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GRIFFIN LAND & NURSERIES INC

Form 8-K

January 16, 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

January 16, 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.)
ONE ROCKEFELLER PLAZA, NEW YORK, NEW YORK ----- (Address of principal executive offices)		10020 ----- (Zip Code)
REGISTRANT'S TELEPHONE NUMBER, INCLUDING AREA CODE		(212) 218-7910

Item 5. Other Events and Regulation FD Disclosure

Griffin Land & Nurseries, Inc. ("Griffin") today announced that Griffin and the other principal shareholders of Centaur Communications, Ltd. ("Centaur") have executed a heads of agreement providing for the sale of all of the outstanding equity interests in Centaur. Griffin's January 16, 2004 Press Release is attached hereto as Exhibit 99.1 and incorporated by reference into this Item 5.

Item 7. Financial Statements and Exhibits

Exhibit 99.1: Griffin's January 16, 2004 Press Release (attached hereto).

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.

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GRIFFIN LAND & NURSERIES, INC.

/s/ Anthony J. Galici

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

Dated: January 16, 2004
