



West Kirby Farmers' Market News



Next market - Saturday 22nd April 2017



***NEW* Sweet Pea Wirral** - Fresh juices, smoothies, protein shakes, infused fruit waters, fruit slushies, and popcorn.

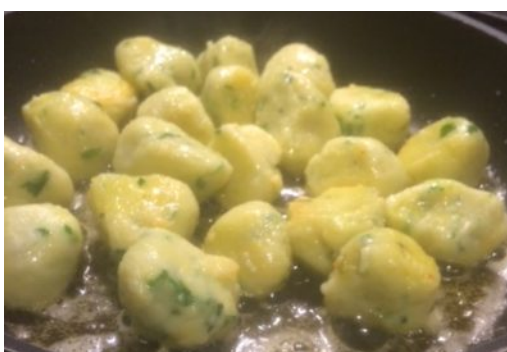
Hemingway's - Wild garlic pesto (with walnuts, rapeseed oil & cheese), and wild garlic gnocchi.

Chilli Gourmets - "This will be the last opportunity to buy plug plants this year; I have already potted on the majority and hopefully the rest will be done by this time next week. Greens of Oxton have said they would like to stock plants when they are more advanced and I will be putting a few on the South Wirral & Chester Food Assembly; people are welcome to contact me directly. I have a new Barbecue sauce made with my home grown rhubarb, I intend to make my next batch with rhubarb from Claremont Farm."

Yasmin Limbert - "This month's Special Bakewell is Apricot & Almond, and Homity pies will include Butternut Squash & Feta. I'm also going to do my best to make some Wild Garlic & Cheese Scones."

Veggie Fayre - "This month we will be making wild garlic and feta quiche. Also savoury swirls with wild garlic, beetroot and Stilton."

Crosslea Farm - "I'll have some double yolkers if you come early this Saturday."



Little Eye Bakery - We are going to have a few *Dough to Go* loaves, to take home and bake later, for people who wonder what it would be like to bake their own sourdough loaf. We are also going to bring a few packets of our leavened oatcakes – 100% oatmeal with a dash of salt and oil - made with our own oatmeal sourdough starter.



Dolwen Farm Shop - New season Welsh lamb.

Britman Craft Beers - "We have just had an article published about us in Samphire Magazine under the heading *Local Food Heroes*" - Available as a digital download at www.samphiremagazine.com/digital

Funky Flapjacks - "I hope everyone had an enjoyable Easter despite the weather - typically today, Tuesday, is lovely! This month I am just following March's selection as it proved popular with everyone. As usual please get in touch if you would like me to reserve anything, as I know some people were disappointed at the last market."



Chocolate Cellar - As well as raspberry, champagne and vanilla chai macarons, we'll have our new Jaffarons! These are Jaffa cake macarons with orange jelly (from Find Inspiration in Food) & dark chocolate ganache.

Thank you

"Unfortunately this will be my last farmers' market for sometime. Now the growing season is in full swing again I have found it impossible to keep up with supplying my local retail outlets as well as caring for my plants and also attend regular farmers' markets. I would like to say a huge thank you to the committee at West Kirby Farmers' Market and Victoria at Heswall Farmers' Market for the way they have supported and nurtured my little business. I will miss all my friendly fellow traders and of course my loyal customers. I will be handing out a leaflet with a list of all the local retail outlets where customers can purchase my chilli condiments and hopefully my new website will be up and running very soon so customers can order online."

Thank you all! Janey - Chilli Gourmets

A warm market welcome to *Sweet Pea Wirral*

Based just up the road in Saughall Massie, owner Emma will be selling fresh juices, smoothies, protein shakes, infused fruit waters, fruit slushies, and popcorn, all made at the market from fresh produce, plus her own range of herbal teas.

Emma buys all her fruit & veg from Fine Fruits in Pensby - a small independent shop which sources local produce where possible.



Appleby's Milk

Greenhouse Farm, Arrowe Road, Greasby CH49 1RY

Appleby's is a family run dairy farm selling
free-range eggs and pure, unpasteurised milk
direct from the farm.

The cows are milked each day and the fresh milk is used to fill a refrigerated dispenser (the Milkbot). The milk room is open 7 days a week from 9:30am - 7pm and it's all self-service - unless you need assistance, in which case, just shout - they're always happy to help.

May Diary Dates

NEPALESE STREET FOOD*

Tuesday 2nd May

WALLASEY FOOD FAIR

Sunday 7th May 10am - 2pm
Mosslands School, Wallasey
1st Saturday every month

REAL FOOD COOKING & NUTRITION CLASS*

Thursday 11th May 9.30am - 2pm

WIRRAL FARMERS' MARKET

Saturday 13th May 9am - 1pm
New Ferry Village Hall
2nd Saturday every month

CHEESE MAKING*

Sunday 14th May 10am - 4pm
With Guy Dimelow
of Chorlton Cheese

NEPALESE MOMO MAKING*

Thursday 18th May

COOKING FOR THE FAMILY*

Thursday 18th May 9.30am - 2pm

HESWALL FARMERS' MARKET

Saturday 20th May 10am - 2pm
Church of the Good Shepherd Hall
3rd Saturday every month

INDIAN COOKERY WITH SOMA*

Saturday 20th May 10am - 4pm

WEST KIRBY FARMERS' MARKET

Saturday 27th May 9am - 1pm
St Andrew's Church Hall
Fourth Saturday every month

***AT Claremont Cookery School**



From The Chocolate Cellar This Month... *"We have had an exciting month in terms of media coverage and were delighted to be mentioned in Cheshire Life as one of the 5 foodie treats to try over Easter (hope everyone followed that advice) – we were also featured on Radio Merseyside and "The Lowdown" on Made In Liverpool TV.*

"We are looking forward to bringing our Jaffarons to the market on the 22nd – these are macarons with a vegan orange jelly from Mike of Find Inspiration in Food and with a dark chocolate ganache. Other macarons we will be bringing are raspberry, champagne and vanilla chai.

"We are thinking of bringing some salted caramel truffles too – although it will be just after Easter and some people may be a bit chocolate-d out – we think you can never have too many salted caramels!!

"Our chocolates can be purchased at: Claremont Farm, Greens of Oxtown and Stollies (of Wallasey Village) – all on the Wirral!

"Our next chocolate making workshop is on: 25th June at Claremont Farm from 11am to 1pm. Places can be booked through either www.thechocolatecellar.co.uk/workshops or at www.claremontfarm.co.uk/chocolate-workshop"



April is Buzzing from Nigel, of Wirral Countryside Bees

After inspecting some of my hives last week, I got a nice surprise, some of the queens have been very busy laying eggs since early March, obviously not bothered by the cold winds we've had. From the egg laying pattern they were on their second batch.

At the beginning of the new season, the queen always lays from the centre of the frame outwards, in a crescent shape as far as the surrounding pollen and honey, therefore the cells in the middle will hatch first. So when I saw open cells containing eggs in the middle of the frame and sealed cells next to the pollen, the cells in the middle had been relayed.

The major job at present is putting the colonies into clean hives, this helps prevent the spread of diseases. At the same time, the hive set up is changed from winter survival to Summer honey collection. The dirty hives are first scraped to remove bits of wax and propolis, brushed and then scorched with a blow torch/flame gun, concentrating on the corners and where the frames rest, they are then ready for re-use.

As soon as the weather warms up a bit and there are a few more Drones (male bees) about, Queen rearing will get under way. The colonies used for this purpose are fed continuously with a liquid, complete feed, to ensure good strong healthy bees, for the task ahead.



WE LOVE LOCAL FOOD!! The market aims to stimulate and support local food production, so we try to keep you updated about other opportunities to buy locally produced food. If you know of anything that we should be including, drop us a line: ttwk.food@gmail.com

Beer & Cheese Evening - A match made in heaven!

Friday 21st April

*Celebrating the arrival of a range of
beers from local brewery Neptune.*

Learn something more about the brewery, have an opportunity to 'meet the brewer' & most importantly taste a selection of six delicious beers! We'll pair each one with one of our fab cheeses to perfectly complement the flavours of both.

Tickets are £7.50 (payable up-front) but we only have a few left so be quick! We'll start at 6.30 & finish around 8 pm. If you'd like to join us email to tell us how many would like to come or feel free to call us (0151) 345 6906 or pop into the shop.



Email for 'Beer & Cheese' Tickets - info@deli1386.co.uk

HESWALL FARMERS' MARKET

**THE CHURCH OF THE GOOD
SHEPHERD PARISH HALL**

THIRD SATURDAY OF EVERY MONTH 10AM - 2PM
Next market 20th May

Next time you're at Heswall Farmers' Market take a look at one of their newish producers Corine's Foodies.

Wife and husband team Corine and Remy, create unique French sweet and savoury treats. Basque Country cakes, Almond teacakes, Canelés of Bordeaux, Honey, Orange & Spice Rye Bread, County Paté with Cognac and much more.

As former chefs and owners of the restaurant *La Fontaine aux Fees*, in Bordeaux (and now living in Cheshire), their food is delicious, beautiful and properly authentic.



10 reasons why buying local benefits both you and the Wirral

There's no denying that our modern-way of living makes it feel like there are not enough hours in the day to get everything ticked off on the never-ending 'to-do' list! So when choosing our food options, quick and convenient often springs to mind. For most, this means doing a weekly shop in a supermarket.

But, there are plenty of reasons why it's worth going local for your shopping. Take a look at 10 reasons why buying local benefits both you and the Wirral.

It's much more sociable

Can you remember the last time you had an engaging conversation with someone at a supermarket? At a farmer's market (such as West Kirby Farmers' Market), you're much more likely to have conversations about produce, which not only strengthens producer-consumer relationships, but builds the community too!

Keep money in the local economy

Buying locally helps circulate money within the community so that everyone benefits more in the long run: for every £1 spent, a local business puts around 65p of that back into the economy, versus a chain retailer returning about 40p. Distributing money locally helps communities prosper.

Invest in the environment and the future

By keeping money local, farmers get paid for their products so they're less likely to sell off land. This means that unique ecosystems and landscapes are preserved, which are essential factors in the local economy for tourism and recreation. Sustaining individual environments ensures that we maintain diversity in plants, animals, and terrains.

Save on food miles

Claremont Farm say that supermarket strawberries travel 600 miles before they're put out on shelves. Imagine all the energy that could have been saved if the strawberries had been grown locally, and only travelled 30 metres - like the Claremont strawberries, freshly available in the Farm Shop. Buying locally means that your food will be free of preservatives and as fresh as the day you buy it!

Support the education of the next generation

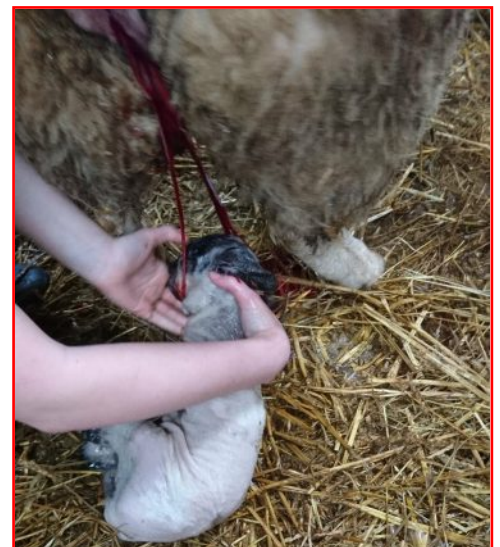
By buying locally, you're contributing to Wirral children's education in places such as Bebington High School Farm with their Animal Husbandry course; no other place on the Wirral offers this insightful and hands-on opportunity. By sourcing local produce, you're helping the future generations get into an industry that they would otherwise struggle to get in.



About BETTERFOOD WIRRAL

Supported by Wirral Council to help our community to help support the local food market and access to food, it's a platform where you can share and collaborate all that is good about food in Wirral.

We wanted to share with you some of our favourite reasons for buying local. visit the [BETTERFOOD WIRRAL](http://www.betterfoodwirral.uk) website to find out more...



A Year 12 Animal Management student at Bebington High School lambs her first ewe.

Find out about offers and events by signing up to the Betterfood Wirral Newsletter email list - at www.betterfoodwirral.uk

🎯 The Big Lunch is a simple recipe to have fun with your neighbours and encourage friendlier, safer neighbourhoods, which will...

🎯 ...feed community spirit! As well as sharing a meal you'll be meeting new people, be making new friends and strengthening ties in your community which could see you...

🎯 ...starting to share more – from conversation and ideas to skills and resources – so we all end up richer in every sense, which can also help you to...

🎯 ...discover common ground across age, class, faith, race and the garden fence, and remind ourselves that charity begins at home, or just a couple of doors away, and remember...

🎯 ...to make the third of us who live alone feel connected to their communities, and, before you know it, you've started to...

🎯 ...change a neighbourhood for good, forever!



Members of Gilroy Community Allotment Society will be at the Community Café this month, fundraising for a local 'Big Lunch'

www.thebiglunch.com



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 27th May 2017
Sat 24th June 2017...

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.

admin@westkirbyfarmersmarket.co.uk • www.westkirbyfarmersmarket.co.uk
0151 625 0608 • @wkfarmersmarket • facebook.com/groups/westkirbyfarmersmarket