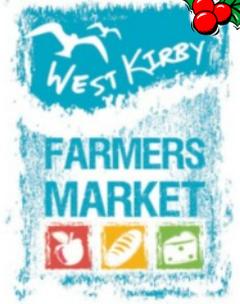




# West Kirby Farmers' Market

# News



**NEXT MARKET Saturday 20th December 2014**

### Rowlands Red Poll -

Large steak pies this month as well as the usual individual ones. Individual pies are still £2.95 each or a special offer of four for £10. Fillings are steak & gravy, steak & stilton or steak, pepper & red wine.



**Backford Belles** - A range of festive Jersey ice creams - Christmas Pudding, Irish Belles, Brandy Custard, Lemon & Amaretti, Chloe's Chocolate Orange, White Chocolate & Cranberry, Turkish Delight. And sorbets - Mulled Wine, Bucks Fizz and Melon.

**Funky Flapjacks** - Mincemeat shortbread, mini Christmas loaf cakes, gingerbread trees and men and bags of mini shortbread trees - ideal small gifts!

**Veggie Fayre** - Three different Christmas nut roasts: a vegan nut roast, a gluten free nut roast, and a nut roast with five nuts, goats' cheese & port soaked cranberries.



**The Chocolate Cellar** - seasonal truffles & macarons and cute chocolate penguins.

**Pen-y-lan Pork** The very popular Christmas sausages (made with cranberries, chestnut & orange). Handmade 'pigs-in-blankets', traditional pork pies, pork and black pudding pie, Christmas hams, black pudding, gourmet meatballs, dry-cured bacon, streaky bacon and sausage rolls.

**Aunty's Kitchen** - Coriander Chicken Curry, Keralan style Winter Vegetable Stew, Chickpea Curry, Brussels Sprouts Indian Style!

**Eponine Patisserie** - Mince pies and Christmas specialities.

Confectionery gift tins with soft homemade caramels - eg soft dark chocolate caramels,



slowly cooked by hand with rich cream & butter and the addition of the finest dark chocolate from French chocolate house Valrhona, with a touch of sea salt.

## December Seasonal Market Specials

**Little Eye Bakery** - Christmas Stollen made with freshly ground spices and our own, homemade marzipan.

**Real Food Cookery Club** - Veg scouse with mulled red cabbage, a great warming lentil chilli, a festive soup and a vegetarian gravy - great for your Christmas dinner.

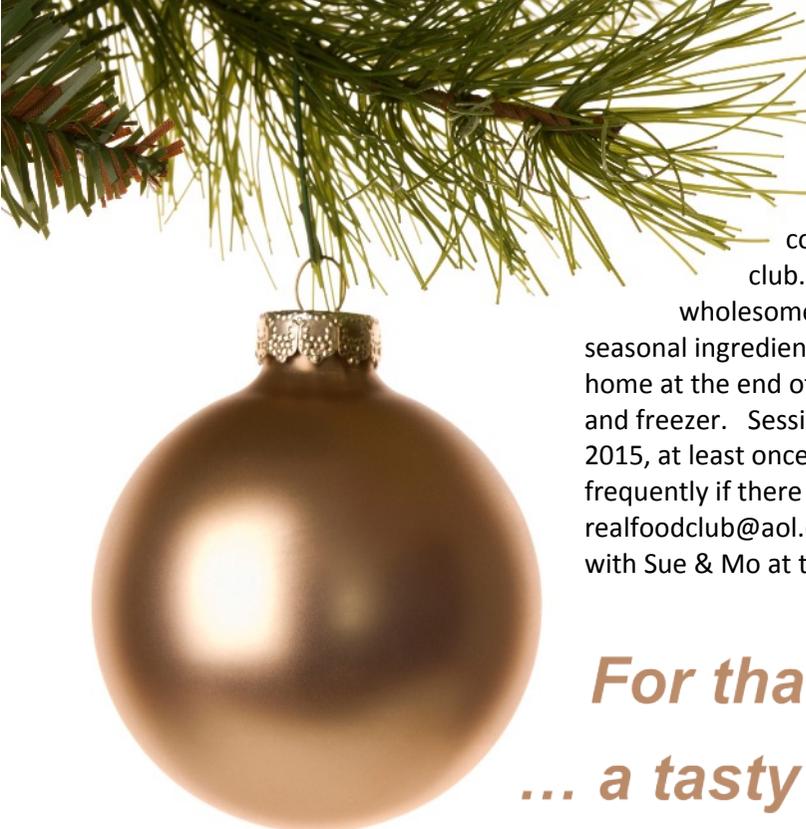
**Billy the Fish** - Very fresh, very local fish, shellfish & smoked fish, including cod, plaice, hake, grey mullet, shrimps cockles, mussels ...



**4th Saturday every month**

St Andrew's Church Hall,  
Graham Road, CH48 5DE

[www.westkirbyfarmersmarket.co.uk](http://www.westkirbyfarmersmarket.co.uk)



### **The Real Food Cookery Club**

Enjoy a friendly, fun, not-for-profit community cookery club. You'll learn to cook wholesome family meals using seasonal ingredients, and take them home at the end of the session for family and freezer. Sessions from January 2015, at least once per month, but more frequently if there is a demand. Email [realfoodclub@aol.com](mailto:realfoodclub@aol.com) or have a word with Sue & Mo at the market for details.

### **Cheese Maker**

Full day courses on a one-to-one basis at the dairy in Malpas where award-winning Chorlton Cheshire cheese is made using traditional methods. Cheesemaker Guy Dimelow will involve you through every stage of the milk's journey to becoming Cheshire Cheese. The day includes lunch and taking home a 2kg cheese that you made on the day. For further details email: [info@chorltoncheese.co.uk](mailto:info@chorltoncheese.co.uk)



### **Sourdough Bread Course - Start It Up!**

Little Eye Bakery are selling gift vouchers for their *Start It Up* sourdough classes. Learn all you need to know to get going in your own kitchen as a home baker, making delicious breads in a way that fits into your life. Places are still available in March and beyond for the West Kirby class at St Bidget's Centre. See their blog for comments on recent courses. <http://thelittleeyebakery.blogspot.co.uk>

### **Beekeeping Taster Course**

Talk to Wirral Countryside Bees at the market.

*For that unique gift idea...*

*... a tasty selection of local food-related short courses.*

### **Ladies & Gentlemen Who Lunch**

Ness Gardens cookery courses. Join the chefs from the Garden Kitchen as they show you some of their favourite recipes using fresh seasonal ingredients grown at Ness Gardens. Scheduled sessions this Spring include *Valentines Recipes; Cakes & Buns; Ready, Steady, Cook; and British Classics.*

To find out more details about the full programme of events at Ness Gardens go to [www.nessgardens.org.uk](http://www.nessgardens.org.uk)



### **Chocolate Cellar Workshops**

The Chocolate Cellar offers a range of workshops for corporate events, team building workshops, school groups, birthday parties, hen /stag parties and special individual treats.

Dates available for a 2 hour *Dabble* Workshop on 18th January at 11am, and a 3 hour *Creative* Workshop on 18th January at 2pm, both held in Liverpool City Centre. Private

workshops can be arranged at a mutually convenient time for groups of 6 or more people. See details and book at [www.thechocolatecellar.co.uk](http://www.thechocolatecellar.co.uk)

### **Claremont Farm Courses**

There are a number of different courses and activities for adults and children, run at Claremont Farm throughout the year. See [www.claremontfarm.co.uk](http://www.claremontfarm.co.uk) Current courses at Claremont include...

#### **...Gluten Free Baking**

Giving you recipes, techniques and lots of knowledge about gluten-free flours and how they work. Make brilliant bread, perfect pastry, scrumptious scones and the best gluten-free sponge cake you'll ever taste. It's very hands on, with lots of individual attention. Maximum numbers are 8. Lunch is provided (you'll be baking it). For further information and to book, please contact [Deborah@redapplenutrition.co.uk](mailto:Deborah@redapplenutrition.co.uk)

#### **...Momo Cooking**

Learn authentic Nepalese cuisine, making Nepalese stuffed dumplings on the *Momo Making* Course, or traditional Nepalese curries and rice on the *Dal Bhat* Course. Details at [www.momocooking.co.uk](http://www.momocooking.co.uk)





## PICKLED SATSUMAS

*A super easy seasonal recipe to impress family and friends,  
Delicious with roast duck, pork or ham.  
Would make a lovely small Christmas gift in a nice preserving jar,  
from Jill's Cookshop on Market Street in Hoylake.*

1 kg satsumas (or clementines will work well too)  
450g caster sugar  
600ml white wine vinegar  
1 cinnamon stick  
2 star anise  
1 teaspoon whole cloves  
1 teaspoon cardamom pods, crushed  
2.5cm piece root ginger, peeled and sliced

Carefully remove all the peel and pith from the satsumas and place in a large bowl. Discard the peel and pith. Place the sugar, vinegar, cinnamon stick and star anise in a large pan over a low heat and slowly bring to the boil, stirring. Simmer for 5 minutes then pour over the peeled satsumas. Cover and leave overnight. Strain the syrup into a pan. Pack the fruit tightly with the remaining spices and ginger into sterilized jars. Boil the syrup until reduced by half, then pour over the fruit. Cover and seal while still hot.



**Gift for a special friend / relative?**

**- Make time for afternoon tea.**

**Gift Vouchers available at  
Aubergine Cafe**

**The Crescent Walk, West Kirby  
0151 625 2662**

The Best West Kirby Christmas Ever!

# Christmas Fair

Saturday 20 December 2pm - 8pm  
West Kirby Concourse Plaza

Wirral artists & arts and crafts  
30+ stalls  
food and drink  
hot roasted chestnuts  
local cafés open late  
live music, choirs and carols

sponsored by  
**HICKORY'S**  
*Smokehouse*  
AUTHENTIC AMERICAN BARBECUE

**FREE ENTRY**

**brookfield** arts centre event  
[www.wirralartscentre.org/christmas](http://www.wirralartscentre.org/christmas)

**THE BEST WEST KIRBY CHRISTMAS EVER!**



# Christmas dinner leftovers?

Download the New Love Food Hate Waste free App at [www.lovefoodhatewaste.com](http://www.lovefoodhatewaste.com)

*In the UK, we throw away 7m tonnes of food and drink from our homes every year, most of which could have been eaten if only it was managed better.*

*This good food and drink costs us £12.5bn a year. You can save almost £60 per month by throwing away less food, and help the environment by saving energy and water, and reducing harmful gases.*

- Loads of great recipes with simple step-by-step instructions, with new recipes added all the time
- Discover recipes instantly that you can make with ingredients you already have in your kitchen
- Portion Planner: we can help you calculate how much you need of the most popular foods
- Meal Planner: a diary for planning recipes, meals and leftovers up to 14 days in advance
- My Kitchen: store all the info about what you've got at home in your fridge, cupboard and freezer
- Shopping List: track everything you need for your planned meals and alerts you if you have duplicates of any ingredients



## Moos of The World

*News from Grange Farm, Mickle Trafford*

### LOCAL PRODUCE FAIR

Our local produce fair takes place every Saturday from 9am to 4pm. We have Red Poll beef, free range organic eggs, preserves, honey from the farm, gluten free cakes, fantastic fudge, handmade bread, Chorlton Cheese, and Trafford Mill Kitchen Garden produce. You can also order online through the Food Assembly and pick up in Chester on Monday evenings. [www.thefoodassembly.com](http://www.thefoodassembly.com) We 'll be open as usual during the Christmas hols.

### FREE FARM VISITS

We offer visits for groups of six or more people and lasting around two hours. Funded by Natural England, they can be tailored to your interests, and include the use of our meeting room. So if you would like a visit with a difference to find out about food, farming, conservation and the environment, please get in touch.

*Wishing every customer a Merry Christmas and a Happy New Year,  
Huw Rowlands*

## What to do with your Christmas tree when the decorations come down.

**Wirral Hospice St John's Christmas tree collection is back by popular demand!**

Register your tree and they'll collect it from your home for a small donation (suggested minimum £5).

Collection dates are

10th, 11th, 17th & 18th January.

Collections from these postcodes:

CH41, 45, 46, 47, 48, 49, 60, 61, 62, 63, 64.

Register here: <http://ow.ly/FZelK>



# Is your child's school a Food For Life school?

## Transforming Food Culture

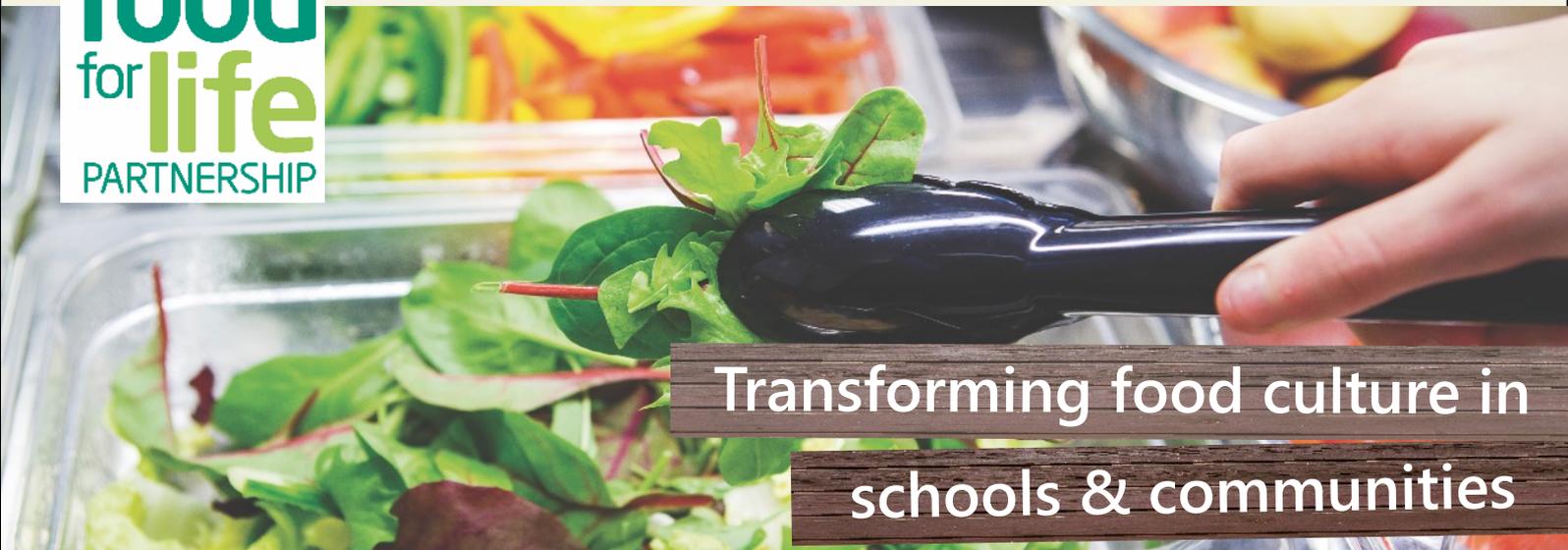
Food is at our heart, but it is about much more than what's on the plate. It's about understanding how food is grown, learning about sustainability, making connections with health and the impact we make on the environment, caring about what we eat and how it was produced or reared – transforming our whole attitude to food.

The more we understand about where our food comes from, how we farm and process it, how we cook and eat it, the more we are educating future generations to respect our food culture, our health and our wider environment.

"FOR SCHOOL MEALS TO SUCCEED FOOD CULTURE MUST INVOLVE THE WHOLE SCHOOL. CONNECTING COOKING, GROWING AND FARM VISITS."

JEANETTE ORREY (CO-FOUNDER - FFLP)

**food**  
for **life**  
PARTNERSHIP



## Transforming food culture in schools & communities

## How can FFLP help your school?

The FFLP award scheme brings schools and their surrounding communities together based around the core ethos of healthy, tasty and nutritious food. The programme is about more than just food on the plate; it considers where food comes from and how it's grown, cooked and experienced. FFLP provides practical advice and support enabling schools to achieve bronze, silver and gold awards, rewarding and celebrating success. Through a range of resources, advice and support they guide schools to make changes step-by-step through adopting a whole school approach.

**TWICE**  
AS MANY PRIMARY SCHOOLS RECEIVED AN OUTSTANDING OFSTED RATING AFTER WORKING WITH THE FOOD FOR LIFE PARTNERSHIP

Schools awarded by the programme are growing their own food; organising trips to farms; sourcing food from local producers; setting up school farmers' markets; holding community food events; providing cooking and growing clubs for pupils and their families; serving freshly prepared, well-sourced meals and providing an attractive dining environment so lunchtimes are a positive feature of the school day.

Thanks to Big Lottery Fund support, any school in England can enrol with FFLP free of charge, and access all the materials needed via the FFLP website along with a dedicated telephone line you can call for advice and guidance.