

Eat Jersey Royal New Potatoes!

The fabulous flavour of Jersey Royal new potatoes arises from the unique growing conditions on the island (see below). A true seasonal gem, around 99% of the crop is exported to the UK and the rest are enjoyed by the Jersey inhabitants. How lucky are we? The season is short-lived so gorge on them while you can.

HISTORY - In around 1880 a Jersey farmer, Hugh de la Haye, discovered and harvested a potato that was initially named the Jersey Royal Fluke. This developed into today's Jersey Royal new potato which is now grown by approximately 90 island farmers and accounts for two-thirds on the island's agricultural output.

BIOLOGY - It is the growing conditions, rather than any significant genetic difference, that makes the Jersey Royal a special kind of new potato. The island slopes from north to south and so benefits from a large level of sunlight during the growing season. The soil is well-drained and nutrient-rich thanks to the *vraic* (locally collected seaweed) that is used as a fertiliser.

NUTRITION - Jersey Royal new potatoes are a good source of fibre and vitamin C.

BUYING - The early season potatoes are smaller and more tender, the later season ones larger and more flavourful; both are fabulous. Look for unwashed potatoes; they travel better wearing a jacket of earth. Flavour and sweetness are increased by frost, so parsnips are better during mid/late winter.

COOKING - Scan the code below to view the recipe for 'Sautéed jersey royals with black pudding & fried egg' on the seasonal recipes blog.



or visit: qmulsustainability.wordpress.com/recipes