in popularity in the west. We are starting to appreciate, once more, how going back to basics and enjoying the natural world can have a profound impact.

'Nature... reduces cognitive fatigue and stress and can be helpful with depression and anxiety', says clinical psychologist, Irina Wen.

“ **Yes, it is very cold... yes, everyone thinks I am mad, but you know what? Sea swimming is now my new passion. I love it, love it, love it - and anticipate I will be doing it now forever more. The water is so clear and beautiful. I really feel the benefit of sea swimming and highly recommend it to the whole world - Jersey Recovery College student**

I like this term 'cognitive fatigue' – as if a walk within nature is a moment's rest for the brain. In my own experience, being within nature can feel like a reconnection to something bigger, or outside of ourselves: whereas, on the contrary, mental health difficulties leave us feeling isolated, insular, solitary. Alone.

So, my advice? I know all too well how busy life can be, so appreciating and accessing everyday nature is the key: gardening, dog walking, meditation or even coffee! – outdoors.

But if you feel able, push yourself to join in with outdoor communal activities as well, be this is a conservation group, an exercise class, or a Jersey Recovery College course.

For more information on Jersey Recovery College and our courses, visit www.recovery.je



Catch the green care wave

Stephen Sellers is the founder of FarmBuddies, an independent not-for-profit social enterprise set up in 2008 to expand the ethos of 'Social Farming'. Here he explains what that is and why it's so important

Although I live in southern England now, I maintain strong links with Jersey after ten enjoyable years working in the Island. Also, my wife, Mary, was born in the Island and so visits are usually catching up with family and friends as well as encouraging Social Farming.

Our organisation supports interested farmers /landowners with Social Farming start-ups as well as facilitating visits to the sites by accompanied individuals. This gives young people and adults with different abilities and defined needs, such as autism, an opportunity to get involved in meaningful work as a team with others to improve wellbeing.

The Social Farming (SF) concept is sometimes known as Care Farming, and is part of a wider movement called 'Green Care'.

Green Care is defined by the Green Care Coalition as '*structured therapy or treatment programmes that take place in natural surroundings and which recognise the instinctive connection between nature and health.*' Over the last decade, the concept has become widely accepted across the UK and Europe.

It offers a broader range of services anchored in the community to meet the diverse needs of individuals rather than a one-track solution. Whilst not appropriate for everyone, it has a high level of inclusivity for most mild or moderate special needs covering ages 9-90.

Having seen for myself many times the remarkable benefits of this route to a better quality of life, I am left in no doubt the concept can help any community. Jersey faces similar social, health and education issues as the UK and elsewhere – wellbeing concerns, sometimes compounded by the use of medication or other conventional solutions that are sadly not working well enough or even making matters worse! Fortunately, the Island has a wealth of suitable farms and other country sites to develop GC opportunities.

For me, one of the most exciting aspects of SF is not that such an essentially simple activity works (as I lived on a farm until I was 21) but that a remarkable improvement in wellbeing can occur so rapidly.



A programme of 12 day visits regularly elicits endorsements from parents, carers and teachers who can scarcely believe the degree of beneficial change.

The UK government has acknowledged its efficacy and provided financial support for the national administrator of Green Care, namely Social Farms & Gardens. It also supports some SF enterprises direct. Continuing support is currently under 'active consideration' as the new national Environment, Land Management Scheme takes shape. The NHS acknowledges the potential benefits and has recently started to provide routine social prescriptions and signposting to GC sites.

In Jersey over the last five years, it has been pleasing to see the GC provision expanding. FarmBuddies has initiated one successful pilot SF programme for young people in the Island and has supported two other enterprise start-ups. A choice now exists for people of all ages and needs. Here are some examples we have come across:

Social Farming at Bramble Social Farm in St Mary, the Farm School Initiative in St Martin, Chestnut Farm Wellbeing Centre in St Brelade, and Birdsong Garden in St Ouen.

Social Horticultural at Grow Jersey in St John, The Salvation Army's Bumblebee Field in St Martin, Jersey Trees for Life in their field in St Clement and Community Food Wood at Brook Farm in St Saviour.

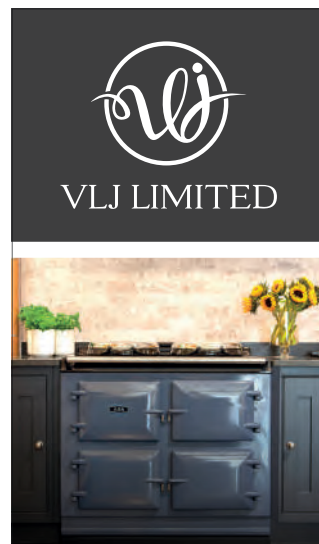
Visitors to sites vary; they could be regular volunteers, casual community drop-ins, or anyone with individual defined needs such as a young person with difficulties at school or an older person with early onset dementia.

Each site is different and routines for participants will vary, with all activities customised and supervised according to age, interests and ability. Check place availability in advance with the organisers and on your introductory visit ask about their safeguarding provisions. Sites with high resources and where close participant supervision is needed will likely make a daily attendance charge to help meet staff time supervising, animal and other costs.

Further widening of the variety of different GC sites in the Island would be advantageous to better cater for the broadest cross-section of interests and needs of all individuals, which will optimise consistently beneficial outcomes. So, if you own or rent a farm, smallholding or other well-sited green space, you might consider providing a part-time GC service – this can be for as little as 12 days a year.

If you have any Green Care or Social Farming questions visit our website below or call without obligation Stephen on 01420 538793.

There is free access to 5 Minute Guides on Social Farming for parents and farmers/landowners on www.farmbuddies.org.uk and more information on all Green Care matters on www.farmgarden.org.uk.



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The road to natural health

By Dr Thomas Faulkner, chiropractor

You were born with an innate, unconscious ability to keep your body in its most optimum possible state. This form of stability and equilibrium is known as 'homeostasis' or 'health' – and it is, without a shadow of a doubt, your most valuable asset.

When we are in a state of homeostasis, our mind and body function effectively: we are able to feel and perceive love and gratitude, cope with challenges, and overcome and heal from trauma.

We also recover and rejuvenate when we sleep, digest and turn food into nutrients efficiently and thereby enjoy consistently high energy levels and a clear mind.

If this doesn't sound like you, then perhaps you are not in a state of homeostasis. As a society we tend to define 'health' as simply the absence of sickness or injury – but I believe this is a misconception that is a major contributor to the current global health crisis. And I'm not just talking about Covid.

Over the last two years, it is estimated that more than 80 million people have tragically died from non-communicable diseases, including cardiovascular problems, cancers, respiratory diseases and obesity related conditions like diabetes.

Many of these diseases are caused by what the World Health Organization calls 'the globalisation of unhealthy lifestyles' – in other words, stressors such as poor diet, physical inactivity and the harmful use of alcohol.

Every stressor your body encounters – be it a toxin, an injury or postural or emotional stress – challenges your natural ability to maintain your healthy state. The road to losing your health often starts with something deceptively small.

Minor stressors, if they are regularly repeated or can't be healed by the body, can begin to build up. And while we carry on with our busy lives, our internal functioning starts to shift from ease to dis-ease and, if left untreated, on to disease.

As this happens, you start to notice unwelcome symptoms. These are feedback mechanisms, designed to let you know that change is needed to get you back to optimum health.

Before you even begin to experience any symptoms, however, indicators (of which you are probably completely unaware) may be busy signalling that all is not well. These indicators often take the form of distortions in your spinal posture, muscle tone or movement, or manifest as jaw and head tension.

At Human Health, we use our chiropractic expertise to identify early indicators of ill health and gently remove them before they have a chance to accumulate. We also help you pinpoint and avoid, or better cope with, any stressors you're experiencing in order to restore your health, improve your quality of life and boost your longevity.

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From the Highlands to the Island

By our new columnist, Deborah Anderson, who has moved to Jersey from the Scottish

Highlands. She has always believed in 'be wild in style', embrace the entirety of nature and the outdoors, but be responsible for your actions

Nature, cosy interiors, the outdoors, and being resilient to our winter weather... these are things about which I am passionate. As the Norwegians say, 'There's no bad weather; only bad clothing.'

I'm graciously thankful for my rural childhood in the Scottish Highlands and how it has formed me as an adult. The countryside is where my heart belongs and it's a catalyst that drives the momentum for my creativeness; it inspires me and carves the path of how I live, work and spend my free time.

From a young age I have always loved the wilderness and endlessly appreciate growing up in a small hamlet on the edge of a wood. I was always out exploring nature, fauna, and the surrounding countryside, either with family, on my own or on horseback.. Heading off to the most remote areas I could find, no mobile phones, no time constraints and embracing the peace and serenity that is found within nature. I can almost feel that sensation of freedom, that notion I felt then and now to be given the opportunity to write about it evokes an immense sense of gratitude.

Remembering beautiful vistas, conjuring up images, memories and dreams from past years - the ones you can only achieve when there is not another soul in sight and you are at one with nature.

My childhood has formed who I am today. Acknowledging the value I have placed in the enjoyment of the quality of my childhood lifestyle, makes me chase my cravings for a grounded, simple and happy adventurous life.

There is nothing quite like having that hunger for the outdoors: feeling the pull to stunning scenery; to feel your breath as you gasp in the crisp outdoor air as you walk, surrounded by what feels like an infinity of space... it gives one the ability to take you where your mind desires. I feel very privileged to have had this and for this to be awakened within me and it helps me to be conscious of my own needs.

I'm very passionate about nature and I'm very much of the opinion that it is not just for us to enjoy, but that it is essentially part of us - how we conduct ourselves in the countryside is vitally important.

We must realise that we can't just take from nature selfishly, fulfilling our own needs of tranquility, space and openness, but we must also show respect to all things that are placed upon this earth, whether it be people or plants.

And for me personally, I need the feeling of openness and nature to feed my soul, heart and body. I'm very mindful now of what I need to keep me balanced and happy within our present world of craziness, and to reset after daily work and hassles.

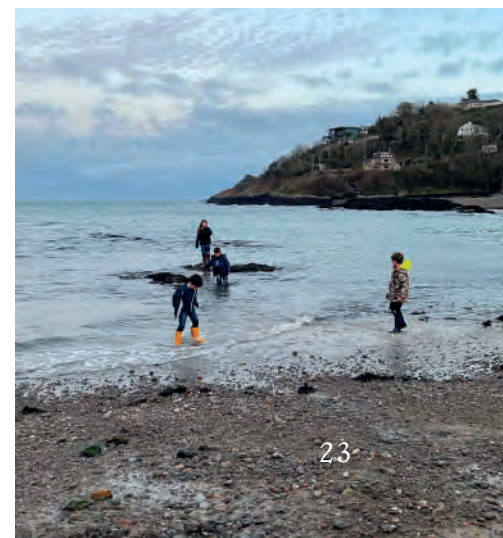
This way of life that I am trying to encompass, however, is not just for me but also for the benefit of my children, as they are the future and they need to be educated to have these same principles and to give them the tools to resist against the current inevitable move to a world of screens and technology.

Also, with the current movement towards remote working, we need this openness and nature to make us rethink how we live and how we choose to spend our valuable time. It becomes paramount to educate our children even more on how to live well.

So, let's embrace what we have on our doorstep here in Jersey, to make a move to experience the outdoors with our loved ones and to educate our children on what an amazing playground there is here for us all to discover.

Not only will that take them away from iPad games, but they will be healthier and experience better the wellbeing benefits of getting outdoors and exploring nature.

**Visit Debbie Anderson's website
www.becoorie.com**



Root & branch

Philippa Evans-Bevan interviewed Yvette Jones of the National Childbirth Trust

Yvette is a woman with a tale of extraordinary dedication to childcare and the nursing profession in her role as a specialist childcare and parenting coach for the National Childbirth Trust, as well as a private expert in childcare.

The group and individual courses that she runs have guided and encouraged many Jersey families during the first baby steps into parenthood.

Yvette's roots are far from Jersey; she was born in New York. At the age of 4, she and her mother moved to Jersey where her grandparents had retired.

Formerly a nurse, Yvette's mother Jane Bayer became a newsreader on Channel TV. Yvette describes an idyllic childhood listening to inspiring stories of nursing and accounts of her grandmother driving ambulances in the Second World War.

This was the start of the deep roots of Yvette's vocation for care. Throughout her JCG schooling, Yvette knew she wanted to pursue a career in healthcare.

Yvette married Patrick Jones; they brought up their five children in Jersey and after her second baby was born, she left the workplace. She found that for all the training and experience she had gained, becoming a mother was a new education entirely.

'It was not nearly as easy as I thought, and I learnt many important lessons. Babies don't go by the book and babies move the goal posts!'

With Yvette's own family growing up, she took a refresher course with the National Childbirth Trust and began to run NCT courses in Jersey.

Yvette also offers private classes to help parents with a range of issues including sleeping difficulties, eating problems and generally coping with baby care.

Yvette stressed the importance of antenatal preparation: 'With families being more dispersed, having a new baby can be an isolating experience. The classes are a great way of bringing people together to share, and support. Although having a child is a truly wonderful and lifelong experience, everyone struggles.'

'It's OK to say I'm not coping. That's normal, it's just a phase. Keeping a sense of humour and a sense of perspective is really important to help new parents through the challenging chapters.'

'It is a great privilege, and so satisfying and wonderful to share such a lovely time in people's lives.'



'Over time I have witnessed the heartwarming and increasing involvement of fathers who are so keen to understand and participate in baby care.'

Yvette's sincerest wish is that Jersey will have a superb modern maternity unit within the plans for the new hospital: a 'birthing centre' which feels less about hospitalisation and more about a homely environment where mothers, fathers and babies can all be nurtured and given the best possible start as they take the first tentative steps into family life.

Yvette Jones

RGN RSCN BA Hons HV

Supported Parenting Classes providing advice and guidance from the preparation for Childbirth, to Parenting, and Baby care

I run NCT and private classes to support and help parents with a range of issues including sleeping, weaning, and generally coping.

My private classes are often bespoke to suit individual's and their babies needs. As I learnt bringing up my own children, "Babies move the goal posts."

Qualified in Childcare and Paediatrics at the John Radcliffe Hospital Oxford. Maternity care, health visitor and community nurse. National Childbirth Trust Trainer.

.....
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Holding up a crystal ball to elderly care



By Helen O'Meara
of CI Home Care

We've all been exposed to recent media coverage about staff shortages in the elderly care sector, concerns about infection spread in residential settings, and so on. None of which Jersey has escaped.

But how are care industry leaders viewing the future of care? Is it all doom and gloom or is there some light on the horizon?

Happily, the latter possibility, according to many whose visions for the future of care, include:

Increased use of technology

Ranging from use of 'behind the scenes' scheduling software of which most clients are blissfully unaware, to electronic fall monitors and more.

'The opportunity to improve caregiving and lives is massive,' says Martin Jones, CEO of *Home Instead* in the UK. This is less about the elderly needing to use technology and more about the Carers being able to do so, which in turn requires...

'Professionalising care giving'

Although this particular home care director sees Carers as professionals, to date this has not been a particularly widely held view. Yet during the pandemic we have relied on Carers to keep our elderly loved ones safe and we have been concerned when a lack of Carers has caused bed blocking in hospital. In Jersey, regulation - as well as desire - has prompted Carers to become increasingly qualified. This emphasis on increased skill, recognition and pay levels is what will make the care sector more attractive... but it risks causing affordability issues for the individual and the state.

Therefore, another feature on the care horizon is this:

Meaningful care planning by individuals and families

There are few positives to come out of the pandemic, but it has prompted many families to think and talk earlier and more seriously about elderly care and who is going to pay for it. Residential or at home? Should we postpone downsizing so that we can accommodate a live-in Carer? What are the cost comparisons? How much does the state contribute?

These are important questions that are increasingly, and wisely, being asked well in advance of the point of need rather than at the point of need itself.

Increased emphasis on care at home and a rise in the demand for live-in care

These are other trends. Concerns around infection and ability to visit are prompting many families to consider live-in care at a cost comparable with residential care, but in the client's own home.

Not only is the risk of infection lower but even during periods of travel restriction, families have still been able to keep in touch, as a live-in Carer has more one-to-one time to manage Zoom and WhatsApp catch-ups.

As an added bonus for Jersey, this option helps increase the number of available Carers without increasing the population size, as many live-in Carers are resident off the Island - often also adding a new and interesting perspective to an older person's day-to-day life and conversations.

Whatever the future holds, the increasing need for elderly care is not going away. At a state and personal level, we are all going to have to do some future planning.

And ideally, we'll be doing so in consultation with more than a crystal ball!

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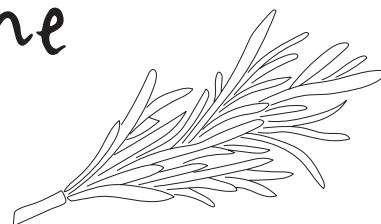
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In the midst of the reality of things



Being engaged in the natural world is a regenerative experience and in particular the benefits of gardening are a powerful force for good – a personal viewpoint from Philippa Evans-Bevan



Philippa Evans-Bevan enjoying her garden.

Sponsored by



The pandemic-induced incarcerations have shone a bright spotlight on the human need to derive energy and balance from nature.

As Voltaire said back in 1769 - 'When life bristles with thorns, I know no other remedy than to cultivate a garden.'

The practical skills and demands of gardening contribute significantly to the healthy functioning of our blood circulation and flexibility, our immune system, and co-ordination. The activities of an enthusiastic gardener increase their physical strength, reduces bone loss, and assists with weight loss too. Just the simple task of wheeling a loaded barrow from A to B captures all these physical perks.

I find that all physical exercise makes me feel good no matter how gentle or testing, as the endorphins are released in the brain, delivering a sense of happiness. But there are many other things going on in the garden that also contribute to our greater wellbeing.

Here, close to the earth, profoundly important processes are at work as we set about a genesis in a natural space.

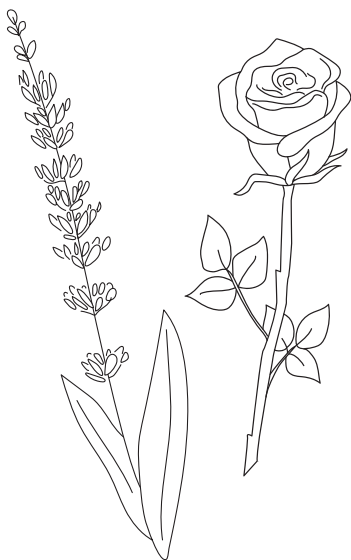
Nurturing plants is a pursuit that research in neuroscience suggests also nourishes our emotional, spiritual and mental health.

Plants release oxygen, which helps our brains to function better. The chemical messengers, dopamine and serotonin, help regulate many bodily functions, performing important roles in good sleep and memory, as well as metabolism and emotional wellbeing.

Dopamine - 'the happy hormone' - is considered to be a primary driver of the brain's reward system, it spikes when we experience something pleasurable. It is easy to see how the beauty and sense of pride, purpose and fascination of working with plants in a garden can cause a combustion of contentment.

The concentrated scents of lavender and rosemary and lemon balm, to name a few, are triggers for these chemical releases and medicinal qualities of all essential oils are derived from plants.

As well as boosting our mood and self esteem, gardening is, of course, a way of caring for something. The anti-stress effects of connecting with the rhythms of nature in a quiet place, working with your hands, weeding, clipping and tending to plants, allows us to hear our thoughts and free our minds to work through problems at a slower pace. The task of watering is especially calming and can refresh you as much as the plants themselves.



Enclosed and walled gardens are increasingly used as healing environments for veterans suffering from PTSD where they feel a sense of safety, free from surprises and with a good sight line to the entrance.

In the human realm of upheaval and uncertainty, a garden is unperturbed. The scents, colour, the sounds of birdsong and the seasonal tones of buzzing and breezes continue in, and despite of, a sometimes crazy world.

Solitude can be a sanctuary, but when we are gardening, we are never alone as we tend to our plants' needs and observe the constant change.

They in turn respond and an unspoken conversation develops which is a reciprocal health-bestowing relationship – one that is about to be renewed as our gardens burst into spring.

Everyone will have their favourites and relationships with particular plants, and of course the rose is an inspiring and much adored plant.

'A rose by any other name'?

Well, since you ask, try the name 'health benefits' – these are phenomenal.

It was Wordsworth who delivered the title of this article: he said that to walk through a garden is to be 'in the midst of the reality of things'.

So, while there is an element of escaping to a garden, it also represents the eternal cycle of birth, life and death in a way that balances the human mind to cope with life and the earthly realism and evolution of our beings.

In times of deep crisis people over the centuries have turned back to the earth. Enlightened governments of the 1920s set up agricultural and horticultural rehabilitation facilities for World War One soldiers, not only for vocational training but also because they recognised the physical and mental health benefits of working with the land.





We feature Jersey gardens that are in private ownership and not always accessible by the general public. In this issue, RURAL's gardening correspondent, Gill Maccabe, was shown around the gardens of Woodlands Court in Grouville

Thirty years since moving in, and six grandchildren later, Jurat Robert Christensen and his wife, Fiona, could with justification do nothing but relax on the terrace of their Grouville home.

Half a lifetime of love and toil has gone into the creation of a stunning, nearly six vergée area of hidden rooms and sweeping lawns surrounding their home, Woodlands Court in Route des Côtils, Grouville. And for the first time, last summer it was opened to the public as part of the Jersey Association for Youth and Friendship's Open Gardens scheme.

“ **One of the things I really wanted to do was to have hidden bits in the garden, little spaces to entice people to walk around, so that when you come along you can't see what's around the corner** ”

‘Quite frankly, it was a bit of a mess when we moved in 30 years ago,’ Jurat Christensen said.

‘The fabulous view of the castle is probably what attracted us to it most, as the house was in a bit of a state and the garden (part of which was a potato field) bore little resemblance to what it is now and was overrun with bindweed.’

The work continues. ‘It’s always a work in progress, there are always things going on, you don’t get it right first time. You always think “Oh, I wish I had got round to that”, but eventually you do get around to it.

‘One of the things I really wanted to do was to have hidden bits in the garden, little spaces to entice people to walk around, so that when you come along you can’t see what’s around the corner.’

As if on cue, we entered a gravelled clearing on the far eastern boundary of the land, an area that used to be oppressive and dark until agreement was reached with neighbours to remove a giant leylandii hedge.

'I wanted to call it "The Throne Room", a magical circular space dominated by two thrones like wooden chairs circling a stone sculpture.

'We like to sit here in the summer in the early evening or late afternoon if it is particularly hot,' he added.

Close by is Hollybush House, a playhouse guarded by an army of cheeky goblins, which was used by the couple's own children and is now much enjoyed by their six grandchildren.

The whole area surrounding the property, the oldest part of which is believed to date from the 16th Century, seems designed for family fun.

There's a tennis court in the southern corner, a chicken coop with baby chickens, a children's play area, a swimming pool house with paddock fence around it, and a lovely hidden garden with banks of azaleas and roses and clematis in a palette of pink and purple, white and red. All around, at least two families of squirrels are unselfconsciously getting on with their work and play.

Two gardeners, one of whom lives on site with his wife who works in the house, manage the day-to-day maintenance, but the Christensens' influence is everywhere. There is statuary and there are sweet peas scrambling through and over every spare piece of wall or hedging. There are goblins, and there is a stunning bronze stag sourced from a company in Guernsey which stands sentinel in the centre of the east facing lawn.

Each room has a strategically positioned sofa or chairs, all natural, reclaimed or rough-hewn wood, some with brightly coloured scatter cushions, all of which must act like magnets, willing the family to sit down and enjoy the ever-changing light and shade of this most enchanting of gardens.

We made our way to the fountain walk, a broad paved area adjacent to the swimming pool, which is bordered on one side by a covered walkway with red brick pillars.



Jurat Christensen.



‘Actually, this is the remains of living quarters for farm workers, probably Victorian, 19th Century. It was largely like this when we came; you can see the wisteria is ancient, we haven’t changed this much. We have just allowed it to grow along thicker, and we have put in lighting and little touches. It’s such a tranquil area in the evening.

‘We have planted the majority of the trees ourselves, apart from a wonderful cedar which is probably around 50 years old. It’s quite a statement tree, but it has been chopped back quite a bit this winter as it was taking so much light from the garden, and we lost a few trees including walnuts to honey fungus.’

“ **It’s always a work in progress, there are always things going on, you don’t get it right first time. You always think “Oh, I wish I had got round to that”, but eventually you do get around to it**

The walled vegetable garden is a delightful parterre groaning with seasonal vegetables and fruit and including some rather fine cox and bramley apple trees, which are only around 12 years old.

Along one wall, a vigorous white rambling rector rose jostles for attention.

‘Pre-1965 this was part of the farm next door, and it was full of greenhouses,’ Jurat Christensen explained.

‘When we bought it, everything was derelict and overgrown and couldn’t be penetrated, but then eventually we discovered underneath it all was this sunken green house, immaculately preserved and dug deep in the ground. So we replaced the old greenhouse itself but kept the sunken part. Everything grows so well in there and we are able to propagate most of our own plants.’

The Christensens have created a truly impressive garden with something for everyone to see.

For the JAYF programme for 2022, see page 7.





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An industry to take over from the Jersey Royal?

Nicholas Morland told the Jersey Farming Conference that the Island is on the brink of a massive global opportunity. By Caroline Spencer

In 2019, at the Cannabis Europa Conference in Toronto, Senator Lyndon Farnham stated his intention for Jersey to be at the forefront of a well-regulated cannabis industry, which he described as ‘the biggest wellbeing and healthcare opportunity in a generation’.

“ It will be a massive industry, long term, and if Jersey gets it right, not only will it bring investment, it can use empty greenhouses and it will create additional jobs

Just over two years later, two businesses in Jersey, Northern Leaf and Cicada, hold commercial medical cannabis licences, which allow the cultivation and manufacturing of high-THC medical cannabis for export. THC is the psychoactive compound responsible for the high produced by cannabis.

Representatives from those businesses sit on the Cannabis Services Advisory Board, whose chairman is Nicholas Morland. Mr Morland is also chief executive officer of Tenacious Labs, a CBD (Cannabidiol) group that has offices in London and Denver.



Tenacious Labs is looking to move its international head office to Jersey, thanks to the moves that the Government of Jersey has already made to enable investment in cannabis-growing companies.

Meeting monthly with businesses, lawmakers and interested parties, the Advisory Board works with the Government of Jersey on business development and regulation issues in this fledgling industry.

Mr Morland, who addressed the Jersey Farming Conference last November, says that Jersey has a massive global opportunity within its grasp, but it needs to make sure it is ahead of its competitors.

‘This is an industry that is way past the point of whether it’s happening or not,’ he said. ‘And there’s lots of stuff that needs to be got right in order to make it happen. Jersey is at the front of the pack for dealing with the mechanics of doing it properly.’

‘One of the main things that is now needed is a government department to oversee it, with its own dedicated budget, structure and planning process.’

‘The cannabis industry could be a replacement for the Jersey Royal,’ he said. ‘It will be a massive industry, long term, and if Jersey gets it right, not only will it bring investment, it can use empty greenhouses and it will create additional jobs.’

He said that CBD is unusual in that the consumers are highly sophisticated and have a very good idea of what they want. It is already accepted that CBD in creams, lotions and oils offer localised pain relief and can help fight inflammation, itching and scarring.

Jersey, he said, has the chance to set some benchmarks, such as having a definitive seedbank, or establishing rules for the use of a Jersey kitemark, showing that cannabis can’t be labelled ‘Jersey’ without going through a strict process.

‘My concern is that the clock is ticking,’ Mr Morland said. ‘New York is moving up in this industry very fast, even though it was late coming to the table.’

“ **It’s a massive opportunity. I can see this as being as big - there’ll be lots of crossover - as the financial services sector. It’ll be a bit like not signing The Beatles if we don’t do it**

‘If you leave it until New York comes out, which will be the middle of this year, you’ll get lost in the noise.’

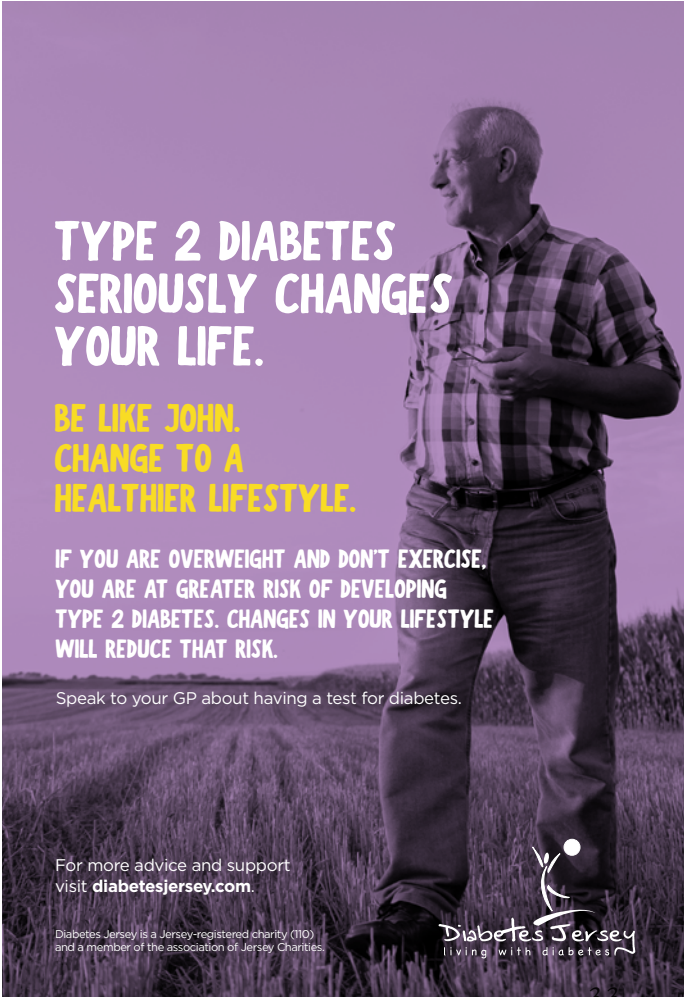
‘Jersey can get the competitive advantage so long as it occupies the space now. If you can get in there, Jersey will be one of the two or three places in the world as a centre of expertise. Own that premium space and you’ve got a long-term Jersey Royal replacement.’

That premium space is crucial, he says. ‘Cannabis should be to Jersey what Scotch whisky is to Scotland. It should have visitor centres, which will provide more jobs. Scotch whisky is a huge ambassador for Scotland.’

At the Jersey Farming Conference, Mr Morland concluded: ‘Jersey has a serious competitor advantage right now ... if we make substantive steps in order to own this space before May, which means legislation, regulation and ultimately taxation.’

‘It will happen with or without you. I can’t see anywhere else that makes more sense than here and now. The actual practical steps required are not trivial, but I don’t have any doubt whatsoever that it can be done.’

‘It’s a massive opportunity. I can see this as being as big - there’ll be lots of crossover - as the financial services sector. It’ll be a bit like not signing The Beatles if we don’t do it.’



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Sowing the seeds of something bigger

Caroline Spencer finds out how 40 million hemp seeds are going to put Jersey on the map



Jersey Hemp is about to branch out into a new market - selling hemp seeds around the world.

In 2022, 5,000 plants will be grown for seed, generating up to 40 million seeds, which will be sold worldwide. It's one of the projects being overseen by Bruce Casely, who was appointed as chief executive officer of Jersey Hemp in May 2021.

'Once our organic, high-strain seeds obtain UK certification, they will be available worldwide and the Jersey Hemp brand will begin to obtain global recognition,' said Bruce.

'Not only will it help raise the profile of our business, but also Jersey as a centre of excellence for hemp production and innovation. Seeds trade on the commercial market for anything from 17 cents to \$1.50 per seed, so clearly it is an attractive proposition.

'The seeds we produce will be unique – certified, organic, feminised, and a high CBD strain. Feminised seeds help ensure an optimal crop yield.'

Jersey Hemp is already established in the health and wellness market for CBD oils and other hemp seed products.

“ There are more than 120 identified cannabinoid compounds that come from the cannabis plant genus, CBD is just one of them. It's an important offering in these days of mental wellness

‘There are more than 120 identified cannabinoid compounds that come from the cannabis plant genus,’ Bruce said. ‘CBD is just one of them. It’s an important offering in these days of mental wellness.’

Jersey Hemp, which has been operational for five years now, already sells from its own website, and is now expanding to three online platforms: Amazon, eBay and The Hut Group, a relatively new shopfront for premium brands.

“ We are the only company in the British Isles to be granted a licence to extract hemp flower and consequently the only truly British CBD oil brand



Bruce Casely.



Bruce, who hails from Edinburgh, has been taken on to commercialise Jersey Hemp, with the ambition to float the business on the stock exchange at some point in the future.

With a background in investment banking as well as the vaping industry, he has already given the business a clear structure, developed social values, provided students with an insight into the hemp industry and raised the profile of the business, offering tours of their headquarters at Warwick Farm. Jersey Hemp also rents out land to another pioneering local growing business, the Jersey Tea Company.

With 38.25 vergées at Warwick Farm, as well as other holdings around the Island, Jersey Hemp is now certified organic by the Soil Association and employs 12 full-time staff as well as taking on seasonal employees.

‘We are the only company in the British Isles to be granted a licence to extract hemp flower and consequently the only truly British CBD oil brand. For us that’s important - to have full provenance and full traceability. We’re organic and British.’

Because it is so fast-growing, hemp also has some impressive credentials when it comes to carbon capture.

‘Think of hemp as a “superplant”,’ Bruce said. Hemp, being a fast-growing tall crop, has the potential to outperform the carbon sequestration ability of trees, if the soil conditions are right.

Jersey Hemp has been working closely with its subsidiary company, The Carbon Farm, to improve soil health and sequester carbon through industrial hemp cultivation.

“ **The CBD industry is rapidly expanding. It’s becoming more mainstream. CBD is being used by sportspeople, for example, it’s quite big in rugby. It’s attracting a younger market and we are developing flavourings to make it appeal to different demographics**

Hemp naturally regenerates soils for other crops and trees, Bruce explained. Once established, it grows with minimal water and requires no herbicides or pesticides. This makes hemp the perfect companion crop as it returns nutrients to the soil, helping to rejuvenate the land.

‘The CBD industry is rapidly expanding,’ Bruce said. ‘It’s becoming more mainstream. CBD is being used by sportspeople, for example, it’s quite big in rugby. It’s attracting a younger market and we are developing flavourings to make it appeal to different demographics.’

‘We are what I’d call modern rustic, and we are in the top quartile of price and quality, because of traceability and provenance, and being organic and British.’





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Measuring methane



Professor Euan Nisbet.

Jersey is being used as a ‘test bed’ for vital scientific global research into greenhouse gases. Cathy Le Feuvre visited a local farm to find out why the experts had set up measuring equipment in a cow shed

When it comes to methane there are few people who know more than Professor Euan Nisbet.

As the Foundation Professor of Earth Sciences at Royal Holloway, University of London, he’s one of the world’s leading experts in the field of greenhouse gases, which are known to be main drivers of climate change.

For more than 30 years scientists have been researching greenhouse gases and it’s that study that brought Professor Nisbet and a team of experts to Jersey and to Cowley Farm in St Saviour, in November 2021.

Cowley is home to farmer Andrew Le Gallais, who’s also the chairman of the Jersey Milk Marketing Board. The JMMB invited Professor Nisbet to the Island to help the local dairy industry understand more about local greenhouse gas emissions - and specifically methane - from Jersey cattle.

‘Methane is the second most important greenhouse gas,’ Professor Nisbet explained.

‘It’s in the air for nine to ten years, and it comes from many different sources. The biggest sources are environments like natural wetlands; then there are fossil fuels, natural gases, coal, and also agricultural sources - and cows in particular.’

‘With any sort of ruminant, the methane comes out of the front end of the cow. They breathe it out! Cows are like a walking tropical wetland. If you imagine somewhere in the Congo forest where you get a wetland that is about 37 degrees - that’s a cow! All the cow has done is to internalise the wetland ... it does a very good job in digesting grasses as a result.’

Measuring methane and other gases is vital to build up a global picture of emissions, which will ultimately help us understand how we might deal with greenhouse gases.

He continued: 'Ordinary air that blows in from the Atlantic is about two parts per million methane... if you have a million litres of air, two of those litres would be methane. It's not worth taking the methane out of that. You'd spend so much energy getting the methane out that your greenhouse gas emission from the energy used would be much worse.'

'But once you get up to about one hundred parts per million, then it's probably worth destroying the methane. You can essentially burn it into carbon dioxide and water. CO₂ is far less warming than the methane ... methane is so much a stronger greenhouse gas.'

State of the art equipment, including pipework and an extraction unit, was set up in the centre of the cowshed at Cowley Farm where most of the 'rumination' takes place when the cattle are there.

'In the middle of a cowbarn you get air that's one hundred parts per million or more of methane, so it may be worth taking that air and putting it through something that destroys the methane,' Professor Nisbet explained.

Tests were made in sheds, on manure and on slurry being spread on fields, and the scientists also took to the road. The Royal Holloway academic team also came with a vehicle specially fitted with incredibly accurate measuring equipment and a GPS receiver. Touring the Island, the air was sampled to identify different methane sources as well as co-emitted gases, including ethane and carbon dioxide.



Professor Nisbet with dairy farmer Andrew Le Gallais.

“ With any sort of ruminant, the methane comes out of the front end of the cow. They breathe it out! Cows are like a walking tropical wetland. If you imagine somewhere in the Congo forest where you get a wetland that is about 37 degrees – that's a cow!

Mapping different methane sources according to their carbon isotopes allows the scientists to determine whether methane is coming from cows, or gas or other sources. It's effectively a 'chemical fingerprinting' of the methane in the air.

'Jersey is a very good natural laboratory,' Professor Nisbet said. 'There's wind coming in from the Atlantic and if you drive around Jersey, you can identify all of the gas sources because it's not just cattle, there's also gas use in Jersey as well as sewage and waste burning and so on ... we can pick up all of that.'

The results of the Jersey research will eventually be written up as academic papers which will become part of the wider understanding of greenhouse gases not just here in the Island and in the UK, but also across the globe.

Results will also be fed back to the JMMB and Andrew Le Gallais and to the wider Jersey farming community, which is very conscious of the global debate around the impact of the dairy industry and greenhouse gases produced by cattle.

'We do want to understand how different diets might affect the production of methane, and how we might be able to control methane emissions especially when our cows are housed during the winter months,' Andrew said.

'The really exciting part of our relationship with Euan and his team from Royal Holloway is their enthusiasm to use our Island as a valuable test bed for their research. Controlling greenhouse gas will increasingly dominate all our lives in the years ahead, and I passionately believe that we owe it to our unique Jersey Cow, to make sure that she is not unfairly represented.'



Dr James France of Professor Nisbet's research team, measuring methane.



Keeping carbon local on the route to net-zero

The Carbon Farm has set up a new trading platform for the carbon based in the Island's soils. By Caroline Spencer

In the coming years Island agriculture has the potential to be transformed by the introduction of regenerative practices. Carbon farmer Glyn Mitchell says that it's imperative that Jersey now focuses on its soil.

Carbon farming is a broad set of agricultural practices that result in increased storage of carbon in the soil, which will help in the fight against climate change.

Morel Farm in St Lawrence is the first farm in Jersey to actually farm carbon by using soil regenerative strategies issued by the United Nations' '4 per 1,000' initiative. This states that if farmers increase soil carbon levels by just 0.04% annually, CO₂ in the atmosphere could reduce to safe levels, with added benefits of improved biodiversity and resilience to the inevitable impacts of climate change.

At COP26 held in Glasgow in 2021, Jersey signed up to the Paris Climate Change Accord, which binds us to the '4 per 1,000' initiative. The five principles of soil health are:

- reduced or minimal ploughing;
- keeping soil covered and protected;
- keeping a living root in all year;
- reduced or no synthetic inputs;
- adaptively grazing animals to build soil health.

Regenerative practices like these help restore degraded soils, enhance crop production, and reduce pollution by minimising erosion and nutrient runoff, purifying surface and groundwater, and increasing microbe activity and soil biodiversity.

Glyn, who is operations director at The Carbon Farm, which is at Warwick Farm, said he had been examining all options to improve soil health across Jersey while reducing farm costs. The solution that he and his colleagues at Jersey Hemp kept returning to was to increase soil organic carbon levels in all fields.

'The most economical and effective way to reduce Jersey's carbon emission responsibility is to grow it into soil organic carbon,' Glyn said. 'The capacity for appropriately managed soils to sequester atmospheric carbon is enormous. Jersey's soils hold around three times as much carbon as the atmosphere above our Island and over four times as much carbon as vegetation.'

'Soil represents the largest carbon sink over which we have control. There's plenty of capability in soils in Jersey to offset all of our emissions very quickly. The missing bit was working out a way of transacting CO₂ to make soil organic carbon more valuable. Farmers can say they are using the pillars of soil health and sequestering carbon, but there has been no way to prove it, until now.'



The Carbon Farm has set up a new trading platform called Dark Green Carbon, specifically designed to work with businesses to reduce emissions.

‘Dark Green Carbon is the mechanism used to measure, record and verify the carbon,’ Glyn said. ‘The extra carbon that comes from regenerative practices can be given a monetary value and traded through a blockchain. The carbon can then be bought for a fee, which is returned to the farmer. Blockchain is a method of recording information or data in a way that makes it difficult or impossible to change or cheat the system.’

“ **The most economical and effective way to reduce Jersey’s carbon emission responsibility is to grow it into soil organic carbon** ”

“ **Local farmers are the only solution we have to get to net-zero, and the benefits are great for everyone. The biggest benefit, of course, is the resilience to the impacts of climate change, and it could make Jersey climate-positive by 2050** ”

‘Many businesses want to buy trees to offset carbon emissions but it’s rarely achieving the targets. Planting trees is good for biodiversity and the water cycle, but woodlands can never be as efficient as locking carbon back into the soil as regenerating pasture lands or agricultural fields by farming in harmony with nature and without chemical fertilisers.’

Glyn says that focusing on reductions is a necessary first step but will never get us to net-zero by 2030.

‘Pulling carbon out of the atmosphere and getting it back into our soil is the only way to do it,’ he said.

‘Local farmers are the only solution we have to get to net-zero, and the benefits are great for everyone. The biggest benefit, of course, is the resilience to the impacts of climate change, and it could make Jersey climate-positive by 2050.’

‘The big winner out of all of this will be Jersey’s biodiversity and the ecosystems. It’s like a free gift.’

‘I’d urge all local businesses who value Jersey for their wellbeing to engage through the Dark Green Carbon Standard to keep carbon local. Let’s fill our local carbon bank accounts before we start exporting our carbon assets to other countries to build theirs.’

“ This is going to be the transformation of agriculture in Jersey

‘This is going to be the transformation of agriculture in Jersey. It’s currently a very extractive industry. When we become regenerative, the quality of food will improve, we will gain more insects and more birds. Biodiversity is our key measure.’

Carbon sequestration and the process of monitoring it and verifying it can sound complicated, but Glyn says it’s actually quite simple.

‘At the end of the day, the sustainable development goals are paraphrased with one phrase and that’s “in harmony with nature”.

‘Improved biodiversity will naturally happen if we are doing it right. If it doesn’t happen, then we’re not sequestering carbon. It’s that easy. And we can do this in less than a generation.’



Carbon terminology

Carbon sequestration

Carbon sequestration is the process of capturing and storing atmospheric carbon dioxide. It is one method of reducing the amount of carbon dioxide in the atmosphere with the goal of reducing global climate change.

Carbon sink

A carbon sink is anything that absorbs more carbon from the atmosphere than it releases – for example, plants, the ocean and soil. In contrast, a carbon source is anything that releases more carbon into the atmosphere than it absorbs – for example, the burning of fossil fuels.

Soil organic carbon

Soil organic carbon is the carbon stored in soil organic matter, and is crucial to soil health, fertility and the ecosystem, including food production.

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The power of Vraic!

Cathy Le Feuvre meets a couple who are inspired by the mounds of seaweed washed up on our Jersey beaches

Walk along most Jersey beaches at low tide and you can't fail to miss the mounds of seaweed, sometimes also known locally by its generic Jèrriais name – Vraic.

But while most of us just step around it, for Francesca Stammers and Loftur Loftsson it's become their passion.

Just two years ago the young entrepreneurs came up with an idea to turn vraic into liquid fertiliser and today the Jersey Fertiliser Co is a young but already thriving business which, most importantly for them, also harks back to a proud Jersey farming heritage. Vraic is still harvested and laid on some potato fields in Jersey, but Francesca and Loftur want more people to realise the power of seaweed.

'Vraic gave Jersey Royals their distinctive taste. Back in the day, vraic was put on either raw or washed, sometimes it was burnt and turned into potash and used for the potassium in the seaweed, but in terms of fermenting it and making it into a liquid, that wasn't done so much,' Loftur said.





While developing the company, Loftur has intensely researched the science of seaweed, made contacts with and learnt from others, and investigated the market and it's potential - it's reckoned there are only a couple of other liquid seaweed fertiliser companies in the UK.

But it all, of course, starts on the beach, with Loftur and Francesca regularly collecting several types of seaweed - serrated wrack, egg wrack and oarweed.

'On a basic level, seaweed has got everything that a compost essentially has - carbohydrates, macronutrients that plants need to grow and a whole variety of micronutrients as well. Artificial fertilisers are mostly nitrogen, potassium and phosphorous... seaweed contains those and more. Seaweed is also one of the fastest growing plants, especially the kelp or the oarweed that we get here. It has a lot of growth hormones in it which allow it grow quickly in the water and which transfer to plants and help them grow bigger,' Loftur explained.

'Seaweed also helps the soil structure, it really helps the roots grow stronger, bigger and deeper which gives the plants themselves better drought and wind resistance. That's also why vegetables or potatoes, things that grow underground, do so well with seaweed because it's really targeting the stuff underneath the earth.'

Life is very busy for the couple. Loftur, who came to Jersey with his family from Iceland aged just five, also runs an online e-learning business for the financial services sector. He and former wedding filmmaker Francesca welcomed their baby son Magnus in October 2020, but it was Francesca's gardening loving grandfather who partly inspired the new business.

'We were working out what we want to spend our lives doing and we thought of my grandad, who uses fertiliser. We realised we've got all this seaweed on the beach that's just going to waste so why not make use of it? Seaweed is a difficult product. You have to go out and do all this work to get it onto your garden. So the idea is to make it as consumable as possible,' Francesca said.

There is plenty of seaweed to go around, but if you want to harvest and use it, you best be aware of the local law.

'We don't cut it from the rocks because that damages the environment, that's why there's a licencing on that, to make sure that the impact isn't too big,' Loftur explained.

'But tons and tons of vrac washes up every single day, and after a storm it's nice and fresh... we're only taking storm cast seaweed. That way we're not making any impact and we're only taking what we need.'

Producing the liquid seaweed fertiliser is 'actually really simple', according to Loftur.

They harvest a trailer load at any time and that fills two of their fermenting barrels, which are recycled 240litre JEP ink containers.

'We get the seaweed, we shred it, wash it and add our special ingredients, bacteria and enzymes which help the seaweed break down. The seaweed is fermented for about 3 months, and then you get this great gooey, syrupy concentrate that you can dilute over 30 times,' Loftur said.

The liquid fertiliser, which is produced at their home - a real cottage industry - is packaged in locally sourced recycled wine bottles. Diluted, one 750ml bottle produces 25litres of fertiliser.

'It goes a long way, especially if you're spraying it. It works for everything... houseplants, flowers, veg... we hope we're helping people grow their own food or flowers!'

For more information and to purchase online, go to the website: www.seaweed.je

Jersey Fertiliser Co liquid fertiliser is also currently available at various local outlets including Scoop, Bonny's Garden Centre and Samarès Manor





The value of Jersey's seagrass

It's now recognised that coastal ecosystems play an essential role in fighting climate change. PhD student Anna Smith is embarking on a three-year study looking at blue carbon processes in Island waters.

By Caroline Spencer

Seagrass is one of Anna Smith's favourite marine species. It occupies just 0.1% of the sea floor but is responsible for 11% of the organic carbon buried in the ocean. It captures carbon at a greater rate than tropical forests.

'Seagrass has always been under-appreciated, and it's always been the underdog compared to coral reefs and rainforests,' she said.

A recent study published in the journal *Frontiers in Plant Science* reported that the UK has lost more than 90% of its seagrass meadows. And Jersey's seagrass has also been under threat.

'A disease killed off much of Jersey's seagrass, but it is coming back,' Anna explained.

'It would be interesting to have seagrass planting here but a lot of people say it's not suitable. I don't know if it would be possible actively to restore it, rather than letting it grow back by itself, very slowly.'

Anna (24), who hails from Kent, is a PhD student with the Jersey International Centre of Advanced Studies (JICAS). Her study of blue carbon processes is backed by a £20,000 grant from the Jersey Community Foundation.

Blue carbon is the carbon stored in coastal and marine ecosystems and its importance in mitigating climate change is becoming increasingly recognised.

'Simply put, I'll be looking at how much blue carbon Jersey has,' Anna said.

'I want to understand better how the processes of blue carbon can maximise the potential ecological, environmental and social value of the sea. This includes demonstrating the decomposition value of the carbon-depositing habitats found in the Normandy-Brittany Gulf by replenishing and restoring the marine ecosystems of valuable species such as seagrass, maerl beds and bivalve populations.

'Probably one of Jersey's biggest sequesters of blue carbon is macro algae. But macro algae don't necessarily draw carbon straight into the oceanic sediment because they get taken elsewhere by the currents in the sea. We need to find out where that carbon is deposited.

‘We’re trying to find out how much macro algae is in the sediment basins in the Normandy-Brittany Gulf. We need to really protect these carbon-rich basins as well as the algae, seagrass and maerl beds.’

Anna will spend three years carrying out her research, some of which will involve diving and collecting samples of seagrass. It will also involve taking core samples to find the environmental DNA, i.e. the percentages of algae in the ocean floor. Additionally, and more importantly, isotope analysis will show whether the carbon is actually staying there.

The world has woken up to the importance of terrestrial carbon and the role that rainforests play in mitigating climate change. Blue carbon is now increasingly to the fore. 83% of the global carbon cycle is circulated through the ocean.

‘Blue carbon is becoming more popular because we don’t have enough land to sequester enough carbon,’ Anna said. ‘For an island like Jersey, we have an opportunity to protect carbon-rich areas in the ocean and also get money from it, through carbon offsetting programmes.’

JICAS is a postgraduate research centre specifically for island communities, and Anna believes that many island nations can lead the way in sequestering blue carbon.

‘With my study, I want to prove that certain areas of Jersey waters are rich in carbon and demonstrate that it’s not just worth protecting for biodiversity’s sake, but also because you can get money from it.’

Anna, who has a degree in Biological Sciences, completed a project on seagrass in Anguilla as part of her Master’s in Island Biodiversity and Conservation. She is looking forward to liaising with various agencies in Jersey, such as Blue Marine Foundation and Jersey Marine Conservation.

‘It was only on my Master’s project that it dawned on me that if seagrass sequesters the same amount of carbon if not more than tropical rainforests, why aren’t we focusing on it more?’

‘The rhetoric that I always hear is that to put blue carbon on the same level as terrestrial carbon, and to get the carbon on the market to be sold as carbon credits and make it profitable, we need more research. I think that’s the key and that’s what really pushed me to go into it. Research is fundamental for policymaking.’

‘I really hope my project does make a difference in the future.’

**JICAS offers a Postgraduate Masters Programme in Island Biodiversity and Conservation in partnership with the University of Exeter. A consortium of world-leading academics has been drawn from institutions across three continents to come together in Jersey to produce a unique programme of research-led study.*

“ It was only on my Master’s project that it dawned on me that if seagrass sequesters the same amount of carbon if not more than tropical rainforests, why aren’t we focusing on it more?”



Open viewing

Hides to seek along the Five Mile Road, by Mike Stentiford



It's uncertain as to whether there's a collective word for bird hides although, should one be needed, perhaps a 'connection' would serve the purpose well. The term 'connectivity' would certainly be applicable to the bevy of close-knit bird hides and screens dotted along the landward side of St Ouen's Bay.

While the National Trust for Jersey's excellent wetland centre - opened in January 2004 - is by far the most popular and prestigious of the bay's timber-built viewing hides, other somewhat more secretive and modest structures compete for their own fair share of west coast individuality.

Some 40 years ago, one or two very basic and admittedly uncomfortable hides overlooked the reedbeds at La Mare au Seigneur (St Ouen's Pond). Sadly, the ravages of time, usage and weather eventually took its toll, leaving only fond memories for those, now at a mature age it should be said, who nevertheless managed to capture many a contented birdwatching moment.

The first serious attempt at siting a purpose-built bird hide in the bay took place in the early 1980s. This was when the Jersey branch of the Young Ornithologists Club (YOC) put in a formal request to the National Trust for Jersey to build and site a modest little timber structure alongside the Trust's pond and reedbeds, opposite Kempt Tower.

Having gained permission, an unusual step was taken to invite ten young student architects from Highlands College to design something both adequate and appropriate.

This they admirably did with the winner receiving the princely sum of £25 for such skilful endeavours.

Prior to the hides prefabrication, skilfully undertaken by a DIY team of 'YOC dads', an on-site visit by a UK representative from the Queen's Silver Jubilee Trust resulted in the arrival of a generous grant towards the cost of materials.

Half a century later, this modest little four-seater, pond-side bird hide still stands secretly hidden deep within a willow copse.

In April 2010, a brand new purpose-built bird hide focussed its timber viewing slats over the freshwater expanses of the Simon sandpits at Le Braye. Its opening to the public came as a result of an amicable arrangement between Simon Sand and local conservation group, Action for Wildlife.

This substantially built timber structure, affectionately known as the GaP, is still very much in avian-spotting demand. The initials G and P are in fond memory of two of the Island's most respected and sadly missed environmentalists, Gerard Le Claire and Pete Double.

In October 2010, yet another specifically built bird hide came into regular operation, this time overlooking an area of shallow wetland known as 'the scrape'.

Designed and constructed on behalf of the National Trust, this solid twin-sided viewing structure replaced a sadly 'past its sell-by date' viewing hide built during the 1990s by the late Eddie Buxton.

Now affectionately recognised by local birdwatchers as 'Eddie's Hide', its modest interior attracts what might best be described as the more astute ornithologist and, in particular, those with a serious passion for bird photography.

The fact that St Ouen's Bay has such a remarkable diversity of freely accessible bird hides and screens - six in total - says much about the wealth of avian activity throughout this, the largest designated expanse of the Jersey National Park.

Their presence also indicates just how seriously the Island's 'watchers of birds' recognise the importance of non-disturbance at a time when, sadly, far too many species of bird are facing a relentless barrage of challenges, not least an alarming decrease in their populations.





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Diary for development

Cathy Le Feuvre introduces a new series about the RJA&HS led projects which are transforming the lives of smallholder farmers and their families in Africa

In November 2021 people from across the world attended the first African Jersey Forum conference hosted at the Royal Jersey Showground in Trinity.

In these Covid times, it was a virtual meeting which saw most delegates joining online. In addition to small audiences in Jersey and in the Ethiopian capital, Addis Ababa, nearly 1,000 people from at least 35 countries (mostly in Africa) participated in the two-day conference.

It's testament not just to the way technology can bring us together, but also evidence of the growing impact that the Jersey cow is making on the dairying world, particularly in Africa.

Formed in 2019 at the World Jersey Cattle Bureau Conference in Rwanda in eastern Africa, by the Royal Jersey Agricultural and Horticultural Society (RJA&HS) with the support of Jersey Overseas Aid (JOA), the African Jersey Forum is among the forward-thinking initiatives which see the Jersey breed become increasingly popular across a continent where smallholder farming is the norm.

The RJA&HS Dairy for Development team is headed by David Hambrook and supported by programme officer Sam Thomson and coordinator Louise Agnès. Dairy and market development specialist David 'Dai' Harvey, originally from Zambia and based in the UK, provides technical expertise and management support.

David Hambrook was delighted with the conference, which welcomed many speakers from around the world to share experiences and expertise.

'The primary function of the African Jersey Forum is to share knowledge, and this is exactly what the conference ensured. The RJA&HS are very grateful to Jersey Overseas Aid and Deputy Carolyn Labey, Minister for International Development, for supporting the African Jersey Forum, and the other Dairy for Development Projects that we manage in Rwanda, Malawi and Ethiopia.'

Those three projects were all profiled at the conference, but the history of the work to develop dairy industries around the globe by introducing Jersey cows and genetics goes back hundreds of years. Exports of pure-bred Jersey cattle began in the 18th Century and this grew in the following two centuries. Jerseys are now the second most popular breed of dairy cow globally and can be found in over 100 countries.

In 2004, the RJA&HS, through the Government of Jersey, was approached by the Government of Rwanda to help re-establish an AI (Artificial Insemination) technician service. It had been decimated some years earlier through the genocide and ensuing slaughter of hundreds of thousands of cattle, as the people of Rwanda struggled to survive those immediate post-genocide years. Rwanda had decided that the Jersey cow was their dairy breed of choice to improve and expand dairy production. This would be achieved through crossbreeding Jersey Island genetics with the predominant local breed (the Ankole) and the training of hundreds of AI technicians to deliver imported Jersey bull semen to farms across the nation.

That was the focus in the early years, but in 2017 the RJA&HS received JOA's first ever multi-year £1m grant and, partnering with the international development charity Send a Cow and the Rwanda Agriculture and Animal Resources Development Board (RAB), the work in Rwanda was expanded.

There were great results from the first two-year project, aptly titled *Jersey Inka Nziza* which translates roughly as *Jersey Good Cow* in Kinyarwanda, the local language. The average monthly milk production on farms receiving assistance was up from 167 to 247 litres. More cows became pregnant, and through education more farmers were encouraged to use AI.

“
Jerseys are now the second most popular breed of dairy cow globally and can be found in over 100 countries

The numbers of AI technicians operating across Rwanda grew as did training programmes, and as awareness of the Jersey breed grew, there was a big swing in the use of Jersey semen – up from 17% to 87% in the project areas.

A second phase followed which runs until March 2022. While final results from that second project are still being collated, outcomes recorded in the project area for the end of 2020 are very encouraging, including over 24,000 AI services with Jersey breed semen supplied, over 5,000 Jersey cross calves recorded and over 2,800 farmers who received help and education to improve fodder production. This data is for just a small geographical area but the impact of partnerships with Jersey is far greater, as David explains:

‘Just one example – we ship around 100,000 units of semen to Rwanda annually, all of which is used, so we know that AI services nationally must be at least that number.’



Data collection and genetics research is vital to the on-going success of the Rwanda and the other Dairy for Development programmes in Malawi and Ethiopia. Working with the Centre for Tropical Livestock Genetics and Health, based in Edinburgh in Scotland, the research is all about collecting DNA and relating that to productivity and fertility data to ensure that the most appropriate dairy cattle are bred for the smallholder farms in the specific countries. These cattle are more likely to be local indigenous breeds infused with Jersey breed genetics.

As the work in Rwanda enters its third phase, the RJA&HS Dairy for Development team and JOA plan a future working with a number of Rwandan and other agencies. They plan to develop an underutilised RAB experimental farm into a Jersey breed hub that could support both Rwanda and neighbouring countries.

As countries like Rwanda, Malawi and Ethiopia discover the transforming power of Jersey genetics to improve milk production and quality in their herds, for those smallholder farmers with just one or two cows, the support of the RJA&HS and JOA is proving to be a game changer.

For more information about Dairy for Development go to www.royaljersey.co.uk/new-dairy-for-development



Left - right: Louise Agnès, David Hambrook, Sam Thomson.

Problem dogs - or problem owners?



During lockdown many people sought canine companionship to get through isolation - but how many owners actually found the right dog to suit them? Kieranne Grimshaw met Kari Lees, animal behaviourist at the JSPCA, to seek some advice on buying a puppy

Kari has worked at the Animals' Shelter since 2011, helping dogs with behavioural problems. She stressed the importance of finding the right puppy for a successful partnership.

'Since the start of the pandemic, there's been a definite increase in people looking to buy a puppy,' Kari said. 'This affected the price, with some Cockapoos being sold for £3,000. I recommend going through the Kennel Club. They have the Kennel Club Assured Breeders Scheme – breeders who are not just in it for the money.'

'The main concern is that with lockdown everyone was at home a lot, then they'll suddenly go back to work, and the dog will be without company.'

We've bred dogs to be social companions, so they really need us. They have to be taught from young that it's OK to be on their own - but not for too long.

'When choosing a puppy, it's important to consider your own lifestyle and select a breed that will fit in with this. Think about how much free time you'll have for exercise too.'

Holidays are also an important factor, according to Kari: 'Do you have friends to look after your dog when you're away, or will you need to consider a boarding establishment?'

Like dogs, we are all different and some people may not enjoy daily dog grooming. 'You can consider buying a hypoallergenic breed or one that requires little grooming,' Kari suggested.

For your pet to enjoy a long and healthy life, there are inevitable costs involved.

'Veterinary bills, annual insurance and vaccinations are all important costs to factor in,' Kari said, and she also has some vital and sound advice if you're looking to buy a canine friend, especially at a time when there's rising demand for puppies.

'People also need to be really cautious and look out for puppy farms. So many people are now taking advantage of how much puppies are in demand in the UK. There are some really unscrupulous breeders around.'

'It is the law in the UK that you must see the mother of the puppies with the puppies.'

'Unscrupulous breeders acquire any female dog and put her with the puppy, so try and check that she's intermixing with it. Ideally there should be photos of the dogs growing up with their mum.'

'If a breeder asks lots of questions about your lifestyle, this shows that they care. It's a bit of a red flag if the breeder doesn't ask you any questions. You'd also hope the breeder would have started the puppy's vaccinations process with a vet. They can worm and vaccinate them and give you the vet's details so you can check.'

Kari believes that finding the right breed is crucial: 'Don't just pick a dog because it's cute. Be aware, for example, that Cocker Spaniels mixed with Poodles are very high energy dogs, needing lots of exercise, time and grooming. There's no guarantee how hypoallergenic they'll be, because you don't know whose coat they will get,' she explained.

There's no doubt that dogs give us much pleasure and companionship, but Kari stressed the importance of considering what could go wrong.

'Puppies are hard work as they require so much training and attention. If they need more stimulation than you can fulfil, this could lead to behavioural problems, stressful for the whole family and sad if they have to give the dog up. Choosing the right breed can help avoid this.'

'There's a lot of work at the beginning, especially with toilet training. You have to be on it all the time, so owners will need time off work during this initial stage.'

'I think a lot of people want a puppy because they feel they can train the dog into what they want it to be. It's not the case, they're born with their temperament and natural breed tendencies. You can't necessarily change that, but you can raise them properly to get the best out of them.'

So puppy training is essential, and it begins when you bring your new pet home.

'Most puppies should go to a puppy class where they learn crucial skills, including socialisation, although still focussing on you. Some puppies find this too overwhelming, so may need private classes,' Kari advised.

We all recognise the health benefits of walking a dog but Kari advises people to consider those cold rainy days - 'Do you want to get up and walk before work in the rain? That's the not so fun part of owning a dog!'

'From my experience, really good breeders can have a waiting list for up to a few years before you actually get the dog. Good things are worth waiting for!'


Contact:


Tel: JSPCA - 01534 724331

Email: kari@jspca.org.je




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Sparkle and magic

The wonderful atmosphere of the UK's Horse of the Year Show will come to the Island for five days in October with Home Farm Equestrian hosting the Jersey Horse of the Year Show

‘**S**parkle and magic’ – that is how the atmosphere of the famous annual Horse of the Year Show in the UK is often described. Now that same atmosphere will come to Jersey in October, with the introduction of a first ever Jersey Horse of the Year Show.

It will take place at Home Farm Equestrian, Rue ès Abbes, St John. Spectators will be able to enjoy showing, dressage, working hunter and show jumping split over two weekends while taking advantage of an on-site shopping village featuring a variety of trade stands and including children's activities, such as face painting.

‘It is an opportunity to get involved in one of the largest sports in the Island,’ said Emily. ‘It's going to be a fun event and we want to invite the whole family for a day out.’

There will be over 50 classes and about 500 competitors taking part at JHOYS, and Home Farm Equestrian is working closely with local organisations such as the Jersey Riding Club, the Dressage Club, the Jersey branches of the British Association of Show Jumping and the Pony Club, to select qualifying classes from horse shows held throughout the 2022.

‘The aim is for competitors to qualify so they can go forward to JHOYS and celebrate their riding accomplishments,’ said Emily.

She added that riding in the winter months can be challenging, because of the dark mornings and evenings and the wet and windy weather, so Home Farm Equestrian hopes the show will give the horse community something to look forward to every year.

The Home Farm Equestrian club, which was launched on 9 May 2020 and has over 200 members, caters for all ages and abilities and offers a fun, friendly and supportive atmosphere for equestrians.

“ The aim is for competitors to qualify so they can go forward to JHOYS and celebrate their riding accomplishments

Emily Bell, who is a member of the 15-strong JHOYS committee, said the show will provide an opportunity for those who have a love and passion for the horse and for riding, to showcase the best of Jersey's equestrian community.

She added there had already been a lot of interest from sponsors keen to support the annual event which is expected to become bigger and better each year.





“ We are keen to bring the sparkle and magic of the UK’s Horse of the Year Show to Jersey, the viewing gallery, spectator shopping village and equine zone at the show will have something for everyone

Those taking part in JHOYS will need to be Home Farm Equestrian members.

‘We are keen to bring the sparkle and magic of the UK’s Horse of the Year Show to Jersey,’ said Emily. ‘The viewing gallery, spectator shopping village and equine zone at the show will have something for everyone.’

The Jersey Horse of the Year Show is being held on the 8th, 9th, 14th, 15th and 16th October 2022 at Home Farm, St John. **For more information, please visit www.jhoys.co.uk or view the sponsorship brochure on the RURAL website www.ruraljersey.co.uk**



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In the kitchen at Government House

David Inwood, the chef at Government House, provides some recipes that have been served to visiting Royalty and VIPs, but at the same time are manageable to prepare in the average kitchen

Never has RURAL magazine had a 'Royal Family disclosure' article before or is ever likely to have one in the future. So, what is our one and only attempt at this?

'Prince Edward is an admirer of Government House chef David Inwood's Lemon Meringue Roulade' (see the recipe overleaf).

A RURAL scoop? Eat your heart out, you intrusive tabloids!

Talking of eating, let us introduce David, who has been the chef at Government House since 2003. He runs the kitchens by himself – there are no kitchen staff for him to control (Government House is not Downton Abbey).

But for a big dinner party he is helped by fellow chef Claire Allenet of Vinifera in Broad Street.

David has now cooked dinner in the terms of office of four subsequent Lieut-Governors – two from the Army and two from the RAF – including the present Lieut-Governor, Air Chief Marshal Sir Stephen Dalton. Of course, it is with 'the Lady of the House', that he consults weekly about menus.

The guest list for Government House dinners is impressive: Royalty, foreign ambassadors, politicians, distinguished visitors in all sectors of life, national, foreign and domestic.

David started training at Bournemouth College in the 1980s, worked his way through some of London's top hotels and restaurants, including Claridge's and the Grosvenor House Hotel, as well as working on the QE2 liner. He came to Jersey in 1997, worked at L'Horizon for two and a half years and then at the Pomme d'Or.



In 2003 he married and he didn't really want to continue the long and antisocial hours that are common in catering and neither did his wife, Joan. For him, one of the best parts of his job is the more family-friendly working hours, without having to travel to and from work: they have a cottage in the grounds.

David was asked to propose three of his favourite recipes that would be as easy to prepare at home as they would be for serving up in the Government House dining room for a special dinner:

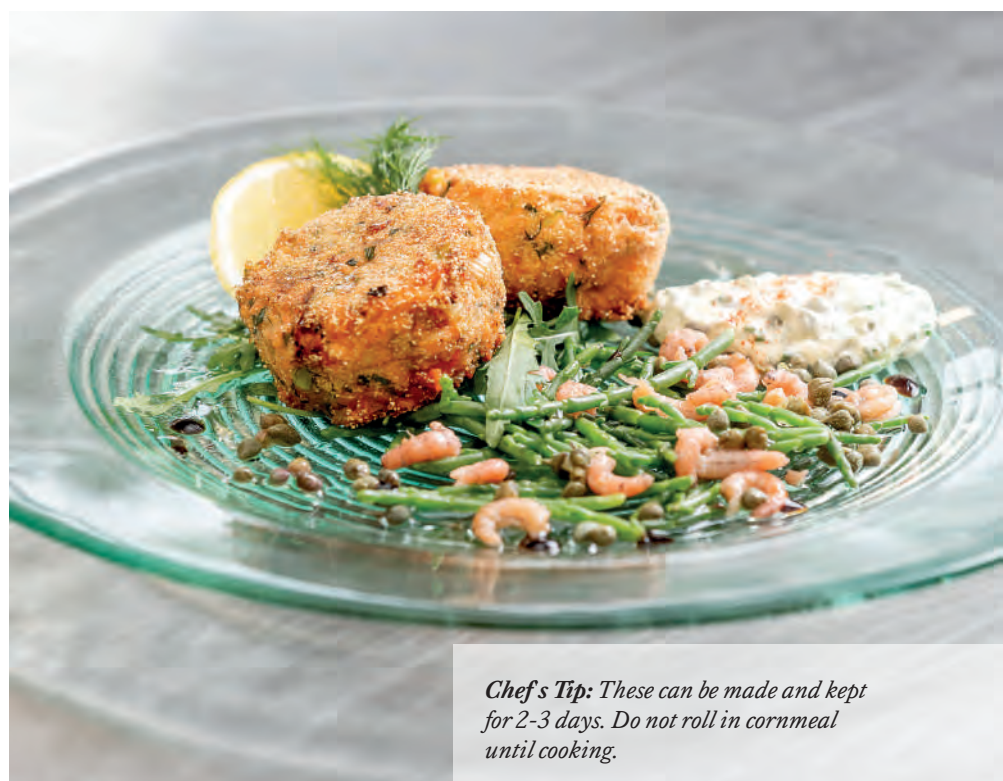


Roast Salmon and Sweet Potato Fish Cake

Serves 4

500g salmon (skin off)
 1 tbsp olive oil
 1 tsp smoked paprika
 50g fine cornmeal
 500g sweet potatoes (peeled and cubed)
 1 clove of garlic (crushed)
 Grated zest and juice of half a lemon
 2 tbsp mayonnaise
 1 tsp lilliput capers
 4 spring onions (finely chopped)
 Salt and pepper

- 1 Place the salmon on a sheet of foil. Sprinkle with smoked paprika. Wrap and bake in a pre-heated oven at 200C for 20-25 minutes. When cooked, remove from oven, leave to cool.
- 2 Cook the sweet potatoes in lightly salted boiling water for 15min, drain well. Return to the saucepan and dry out briefly over a low heat. Mash coarsely and set aside to cool.



Chef's Tip: These can be made and kept for 2-3 days. Do not roll in cornmeal until cooking.

- 3 Add fish, spring onions, garlic, lemon zest and juice. Add salt and pepper to taste and gently mix. Shape into 8 small fish cakes and refrigerate for at least 30min.
- 4 Coat the fish cakes in cornmeal. Put enough oil to cover the bottom of the frying pan and heat until hot. Add the fish cakes and fry for 4-5 min on each side until golden. Serve with some green salad, mayonnaise & lilliput capers.

Slow Roasted Leg of Jersey Lamb

1 leg of lamb (aitch bone removed)
 4 unwaxed lemons (zest and juiced)
 4oz peeled ginger (grated)
 6 cloves of garlic (2 crushed and 4 whole)
 2oz rosemary (chopped)
 2oz rubbed thyme
 6 tbsp olive oil
 4 tbsp clear honey
 2 jacket potatoes
 Sea salt and cracked pepper

- 1 Trim lamb and remove any excess fat and lightly score the skin.

- 2 In a bowl, mix lemon zest, crushed garlic, herbs, salt and pepper together to form a paste, slowly adding the olive oil.
- 3 Cut the remaining garlic into 3's and, using a pointed knife, stud the lamb. When done, you should have 12 holes each with garlic in.
- 4 Smear the lamb with the paste, inside and out, and tie with string. Leave to marinate for 3 hours (not in the fridge).
- 5 Cut the jacket potatoes into 3 equal pieces and place into a large roasting tray.
- 6 Place the lamb on top of the potatoes (this will protect the lamb whilst cooking).
- 7 Cover with buttered paper and tin foil tightly around the tray so that the lamb will steam. Place into a preheated oven at 160°C for 1½ hours.
- 8 Remove tin foil and string and brush on the lemon juice and honey and return to the oven for a further hour at 170°C, not allowing the honey to burn.
- 9 Best served slightly well cooked with a pan gravy, braised potatoes, e.g. boulangère or fondant, and maybe some wilted creamed spinach.

Chef's Tip: At the last stage of cooking, add a light lamb stock to the tray before the honey and lemon juice, and this can make an easy pan gravy.



Chef's Tip: Loosen the cooked meringue from the parchment before adding the mascarpone; this will make it slightly easier to roll.


Serve with raspberry coulis.

Lemon Meringue Roulade

5 egg whites
 225g caster sugar
 ½ tsp white wine vinegar
 1 tsp cornflour
 ½ tsp vanilla
 250m double cream
 4 tbsps lemon curd
 200g Mascarpone
 2 x punnets raspberries
 Icing sugar for dusting

- 1 Whisk the egg whites until stiff but not dry, then slowly add the sugar. When glossy, add the vinegar, cornflour and vanilla one at a time, whisking in each.
- 2 Bake in a parchment lined tray for about 10-12 min. The top should be dry and it will puff up considerably but will sink when cool. Whisk the cream and fold in the curd.
- 3 Spread over the meringue, sprinkle berries over and roll up.





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Small is... a microbrewery

In Jersey we now have three microbreweries - Liberation, Stinky Bay and Bliss. Alasdair Crosby dropped in for a pint or three

The rise of craft beers and microbreweries is proof that not everything in the world is going downhill. In Jersey we have now three breweries: Liberation, Stinky Bay Brewery and Bliss Brew Company.

On two successive Thursday late-night shopping evenings before Christmas the three brewers were giving away pints outside the Old Court House in St Aubin and then, the following week, outside the Post Horn in Hue Street. Very nice of them, of course, but why?

The answer is that the three brewers – Pat Dean from Liberation, Matt Topman from Stinky Bay and Ben Bliss had all collaborated in a new brew, which they have called ‘Spruce Ale’. Also on taste was Liberation Brewery’s Christmas Ale.

So how did this collaboration come about? Matt Topman supplied the answer:

‘Ben from Bliss may have come up with the idea. We’d been chatting about it for a couple of years, but we were all pretty busy and nothing happened. Finally, we all went out for a couple of pints and decided - “Let’s do it!”’

Asked what was special about this beer, he replied: ‘It is 100% red, caramelised malt. I’d never brewed with that before, but it’s turned out really nice! It’s a traditional ale, quite fruity, quite wine-y. I really like it! It has turned out better than I would ever have thought!’

The lead brewer of the three was Pat Dean at Liberation. He explained that one of the most interesting features of their Spruce Ale was its use of local hops, grown by Bruce Labey in Grouville.

This modern use of local hops in local beer is an interesting development – perhaps one day we will see beer made regularly from all-Jersey ingredients.

The brewers

Pat Dean, head brewer at Liberation Brewery

He started brewing in 1983 following his time at college. His interest in beer had started in the Students’ Bar (funny, that). He liked draft beer and the sociable atmosphere surrounding its consumption.

‘After my degree I went home to North Wales, where a local brewery was setting up. I helped out and I thought I’d only be doing it for a couple of years ... but eight years later I was still doing it!’

It was Tony Skinner, who founded the Topsy Toad Breweries in St Peter and in town, who brought him to Jersey. He spent two years at the old Ann Street Brewery, gaining an insight into how a brewery operates, before moving to the microbrewery in Longueville.

Contact: patrick.dean@liberationgroup.com



Matt Topman, co-founder and now owner of Stinky Bay Brewery

His interest in brewing started when he was travelling in Canada, around five years ago.

‘Every small town seemed to have its own independent microbrewery. I thought it was pretty cool! Eventually, I got back to Jersey and I was doing a bit of home brewing with a friend. We thought: “Let’s just go for it!”

‘We started off very small and now we sell to pubs, restaurants and most of the Island’s supermarkets: mostly mid-strength, IPAs, ales. Last autumn we produced our first lager. Our headline beer is Stinky Bay Session IPA: 4.2%.‘

Stinky Bay beer come in bottles, 5-litre mini-pots, and kegs to pubs.

Contact: matt@stinkybay.com



Ben Bliss, co-founder and co-director in Bliss Brew Company, with his wife, Leah

Ben blames Pat for getting him into brewing.

‘It must have been around ten years ago when a friend celebrated his 30th birthday with an organised tour of Liberation Brewery. It was the first time that I’d ever been in there and I’ve always loved beer. I looked around and was just blown away by all the equipment and the science behind it. That night I went home and ordered a home brew kit.

‘I did homebrewing and lived and breathed beer for about eight years. We always got good feedback, so we decided to try doing this more professionally and bought our brewing kit as a result of crowd funding. A T-shirt for a £20 donation; a £1,000 donation meant coming along to brew beer with us. We raised about £28,000 and paid for the brewing kit. So, actually, the brewery belongs to the people who helped us.’
Bliss Brew Co makes craft beers, but ‘a bit more modern than other beers, very hop-forward.’


They make lagers, IPAs, pale ales and, most recently, a milk stout (7.2%). It is aged on ‘coconut and tonka bean and chocolate’.

So, what on earth is a tonka bean?

‘It is really flavoursome. It gives you a flavour of marzipan, almond and cinnamon... beautiful! We did a pumpkin beer for Hallowe’en, dark orange in colour, 6.6% - and we served it with toasted marshmallows over the top. Our beers are a bit unusual, I suppose.’

Bliss Brew Company is located at JB’s Restaurant in Wharf Street, where all the keg beer is sold. They are now canning as well. Their beer is available in most of the Island’s supermarkets and off-licences, and on the website www.blissbrewco.com.

Contact: hello@blissbrewco.com



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Tea time in Jersey

Alasdair Crosby joined a tour of Jersey's largest tea estate near Bouley Bay

Jersey has one of the biggest tea estates in Europe, situated on slopes near Bouley Bay. Not a lot of people know that (as Michael Caine might say).

In total, the Jersey Fine Tea Company owns three tea estates in Jersey: near Bouley Bay, Gorey Hill and Hamptonne, respectively. In total the 'area under tea' comes to 13.5 vergées. There is a slightly bigger estate in Cornwall and one in France; Jersey comes a close third.

Jersey Fine Tea is a wholly owned subsidiary of the Jersey Royal Company.

Mike Renouard, the business unit manager, said that in comparison to growing potatoes (which always has its stresses and strains), growing tea was a much more relaxing and therapeutic option.

Mike was talking in the course of a tour of the estate, designed to show the general public something about this new farming diversification in Jersey. In fact, it was the first of a series of tours that took place in the autumn and which are due to resume in 2022. Participants met at the 'tea factory' at Peacock Farm, Trinity and then were ferried by minibus to and from Bouley Bay; afterwards they were shown the tea-making process and then enjoyed a cuppa of the three teas produced: white, green and black.

The guides were the two tea company managers, Alicia Gentili (American) and Solenne Federici (French). Listening to them, it is very obvious that one can make a close connection between growing wine and growing tea... at least in the growing and making of both products. Much was said about micro-climate, soil, weather, the making of the product and optimal serving suggestions.

“ We want to make the most premium of premium teas. It is a very strenuous and lengthy process – hence the increased cost of loose-leaf teas in comparison to supermarket shelf boxes of tea bags

Jersey Fine Tea produces three teas - white, green and black – which come from the same *Camellia sinensis* plant, an evergreen bush indigenous to both China and India. White tea is known to be one of the most delicate tea varieties because it is so minimally processed. It is harvested before the tea plant's leaves open fully, when the young buds are still covered by fine white hairs. Green tea is made from the leaves and buds that have not undergone the same withering and oxidation process used to make black teas.

The latest product is a mint green tea, which is produced in association with the Les Herbes de St Pierre company in St Peter. Their most recent success has been a Global Award from the AVPA organisation in Paris (Agence pour la Valorisation des Produits Agricoles). The black and late season green won Gourmet Product, and the early season green won a silver medal.

The only part of the plant that is used in the range of teas are the bud and, in the case of green and black tea, the two top leaves of the stalk beneath the closed bud. Leaves from lower down the stalk impart a 'heartier', stronger taste to the tea.



Alicia said: 'We want to make the most premium of premium teas. It is a very strenuous and lengthy process – hence the increased cost of loose-leaf teas in comparison to supermarket shelf boxes of tea bags. It takes about 12,000 leaves (four kilos) to make one kilo of tea.'

The pickers average about 600 grams an hour – they are being very selective in what they are picking. In a huge commercial estate, the pickers will 'rough pluck' the plants and take anything to the factory, sorting it out afterwards.

In total, about 18,000 plants have been placed in the ground since the land was converted from potatoes to tea late in 2020.

Mike observed: 'We used to grow potatoes on these slopes, but it is not the best potato land; some of it is quite stony, and also using machinery on a pronounced slope is not ideal, so planting tea is a good use of the land.'

The cost of labour makes fine teas uneconomical to make and expensive to the consumer – but at least, in a high-quality tea, you can reheat the leaves over and over. Alicia said that they get at least three good brews from one cup; it is possible to get ten brews, just heating and reheating the tea leaves, which is the sign of a really good quality tea.

There is such emphasis on 'buying local' these days, and increasing consumer interest in the provenance of what they eat and drink that Jersey tea is well positioned to capitalise on this trend.

For dates and times of tea garden tours in 2022, contact Amy Stamp at amy.stamp@jerseyfinetea.com

Jersey Fine Tea Company's products can be bought from a range of outlets, including Cooper's Coffee and Spice House in town and Jane James Ceramics in Gorey.



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Stories from the past

Cathy Le Feuvre delves into the Jersey Heritage collections to uncover intriguing objects which tell us stories from history

If you've ever visited the Jersey Museum, you'll have been intrigued by the number of objects and art works on display which help to tell the story of our Island's history.

But did you know that, due to space in the Museum, only 10% of artefacts held by Jersey Heritage can be displayed at any one time? Although the exhibitions change from time to time, 90% of objects held in their collections are kept in safe and secure storage on various sites. The Social History Collection is made up of more than 24,000 items, including textiles.

The Art Collection boasts nearly 12,500 works of art and there are over 173,500 items in the Archaeology Collection.

At the Augrès Object Store at the Sir Francis Cook Gallery in Trinity, Museum Registrar Jason Castledine guided me through the well-ordered storage area which is home to 19,000 of those social history objects that tell the story of Jersey's history and people. Our destination was the section holding precious items from Jersey's agricultural and horticultural past to discover some quirky artefacts that give us a glimpse into rural life down the years.

A Poultry Drinking Trough

In the past, most farms in Jersey were mixed small holdings ... a few cows, some pigs, a few chickens, perhaps some vegetables, fodder and the occasional fruit tree. Self-sufficiency was the order of the day. Many farmers would have had to come up with home-grown solutions to problems they might face, and this little chicken drinking trough is one such object.

Some years ago, Jersey Heritage was invited to have an objects and farming table at an RJA&HS Open Day at the Royal Showground in Trinity.

People were encouraged to bring along interesting objects and documents and an elderly farmer presented this little dish, which he had used in the raising of his young chickens. The ridges in the circular ceramic/pottery dish allowed the baby chicks to hop onto the trough and drink water without fear of falling in and drowning, something which was a bit of a hazard with larger troughs.

The ceramic or pottery dish appears to be handmade, and dates from around the mid-20th Century c.1950s.



An Egg-Weighing Machine

A set of small brass weighing scales is testament to the ingenious ways people adapted objects intended for one purpose to make them useful in a new way.

Dating from the 20th Century, the brass plaque inscription indicates that this object started life as a postal or letter weighing machine. Inland letters, we read, should not exceed 2 ounces (about 56grams) in weight, with an additional cost for every additional 2oz. As it dates from the time of the British Empire, the instructions reflect prices for other areas of the world including all British possessions, Egypt, USA and other Foreign Countries.

With the addition of an egg-shaped piece of silver metal to hang from the measuring device, the postal scales became a device for weighing single eggs instead, at a time, presumably, when people sold eggs not just by size but also by weight.

But not much else is known about this object, so if you can fill in any gaps about this curiosity or want to know more about the collections, you may contact the team at Jersey Heritage or Jason Castledine at the Museum.

Email: archives@jerseyheritage.org
Tel: 01534 833300
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We are open from 10.00am Tuesday to Saturday, if you would like an out of hours appointment or just a chat please call us on 01534 630 631 to arrange a convenient time.



Art, inspired by nature

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

In this issue we feature a new picture by Doreen Cox: 'Always busy', painted in oils and also for sale.

Doreen (née de Gruchy) explained the inspiration behind the picture: 'I was born in Jersey a few years after the war ended and the German Occupation was over. Both my parents were from farming families and spoke Jersey French. We lived in the far northwest corner of St Ouen, I had two sisters and I can remember cows and ponies being an integral part of our early lives. In fact, we loved everything connected with the farm, helping with the cows at home and at cattle shows, planting potatoes etc and so many other chores! Jersey was a wonderful, safe and very happy place to live in those days and I really did not want to leave the Island when I left school!

'Art had always been my best subject at school and something I was interested in. I eventually got a job as an artist at the Jersey Pottery and that's when I decided to start putting things down on canvas! I realised I could get a likeness and was later commissioned to paint a lot of champion Island cows. I went on to paint prize-winning cows of different breeds in England, also horses, teaching myself as I went along.

'After marrying an Englishman my life changed somewhat! I now live on a farm in rural North Devon. My husband was a pilot in the Fleet Air Arm and after leaving the Navy we spent quite a few years overseas. During that time and over the years, I have painted many horses, dogs and different rural scenes. I am a member of the Society of Equestrian Artists and have exhibited at the Mall Galleries in London.

'I work mostly in oils and water colour. I am also doing a Jersey Cow sculpture which I'm hoping to cast in bronze, and have had several of my cow and country paintings printed into greeting cards. I work mostly from photographs and if possible like to see the subject I am painting to try and bring out its character and personality.

'I still have a lot of family and friends in Jersey and try and come back as often as I can. Jersey has changed somewhat from those early days but it will always be very special to me.'

Contact Doreen by e-mail:
doreendegc@gmail.com



The benefits of having a lasting power of attorney

By David Benest, managing partner at BCR Law LLP



‘I must get around to it...’ Words we all say to ourselves about so many things. Everyday life has a habit, however, of making us push off the things we should do. Of course, we know we should make a will, but even fewer of us think about making a lasting power of attorney (LPA) or have even heard of the notion of doing so.

Dementia is an insidious disease which robs many of their faculties before time renders them unable to deal with their financial and other affairs.

The lack of mental capacity that it engenders can paralyse the subject’s financial life as well as cruelly impacting them in a medical sense, adding to the heartache for family members, which often accompanies a loved one’s illness. Many assume that family members will readily be able to deal with financial affairs and that the ‘next of kin’ can step in. That is wrong.

It is not just age-related illness and infirmity, of course, which can rob a person of capacity; accidents do happen.

Life can change in a split second, whether that be by reason of a sporting injury, an accident at work or the sudden onset of an unexpected illness. Again, without forward planning, the lack of capacity to deal with one’s finances and health decisions can have a significant impact on self and others.

What is an LPA?

An LPA is a legal document registered with the Court that gives another individual the legal authority to look after specific aspects of someone’s financial affairs or health and welfare, should they lose capacity.

There are two types of LPAs – property and affairs, and health and welfare – one covering decisions about money matters and the other decisions about personal health and welfare.

A person appointed as a property and affairs attorney can make decisions on things such as dealing with bills, running bank accounts and investing money. A health and welfare attorney can generally make decisions about where a person should live, how they should be treated medically and with whom they might have contact. Given the nature of these decisions, it is important that the appointment is of someone trusted. Equally there are protections in place: decisions must be taken in the subject's best interests and ultimately LPAs, and their use, are policed by the Court.

Without an LPA, the alternative is to make an application to the Court to appoint a delegate to deal with matters, or for stand-alone applications to the Court to make certain decisions.

Each of those at increased delay and cost, as well as dealing with the limbo which a lack of capacity brings. So, the benefits of having an LPA in place are obvious, the least of those that it enables decisions and actions to be made without delay or the need to further involve the Court.

Given that, everyone should be encouraged to put LPAs in place. But they are important and powerful documents. We at BCR Law LLP have significant experience of advising in relation to them and to putting them in place. Whilst many are straightforward they are not without their complexity and without proper legal advice there is a risk of making matters unintentionally difficult for attorneys in the future. Everyone should be encouraged to put an LPA in place, but to take appropriate advice before they do so.

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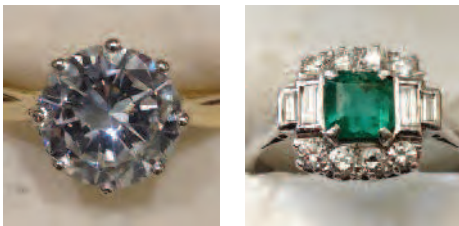
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Finance, with its roots in the soil

Matt Falla of the finance company, Smith & Williamson, was interviewed by Alasdair Crosby about his sponsorship of Genuine Jersey and his own interest in Jersey agriculture and rural life

Not exactly a typical location for a RURAL magazine interview: part of the old Southampton Hotel site in the Weighbridge, now an office block in which are located the offices of finance company Smith & Williamson. This is the company, however, that sponsored the Jersey Farming Conference last November; it is the first patron of Genuine Jersey; it offers favourable terms to agricultural businesses.

So why, its Jersey director, Matt Falla was asked, this interest in the Island's rural economy?

He replied: 'Our landed estates team works out of Salisbury and has strong credentials in supporting the agricultural and horticultural world. The sponsorship of the Jersey Farming Conference was an amazing opportunity to use some of the expertise that we have, and also to showcase things that are being tested in Jersey, such as carbon farming and pushing ahead into cannabis production. So, we want to help advance all that with our own expertise.'

Was his contact with Genuine Jersey and local agriculture because of his own special interest in this sector?

'In my own family history, my paternal grandfather (Arthur Falla, Snr) came from Guernsey (hence the Falla surname, rather than Falle).

'He had a number of jobs, including being a cobbler, working on the docks and in greenhouses and driving the potato lorries. My mother's father, Frank Crumpton, was born in Jersey. He was employed as the chief soil analyst at the States Farm. He used to cycle from the States Analyst's Office in Halkett Street to the YMCA at 16 New Street, where he was a member and where he met my grandmother. During the Occupation he carried transcripts of the BBC news rolled up in his handlebars; these came from the wireless that he had secreted somewhere in his office to read to the other YMCA Members, an act that could have put him at risk of death. So, my fingers have been in the soil of the Island – although indirectly through both my grandfathers' work – for a number of years.'

“ So often businesses can look as if they were external to the local life of the Island. We always ask ourselves: what else can we do locally to support the Island community?

Matt grew up in Jersey. After his school years, in his words, he 'managed to avoid university' and went straight into banking and financial services, where he has spent his whole career, although with Smith & Williamson he is now focussed on investment management rather than just wearing a banking hat. He has worked in the Middle East, Southern Europe and Africa, and until October 2020 was in Guernsey for two and a half years – going back to at least a quarter of his roots!

Smith & Williamson are the first patrons of Genuine Jersey and this is something that Matt feels is very important for his company.

'We are very pleased to be able to support an organisation that has done so much good in the Island over the last 20 years, to become its first patron and to lend financial support to enable members to produce the videos that we are now seeing online, and which really do showcase Genuine Jersey in quite an amazing way.*

'Also, we feel it is a great opportunity to be able to offer our services – be it investment management, tax, accounting, business services etc – at a discount to farmers and Genuine Jersey members.'

Smith & Williamson is predominantly a UK company, which in September 2020 merged with a firm called Tilney – so now it has the long title of Tilney, Smith & Williamson.

Matt rather hopes that it might be re-branded sometime soon to prevent the name getting any longer! It is now the third largest asset manager in the UK, with almost £60 billion of assets under management.

“ We are very pleased to be able to support an organisation that has done so much good in the Island over the last 20 years

But despite its size (and long name), Matt feels that perhaps it is less well-known in the Island than it should be. He intends to expand its Corporate Social Responsibility activities; they support the GROW project at Sion, providing manpower for weeding and hoeing, planting and whatever else they can do to help.

Recently, they launched their sustainable range of investment products and have agreed that for every £10,000 of investment into that they will donate one hour of time at the GROW project. They have also worked alongside another trust company, Zedra, supporting Jersey Trees for Life's tree planting.


Matt continued: 'There are other things in the charitable sector that are also of interest to us. At the moment, I am designing a charitable giving portfolio that will enable our clients to opt to donate money to their chosen charity or to the sector of charitable activity in which they are interested.

'We work with the Jersey Community Partnership, Jersey Community Foundation and the Association of Jersey Charities and we support local sport, such as the recently launched Futsal League.

'So often businesses can look as if they were external to the local life of the Island. We always ask ourselves: what else can we do locally to support the Island community?'

***For the Genuine Jersey videos, see the individual members' entries on the GJ website, e.g Brooklands Farm: www.genuinejersey.je/member/brooklandsfarm**





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By Mark Crean, chief retail officer of the Channel Islands Co-Operative Society

The pandemic has been a hugely busy time for us. By far the biggest issue right from the start has been keeping everybody safe in-store – our members, customers and colleagues.

It was at the time of the first lockdown in 2020, when everybody was told to stay at home, that we seriously looked at a home delivery service. We knew that we had many members and customers who were either on their own or were vulnerable, or not able to get out to shop.

We needed to do something to protect them.

Our home delivery service was an extension of what we'd already been doing. As lockdown bit, we started thinking that we should create a website, so that anybody who wanted to shop with us remotely was able to do so, entirely online. If they can't get out... they can go to their computer or phone, and can order with us - and we will deliver.

So, we started to build a website and had achieved a basic format by November 2020 – and we have continued working on it since then.

We want to expand our service, so we have been recruiting drivers, buying delivery vans and making spaces available in each store for assembling the home delivery orders.

We have also been developing the website and back-office systems.

This service is improving all the time and we are grappling ever more successfully with the complicated logistics of home deliveries.

It's our ambition to continue enhancing the service and expanding our capacity to deal with the ever-increasing number of orders for delivery, so that anybody who wants to use this service can do so at any time. They just need to go to our website and write their shopping list.

It has been very successful so far. We have spent the last year or so making improvements – and we are working hard on a full programme of further improvements and embellishments.

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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
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Contact Beverley Speck | 01534 484729
Email: sales@beverleyspeck.co.uk | Instagram: beverleyspeck
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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.

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Genuine Jersey Directory

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We were delighted to be able to continue supplying one of the most traditional Jersey products, the Jersey Wonder, throughout 2021.

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We remain committed to continuing to supply such a unique product so steeped in Island history through 2022 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

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Sheila Birch

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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 | 07797 736389
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Where have all the cows gone?

Our new columnist, Donna Le Marrec, now has the last word

I have loved Jersey cows since childhood when my grandparents lived on a working farm.

In those days farming appeared to be much more prominent, even during a booming tourism industry in the late 1960s and early 1970s. Jersey cows were in fields everywhere – usually in small herds and tethered with a rope – and it was not unusual to see the occasional Breton farmworker passed out drunk in a hedge having spent his wages at the nearby shop!

Now, I am very fortunate to live on a quiet country lane again, surrounded by fields of cows, but with the added benefit of a relatively close Marks & Spencer store – handy when we run out of life's essentials!

My 'commute' to work generally takes four minutes although I am quite often the last one in and it's not unusual for me, when I am later than usual, to WhatsApp my colleagues with the words 'cow crossing' and a photo.

There are three 'cow crossings' on the way to my place of work from farms in very close proximity to each other. Each 'stopping' makes me smile as these wonderful creatures amble across the road, some occasionally pausing to be nosy, chewing the cud before being chivvied into the field. They also seem to know instinctively that it is time for milking and patiently wait, huddled together, to cross the road long before the farm workers come to get them in the early afternoon.

Most people seem to sit and wait patiently in their cars while this bucolic scene unfolds. I do, however, remember a neighbour's son getting quite volatile some years ago with the local farmer because he was late for work. She responded with the quaint response 'Eff off. If you want to live in the country - get used to it', or words to that effect – and good on her!

Looking at statistics on the government's website, Gov.je (which only seem to go up to 2018), there appears to have been a steady decline in the number of cows and heifers in our Island over the years. There were 4,430 in 2018, but this decline seems to be speeding up and the Royal Jersey Agricultural and Horticultural Society website states that there are currently 4,000 cows, 2,500 of which are in milk – so an 11% decline just in the last three years.

My three cow crossings have sadly and recently been reduced to two, with one farmer giving up dairy farming completely. It appears to me that, despite the promotion of and support for local produce, we now also seem to grow less vegetables (and fruit) than we ever did before. And, despite the global fame of our most famous Island resident, you can no longer buy local cheese (except for an occasional goat's cheese) although there is locally reared beef and pork to be had and LOTS of eggs.

One thought I had during last year's lockdown was: what would ever happen if the ferries just stopped? I doubt we would even be able to feed ourselves.

So, in the meanwhile, I am just enjoying seeing these gorgeous creatures in what green fields we have left, appreciating what farmers do – that rare breed that live and actually work in our historic granite farmsteads – until that day when there are more horses than cows, and all of our farmsteads are refurbished and gentrified for the high net worths and hedge fund managers that we seem so desperately anxious to attract to our shores.



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