

Jamaicans Urged To Eat Jamaican

Jamaicans are being urged to 'eat Jamaican' in light of the global economic challenges, and reduce dependency on imported foods.

Culinary Specialist with Grace Kitchens and Consumer Services, Maizie Miller, has added to the call for Jamaicans to make greater use of home-grown produce, in light of the global economic challenges. Mrs. Miller was giving the keynote address at the Manchester branch of the {mosmodule phpinc=ttpopup.php,Jamaica} Agricultural Society's (JAS) half yearly meeting held at the Anglican Church Hall in {mosmodule phpinc=ttpopup.php,Mandeville}.

She said that Grace Kitchens was doing its part to create economical meal solutions, and has sought the partnership of agencies such as the JAS, to assist locals with providing nutritious low cost meals for their families, at a time when this is becoming increasingly necessary.

"We have to educate consumers about the creative use of local foods, fruits, vegetables and ground provisions, explore ways to re-introduce crops, which will widen the scope of exotic dishes, and establishing orchards of guava, custard apple, jack fruit, rose apple, passion fruit and lychee," she urged.

"We really have to remember and revisit the period of the 70s when we used what we grow. If we are able to do that we won't have any problems you know, because Jamaicans cannot be hungry in {mosmodule phpinc=ttpopup.php,Jamaica}" she added.

According to Mrs. Miller, the creative use of food would not only enrich an already interesting Jamaican cuisine, but would be more attractive to the thousands of foreigners, who visit the island annually, in search of sun, fun, sea and exotic culinary treats.

"This will add more value to Jamaican cuisine and boost our tourism product, because the reality is that when people come here they want to eat our food. They don't want to come here and (eat the same thing as) where they are coming from, no; they need to have new experiences," she pointed out.

Mrs. Miller suggested that the JAS could work with rural farmers to operate cottage industries "which will provide an income for rural people, while at the same time, producing an array of Jamaican products for the local and the overseas market."

In an effort to ensure local food security, against the background of a global economic recession, the Ministry of Agriculture, in collaboration with the JAS, has embarked on an 'Eat What You Grow, Grow What You Eat' campaign, designed to encourage greater consumption of local produce, in favour of their more expensive, imported substitutes.

Source: JIS