



West Kirby Farmers' Market News



Next market Saturday 23rd April 2016



Yasmin Limbert - "This month's seasonal produce comes in the form of delicious Wild Garlic & Cheese Scones."

Pen y Lan - "Come early to get our Pen Y Lan Pork Pocket Rocket - Free-range pork with Bongo's Firework Jerk packing the punch."

Little Eye Bakery - "We'll have a wild garlic loaf for the Market- it's just ready to pick and I'll be gathering on Friday - and also a few fruit buns for the early birds."

Crosslea Farm - Mix and match half a dozen extra large with half a dozen large eggs for £3.30.

John Jones Market Garden - "We'll have first crop new season radish, tomatoes, rhubarb and spring onions, plus beetroot (plain and candy stripe), savoy and spring cabbage, purple sprouting broccoli, carrots and root veg."

Bongo's Rock & Roll Pickles - Back with their ever popular chilli condiments and don't forget you can get their original Food First Aid Kit for only £11 this month! Go and see Manny & Debs to talk chillis and rock & roll!



Find Inspiration in Food - "Due to popular demand we will be reinstating the mini jars from this month. Ideal to accompany a picnic or to take into work, the 45g jars can be purchased for just £1 or 3 jars for £2.50. Not all lines will be covered but a large selection will be available. They also make ideal gifts for Father's Day or stocking fillers at Christmas! (Sorry for mentioning the C word so soon)."

Chilli Gourmet - "We'll be bringing along our collection of about 20 different chilli plug plants for you to pot up and grow on at home."

Funky Flapjacks - "This month some of you may be glad to know sees the return of the Rhubarb Shortbread, as the rhubarb season is now well under way (except for my own that obviously did not get the message!). I am abandoning the Chocolate cake with chickpeas as although it tickled some taste buds it did not gain overall approval."

Veggie Fayre - Vegan Scouse pies with wild garlic dumplings.

**At market
on 23rd
April**



Email us to subscribe to the monthly market newsletter
ttwk.food@gmail.com

Girlguiding West Wirral Division will be at the April Market fundraising at the Community Café.

Amazing response to the Pen-Y-Lan Pork "Pocket Rocket" Sausages

Did you miss out last month? Well don't worry folks - Bongo has been back in the kitchen and Mike has been busy making sausages just to make sure there's more for you this month.

For those who missed last month's market, Mike and Wendy of Pen-Y-Lan Pork have a new flavour in town, using Bongo's Rock & Roll Pickles hot dip'n'ade the "Firework Jerk" - with astonishing results.

They premiered the new sausages at last month's West Kirby Farmers' Market and they SOLD OUT in an unprecedented 12 minutes!

These spicy bad boy sausages are made from the highest quality free range pork, as all Pen-Y-Lan Pork's sausages are, but with an added hot kick. We guarantee you'll not find another sausage as hot and delicious, as these are the only ones to use Bongo's Firework Jerk in their recipe.

So check out this joint venture between Pen-Y-Lan Pork and Bongo's Rock & Roll Pickles.



As the West Kirby Tap (@WestKirbyTap) tweeted:

"Need them (Pocket Rocket) sausages badly!"

then later.....

"Had some Pocket Rocket Sausages delivered by one hell of a good Samaritan this afternoon! Can't Wait for breakfast!"

People have been contacting us on social media and emailing all month to request their packs, so get to St Andrew's Church hall early this Saturday and avoid disappointment!



A Tiresford Story

From Andrew Hope

Last year we made a very difficult decision; we dispersed the Tiresford herd of pedigree Guernsey cows.

The sleepless nights and anxiety which preceded the actual decision only started to reduce some time after the last cow was sold before Christmas.

The decision was not taken purely because of the dire state of the dairy industry, although the price we received for our milk was roughly half that which we were getting during a 'golden period' in 1993! We had softened the blow of disastrous prices, to a certain extent, by diversifying into processing and selling yogurt and brie through TIRESFORD GUERNSEY GOLD.



We were first generation dairy farmers who had built our business without the resources of inheritance during a testing period for farming, but we were tenants reaching (or rather having achieved) what is considered a responsible age for retirement. As tenants we were also subject to a situation whereby our landlord was intending to submit to a very generous bid to sell a significant proportion of the farm for building houses. The farm buildings were approaching a stage where they needed significant investment, which we didn't have and which our landlord was unwilling to provide - so we decided 'THAT was unfortunately THAT'.

We can look back and wonder whether it was worth missing family occasions, Christmas days, weekends off and family holidays for 25 years, but I have to admit it makes me uncomfortable to do so.



However, I can also look back (and I stress the 'I' here - Sorry Sue!) with great satisfaction and enjoyment that the cows have given me. We built the herd into one of the best known Guernsey herds, with bulls from Tiresford being used all over the world. We had the fun of competing in the show ring, not only against Guernseys but against all other breeds. But more importantly we kept the breed in the news when the new 'white water' contracts issued by some milk processors, after the demise of the old Milk Marketing Board, were actively encouraging the production of high volumes of low component milk which could be efficiently produced by the Holsteins bred by American and Canadian genetics. This trend was a threat to the traditional domestic breeds.

Guernsey cows have many qualities, not least of which is their gentle nature, however, when we cut to the chase, it is the milk that matters and their milk is just different.

It is a yellow milk due to the cow's unique ability to retain the beta carotene from the grass that they graze 'The more the sun shines, the yellower it gets!' Beta carotene is an anti-oxidant. The milk components are high, although she produces about 20% less fat than her cousin the Jersey. The protein is exclusively α_2 (please Google rather than let me ramble on about a complex and radical subject). The omega3: omega 6 ratio is considered to be closer to the ideal than any other breed (looks like Google again!). The Guernsey cow produces a sweet milk that means we don't need to sweeten our yogurts. Because of these qualities she is ideally suited to a grass based diet.



The milk from the Guernsey is NOT great for hard cheese, such as Cheshire and Cheddar, one of the problems caused by it being... different. However, it is ideally suited to the production of softer brie style cheeses. This was brought home to me by a Frenchman, no less, who explained to me that brie was originally made with milk from the native breeds of northern France from which our Guernsey cow was refined. Like many of our own native breeds, these became outnumbered by the high production 'black and whites' resulting in a lot of inferior brie being sold (mainly to Britain). He admitted that our Golden Brie tasted how traditional brie should taste - strong and tangy.

The thought of having to sell the cows to which we had dedicated so much of our lives was devastating. Each cow, heifer, bull and calf had relied on me, and to sell each one would be like selling my dog. When we sold them, we were able to sell privately, and we just about know where they all are. We were also in the fortunate position of having a very good friend of ours (Ernie) who has an excellent herd of Guernseys (some of ours went there), who has made our Golden Brie in his own cheese dairy. We have been buying our milk from Ernie over three months, and we have a deal where he receives a fair price from us which we hope will help him to develop his business. Ernie owns his farm but, apart from the uncertainty of landlords' influence, still has the problems facing dairy farmers everywhere. So working together helps us to ensure our milk supply, and the future of the Guernsey breed in the North West.

Although we are no longer dairy farmers, we are still very much involved with the dairy cow.

There is life after nearly half a century of milking cows (I hope)!



A Walk on the Wild Side

The market producers have been making the most of a great local and seasonal free food - Wild Garlic.

Look out for Veggie Fayre with wild garlic dumplings for the vegan scouse pies; Little Eye Bakery with a wild garlic sourdough loaf, and Yasmin with wild garlic and cheese scones.

As with any foraging, you need to know what to look out for, as there are poisonous look-alikes, but if they inspire you to do some wild garlic foraging Yasmin has some recipes for you to try at:

yasminlimbert.blogspot.co.uk



Malcolm foraging for garlic last year...



and the sourdough proving



Pencil Cayenne



Rocoto

Have a go at growing your own chillies this year

If you fancy having a go at growing your own chillies this year, you can pick up young plug plants from Jane at the Chilli Gourmet stall this month, and ask for tips on how to grow them on.

"The pictures show a selection of what I will have available at the market this week, plus hopefully at least another 10 varieties. I think we can safely say 20 varieties in all.



Lemon Drop

"Many like the Mushroom Cap scotch bonnet, Madre Vieja, 'Tricolor Variegata', (no picture of that one) are rare.

"I have chillies of all colours of the rainbow and of all heat levels - from blisteringly hot habaneros to chillies with no heat at all ("Chilly Chilli" has virtually no heat). I also have some more middle of the road chillies when it comes to heat, and many ornamental varieties suitable for growing on a sunny windowsill.



New Mex Twilight

"I will be selling larger plants at future markets but a much more reduced range so this is the last chance this year to pick up many of the varieties I am growing.

"The plants are tiny plug plant size, ready for potting on, obviously no chillies or even flowers on most of them as yet!

"As a result of working with some talented graphic design students at Chester University I have some wonderful new branding which has helped me move into some local delicatessens, Deli 1386, W&W. The project was given to 48 third year students as their "Life Project" at the end of last year. There were some amazing designs - maybe some other producers might like to investigate? The design I chose was by Kiera O'Brien who is intending to go freelance once she qualifies this year.



Mushroom Cap
Scotch Bonnet



Explosive Embers



Yellow Bumpy



Masquerade



Seasonal Recipe by Kathryn Whitehill

Easy Risotto with Bacon and Tomatoes

Serves 3 to 4

This is such an easy dish to make. It virtually requires no stirring at all. It can be made within 30 minutes and it is so tasty. Children love it!

Ingredients

1 to 2 tablespoons of oil
250g risotto rice
1 onion, diced
1 clove of garlic
1 glass dry white wine (optional)
200g chopped smoked bacon
1 tin of chopped tomatoes
500mls chicken stock (hot)
1 bunch of basil
50g parmesan, grated (optional)
Salt and pepper



Instructions

1. Heat the oil in a medium saucepan. Add the onion and soften until translucent, then add the bacon and cook until brown and crispy. Add the garlic and cook until soft. Do not allow the garlic to brown as it will taste bitter.

2. Add the rice and fry gently for a minute. Then add the wine and bring to boil to cook off the alcohol. Add the hot chicken stock and bring to the boil, add the tin of tomatoes, bring back to the boil. The reduce heat to a simmer for, place a lid on the pan and simmer for 20 minutes.

3. After 20 minutes, take the lid off and if the liquid has absorbed the rice is cooked. If not leave the lid off for another five minutes. It is cooked when the rice is soft but still has a little bite to it.

4. When cooked taste for seasoning, add salt and pepper to own taste, add basil leaves and stir. Add parmesan if you wish. Enjoy!

April 2016

Local Food Diary Dates

[Visit our website for details](#)

WALLASEY FOOD FAIR

Sunday 1st May 10 am to 2 pm

First Sunday every month

LAMB THREE WAYS

Tues 3rd May 1-4 pm

Cookery with Ness Gardens Kitchen

NESTON FARMERS' MARKET

Saturday 7th May 9 am to 1 pm

First Saturday every month

GLUTEN-FREE BREAD *

Sunday 8th May, 9.30 - 3 pm

WIRRAL FARMERS' MARKET

Saturday 14th May 9 am to 1 pm

Second Saturday every month

PESTO, PIADINA, PIZZA, PASTA...*

Saturday 14th May 9.30 - 2.30 pm

NEPALESE COOKERY*

Thursday 19th May, 6 to 9 pm

NEPALESE COOKERY*

Sat 21st May 9.30 - 2.30 pm

HESWALL FARMERS' MARKET

Saturday 21st May 10 am to 3 pm

Third Saturday every month

INDIAN COOKERY WITH SOMA*

Sunday 22nd May, 10 am - 4 pm

GLUTEN-FREE BREAD*

Tuesday 24th May, 9.30 - 3 pm

WEST KIRBY FARMERS' MARKET

Saturday 28th May, 9 - 1 pm

St Andrew's Church Hall

Fourth Saturday every month

***ALL AT Claremont Cookery School**

FOREVER GREENS in Hamilton Square

Forever Greens Cafe/Deli (next to Magistrate Courts in Hamilton Square) re-opened last month after extensive refurbishment. New owner, Emma Norbury, has brought together a talented chef and a highly motivated team, who have worked hard to achieve a 5 star food hygiene rating. In just 3 weeks of opening they have already built up a loyal following.

The aim of the team is to bring freshly prepared and local produce to the town, and they stock a whole host of local produce and favourites from local farmers' markets: Mike Morton's (**Find Inspiration in Food**) wonderful jams, marmalades and chutneys; **Appleby's** eggs; **Veggie Fayre's** delicious pies and pastries; **Bongo's Rock n Roll** chilli pickles; **French Corner** artisan breads; **Abyssinia Kitchen** pies; **Adams & Russell** fair-trade coffee and teas; **Ollie's Orchard** apple juice and much more.

Emma has sourced a large variety of gluten-free and vegan options (including a non-dairy alternative to milk) and will be happy to try and source or stock any customer requests for their favourite local produce or dietary requirement.

"We want to bring freshly prepared and local produce to the town"

The cafe is open from 8.00am until 2.30pm, Monday to Friday. For those customers who wish to eat in rather than take away, there is seating for 24 - so do drop in and experience the friendly atmosphere and delicious food.



Other markets out & about

If you've enjoyed the produce from West Kirby Farmers' Market, why not make a date with one of the other local producer markets too?

Look out for the dates in our Diary column.



HESWALL FARMERS' MARKET

THE CHURCH OF THE GOOD SHEPHERD PARISH HALL

Every Third Saturday 10am - 3pm

2016 Dates

February	20th	August	20th
March	19th	September	17th
April	16th	October	15th
May	21st	November	19th
June	18th	December	17th
July	16th		



we're at...

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

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

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.

on the...

4th Saturday every
month, 9am - 1pm

Sat 28th May
Sat 25th June...

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