



West Kirby Farmers' Market



News

Next market - Saturday 23rd May 2015



Veggie Fayre - I'll have local asparagus & foraged wild garlic tarts, beetroot hummus, veggie scotch eggs and mushroom & wild garlic pies.



rhubarb this month! If anyone cannot get to the market early, and has a favourite please don't hesitate to phone me (625 6074).

Little Eye Bakery - we'll

Mary's Cakes - I'll have some new homemade fruit cordials rhubarb and raspberry cordials this month.

Yasmin Limbert - I'm baking lemon Bakewell and cherry Bakewell tarts along with the usual Apple Frangipani. I shall also have Keema Pies topped with sweet potato.

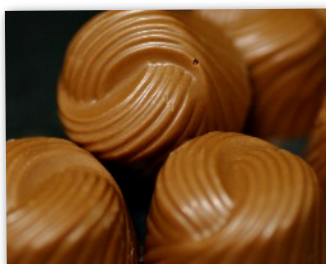
Funky Flapjacks - I will choose the least popular cake from the previous market and replace it with something different (this did not work last month as they all appeared just as popular!) So I have decided to keep everything the same. Thanks to Hoylake Allotments for my

23rd May Market Specials

be foraging for some fresh wild garlic for a wild garlic & herb loaf.

Chocolate Cellar - We are looking forward to putting the heat back into the

summer with our selection of chilli chocolate – there will be a selection of milk, dark and white chocolate with chilli as well as our hot 'n' spicy truffles. We will also have a selection of summer macarons.



Pen y Lan Pork - We'll have our new Chorizo sausage, plus sausage rolls and ham hocks.

Eponine Patisserie - We'll have new mint-chocolate mallows.



Do you grow your own? Can you help?

St Luke's Church, Market St, Hoylake is host to "Food and Friendship" group each week on Fridays. The group provides a warm hearty meal and company for vulnerable people in our community. There is no charge for the meal; the group relies on donations to keep this valuable service running. This year, could you plant some extra fruit and vegetables to donate? Your donations will be cooked into fresh and healthy meals and shared between the vulnerable in our community.

June Diary Dates

See more details on our [Farmers' Market website](#)

Sat 6th June 10 am - 2pm

NESTON FARMERS' MARKET

Sat 6th June 1:30pm - 3:45pm

GROWING HERBS FOR HERBAL TEAS Fieldcrest Garden School

Sunday 7th June 10am to 2pm

WALLASEY FOOD FAIR

Sunday 7th June 10am

CHEESE MAKING with Guy Dimelow of Chorlton Cheese

Saturday 13th June 9am to 1pm

WIRRAL FARMERS' MARKET

Sat 13th & Sun 14th June

FARM FEAST

Two day festival of food, drink, music & family fun at Claremont Farm www.farmfeast.co.uk

Sunday 20th June, 10am - 2pm

EASTHAM FOOD FAIR

Sunday 20th June

LITTLE EYE BAKERY

SOURDOUGH BREAD COURSE

Saturday 27th June, 9 - 1pm

WEST KIRBY FARMERS' MARKET

Sunday 28th June 9.30am-4.30pm

HERB DAY AT NESS GARDENS

Practical techniques for making the most of garden herbs.

Why Bees are so Important for Ollie's Orchard - The Home of Cheshire Apple Juice.

Bees are the best pollinators in an orchard. Bees need nectar for energy and pollen for protein. As the bees fly from blossom to blossom collecting nectar, they carry pollen on the tiny hairs that cover their body. When bees carry pollen from one blossom to another blossom, the second blossom is pollinated.



The bees love the dry and sunny weather, so fingers crossed for good weather to get a great crop of mouth-watering apples this year to make our fabulous juice.



Read more: The Importance of Orchard Pollination | Garden Guides
www.gardenguides.com/124535-importance-orchard-pollination.html

MARKET RECIPE: Make the most of seasonal food

A Delicious Red Poll Beef Recipe

This may be the most imprecise and easy recipe you will ever read. Just follow these simple steps to create a succulent and nourishing Red Poll beef stew. Preparation only takes a few minutes.

1. Buy a slow cooker.
2. Buy some LEAF Marque Red Poll beef. Almost any cut works well. You can use shin, stewing steak, braising steak, escallop steaks, Denver steaks, top rump steaks, rump steak, sirloin steak, rib eye steak, fillet steak or even sausages.
3. Put your Red Poll beef in the slow cooker dish.
4. Add a tin of chopped tomatoes.
5. Add seasonal vegetables of your choice. Garlic, onions and peppers are great.
6. Add herbs, either freshly chopped or dried.
7. Throw in a pinch of salt.
8. Top up with water until the dish is just over three quarters full.
9. If you like thicker gravy, mix in some gravy granules or stock.
10. Switch your slow cooker on low and leave for 24 hours.
11. Enjoy the aroma permeating your kitchen.
12. Eat and enjoy!



NEW! Readers Recipe Competition

We'd love you to share your favourite family recipes for making the most of the fresh, local and seasonal food that you buy at West Kirby Farmers' Market.

To enter, email your recipes to ttwk.food@gmail.com

**WIN A PRIZE OF £10 OF MARKET VOUCHERS
for any recipe we use in the newsletter!**

fruit to suit CIC is a multi-award winning social enterprise delivering fun and engaging business and enterprise programs to primary and secondary schools nationwide.

Our programs develop and encourage entrepreneurial skills and a greater understanding of business planning which can be consolidated by establishing and operating a long term, sustainable healthy tuck shop businesses.



Active Orange ©



Healthy tuck shop businesses

fruit to suit trains children to establish and independently Operate a healthy tuck shop business in their school. They are voted for managerial roles: directors, market Research managers, marketing managers, sales managers, purchasing managers, stock control managers or finance Managers and are trained within those roles to operate the tuck shop business independently.

fruit to suit snacks

fruit to suit supplies an extensive range of healthy snacks and drinks meeting the School Food Trust criteria to be sold in schools and healthy snacks and drinks for discos and fairs. These snacks include dried fruits, flavoured apple crisps, fruit bars, naturally flavoured raisins, fruit juices and natural lemonade, cola and iron brew.

The children select the snacks, which may not be available within their local community, and promote the health benefits to their peers, families and local communities with the consequent benefits to the diet and quality of life within these areas. These potential benefits include; better balanced diet, increase nutritional intake, less fatty food; with consequent potential health benefits including reduction in obesity.



Andy Apricot ©



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fruit to suit characters

fruit to suit snacks have their own characters designed by primary school children making our snacks visibly more appealing. Their stories provide young children with a Character Village support and information network. The Character Village aims to tackle a range of issues affecting children and adults at root level to prevent them becoming major issues later in life. By giving children the knowledge and confidence to challenge perceptions and local community expectations we will empower them to become the key decision makers of the future.

Each character will have its own webpage linking to professional sites and charities. We offer characters and stories children can empathise with and be encouraged to follow links for professional support & guidance.

Why not join us?

Here's what our Liverpool Franchise Owner, Sonya, had to say recently - "Running your own business is really tough, and really lonely at times especially if you are self-employed and all the drive, motivation & decisions have to come from yourself.

However, every time I go into a school and experience first hand the fun, creativity, enthusiasm and ideas that the children come up with to launch and run their own businesses in school. I witness the team-work and problem solving and hear them grow in confidence over the course of the year as they place their orders each Monday and market their businesses, it reminds me how lucky I am to be doing this job.



Today was no exception - first I visited Carr Mill Primary school to see the Yr5 Marketing managers deliver a superb launch assembly to the rest of the school, together with a professional informative PowerPoint presentation. Then I went on to Garswood Primary school to train a group of children some as young as 7 to run their own business - again the enthusiasm was overwhelming as everyone got stuck into completing their business plan and learning their manager roles.

I am also amazed at the enthusiasm of staff in the new schools I visit to talk about fruit to suit. Last week alone two schools signed up to the program immediately after being given glowing recommendations from other schools. There is no doubt in my mind that fruit to suit is the best thing I ever did. Lets hope it continues to grow and prosper so that more children can be engaged in running a real life profitable business for their school.



Enjoy a great day out with the family at Grange Farm Open Day

Open Farm Sunday is on 7th June, and is farming's national open day administered by LEAF (Linking Environment And Farming). All are welcome at the farm and Trafford Mill from 10:00 a.m. to 4:00 p.m.



Red Poll cow and new calf. Courtesy of Ray Woodward.

Join us for farm and mill tours, rural crafts and activities in Trafford Mill Kitchen Garden, a much enlarged local produce fair, beekeeping demonstrations, a barbecue and more. Find out about the Cheshire Cider Project and the exciting developments at Trafford Mill which include the establishment of a new Building Preservation Trust to save & restore the building for future generations. Full details can be found at www.farmsunday.org

Our Local Produce Fair continues each Saturday from 09:00 to 18:00.

Don't forget that free farm visits for groups are available by booking in advance, funded by Natural England.

we're at...

St Andrew's Church Hall
Graham Road
West Kirby
Wirral CH48 5DE

Where, when & how to find West Kirby Farmers' Market...

on the...

4th Saturday every
month, 9am - 1pm
Sat 25th April 2015
Sat 23rd May 2015...

get there...

...on foot or by bike - 400 metres from West Kirby railway station, on Meols Drive (towards Hoylake), then right into Graham Road.

...by bus - Services 38, 77, 77A, 437 to West Kirby

...by train - Services every 15 minutes into West Kirby station.

...by car - Parking for the market is not easy. Park on Meols Drive and in town centre car parks; and for blue badge parking only, in the Church Hall car park.

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0151 625 0608 • [@wkfarmersmarket](https://www.facebook.com/groups/westkirbyfarmersmarket) • [facebook.com/groups/westkirbyfarmersmarket](https://www.facebook.com/groups/westkirbyfarmersmarket)