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GRIFFIN LAND & NURSERIES INC

Form 8-K

March 10, 2004

SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549

FORM 8-K
Current Report
Pursuant to Section 13 or 15 (d) of the
Securities Exchange Act of 1934

March 10, 2004
(Date of earliest event reported)

GRIFFIN LAND & NURSERIES, INC.
(Exact name of registrant as specified in charter)

DELAWARE ----- (State or other jurisdiction of incorporation)	0-29288 ----- (Commission File Number)	06-0868496 ----- (IRS Employer Identification No.)
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ONE ROCKEFELLER PLAZA, NEW YORK, NEW YORK ----- (Address of principal executive offices)	10020 ----- (Zip Code)
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REGISTRANT'S TELEPHONE NUMBER, INCLUDING AREA CODE	(212) 218-7910 -----
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Item 9. Regulation FD Disclosure

Griffin Land & Nurseries, Inc. ("Griffin") today announced that Griffin and the other principal shareholders of Centaur Communications, Ltd. ("Centaur") completed the previously announced sale of all of the A, B and C Ordinary Shares in Centaur. Griffin's March 10, 2004 Press Release is attached hereto as Exhibit 99.1 and incorporated by reference into this Item 9. The foregoing information is not being filed for purposes of Section 18 of the Securities Exchange Act of 1934, as amended, and is not to be incorporated by reference into any filing of Griffin.

SIGNATURE

Pursuant to the requirements of the Securities Exchange Act of 1934, the registrant has duly caused this report to be signed on its behalf by the undersigned hereunto duly authorized.

GRIFFIN LAND & NURSERIES, INC.

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/s/ Anthony J. Galici

Anthony J. Galici
Vice President, Chief Financial Officer and
Secretary

Dated: March 10, 2004
