



# West Kirby Farmers' Market



# News

**Next market - Saturday 27th April 2019 9am-1pm**



**NEW - Woodfield Nursery** - Small vegetable plants, salad and herb plants to grow on in your home garden or allotment.

**Pat's Country Kitchen** - "All things rhubarb this month including rhubarb & ginger cordial and rhubarb & vanilla jam."

**Little Eye Bakery** - "We'll be making some wild garlic bread and maybe a few fruit buns as specials for this market. Dates for our summer breadmaking classes are on [our website](#) "



**Chocolate Cellar** - "It's National Pretzel day on Friday so we'll have our choc dipped pretzels!"

**Funky Flapjacks** - "As well as some of the usual favourites that I'm always asked for, my seasonal cake will be a 'Rhubarb and Ginger Upside-Down Cake'. For those of you who need a little something mid-month Staacks (on the corner of Church Road and Banks Road) are doing a special 'Saturday Cake' each week and would love to see you."

**Yasmin Limbert** - "Wild garlic scones!"



**Larkton Hall Farm** - "I have opened my new goats' cheese this week, and it's very nice so I will be bringing it to the market on Saturday, I also have a new flavour Crabtree with sage."

**Veggie Fayre** - "I am going to make leek tarts French style (cheeseless) and seasonal wild garlic and onion quiches. John has perfected the beetroot and halloumi burgers."

**Pen-y-Lan Pork** - "We'll have home cured honey glazed ham, sausage rolls, meatballs, dry cured bacon and our full array of sausages."



*We know that it can be difficult to remember which Saturday of the month the market is on.*

*Make it easier by [signing up](#) to our monthly email market newsletter, or follow us on social media where we promote everything to do with local food.*

*We have: [Instagram](#) : [Facebook](#) : [Twitter](#) : [website](#) : [email](#) : or give us a ring 0151 625 0608.*

## NEW at Market this month

A great big market welcome to Judy Millington of Woodfield Nursery in Great Sutton.

For those of you who enjoy growing your own veg at home or on the allotment, you'll now be able to buy locally grown small vegetable plants to grow on. Talk to the producer, choose what you want and get advice about how to grow them.

Judy describes herself as:

*"...a plantaholic, veggie grower and compost maker with over forty year's experience of gardening".*

She will be bringing some small vegetable plants, salad and herb plants to West Kirby Farmers' Market on Saturday 27th April (9am-1pm) including leeks, cabbages, black kale, spinach, mixed salad leaves and rocket.

As this is Judy's first market, the range will be fairly limited but in May when the risk of frost has passed she will also bring courgettes, runner beans and climbing French beans along with purple sprouting broccoli (for harvesting next Feb-April) and Brussel sprouts. She will also have six varieties of tomatoes from small, sweet plum/cherry types to large ones which are good for cooking.



## Do you fancy a Big Lunch?

*This month at the market cafe, Gilroy Community Allotments are fundraising to help provide a Big Lunch for plot holders, neighbours, families and friends. But what, exactly, is 'The Big Lunch'?*

The Big Lunch is the UK's annual get together for neighbours. Every year in June since the idea began in 2009, millions of people stop what they're doing and get together with neighbours in a nationwide act of community and friendship.

A Big Lunch can be anything from a small gathering in a garden, park or driveway, to a larger party with trestle tables down the middle of your street. The official Big Lunch date isn't practical for every community so you can run one at any time.

The idea is that by starting simple, all sorts of friendships, ideas and projects can come out of a Big Lunch. It gets people together and talking — and with a few inspired folk, it can lead to people doing more within their community, and tackling the issues that matter to them most.

Find out [more about it](#).  
Get your free [Big Lunch pack](#)!



## A Spring Break by Nigel, of Wirral Countryside Bees

After a stop start spring with the mild spells during February and March, the bees have now moved into top gear, with lots of nectar and pollen being brought into the hives on all warm sunny days, inspections reveal large amounts of eggs and young brood in all hives.

Some of the colonies are having a spring break at the rape fields in Irby. Honey from rape is used in the production of creamed honey, with a large amount of forage coming into the hive the bees are prompted into drawing out foundation, drawn comb is always in demand at this time of year. The down side of a good nectar

flow at this time of year is the bees are tempted into swarming.

As I am a low intervention beekeeper, instead of waiting to see signs of swarming preparations, which can always be missed, I go for the preventative method of splitting colonies beforehand.

First task is to find the queen and put her in a cage, next I look for a frame containing emerging brood with some honey and pollen stores, then a frame containing a large amount of pollen and honey stores and some eggs if possible. These frames are then placed into a nucleus box (nuc)



with four frames of drawn comb or foundation, the queen is released into the nuc and the new small colony is then moved to another apiary at least three miles away.

The original colony will now have two frames of foundation added and produce a new queen.



## A Serving Suggestion

### *Hemingway's Sunday secret pesto recipe*

- Chop all sorts of vegetables and put in a roasting tin.
- Dot some homemade garlic butter and drizzle of rapeseed oil over the top of the veg.
- Bake for 20 mins in a hot oven.
- Then drizzle your pesto over and put back in the oven for a further 5 minutes.
- Mix everything together, then serve.



## Claremont Asparagus

Claremont Farm are just starting to cut their home grown asparagus. Cut freshly each day - it's the best around! From their farm shop, open 7 days, 9am- 6pm.



## Foodie Diary Dates

Sat 27<sup>th</sup> April

Chilli & Spice Workshop

[Chilli Gourmets](#)

Sat 4<sup>th</sup> May 10am to 4pm

Sourdough Bread Course

[Little Eye Bakery](#)

Sun 5<sup>th</sup> May 10am to 2pm

**Wallasey Food & Makers Fair**

The Mosslands School

Sat 11<sup>th</sup> May 9am to 1pm

**Wirral Farmers' Market**

New Ferry Village Hall

Sat 18<sup>th</sup> May 10am to 3pm

**Heswall Farmers' Market**

Church of Good Shepherd  
Parish Hall

Sat 25<sup>th</sup> May 9am - 1pm

**West Kirby Farmers' Market**

St Andrew's Church Hall

## Ashton Park May Fair

This is a great family day out in the beautiful setting of Ashton Park. There's lots to see and do, and various stalls, including **Hoylake Allotment Society** with produce, plants and preserves - (and a chance to ask all your veg growing questions!), and **Yasmin Limbert** will be there with bakes and samosas.

# May Fair

## Friends of Ashton Park

Viking Encampment & Re-enactments

Donkey Rides

Children's Fair

Arts & Crafts

Stalls Galore

Mummers

Face Painting

St Bridget's Centre open

Cheshire Carltonaires Majorettes

Bellydancers  
12 noon near the Tea Shop

Win a Mini raffle

Rangers

Bowls

Model Boats

Bouncy Elephant

Tennis & Football Displays

West Kirby Museum open

**Support  
Your  
Local  
Park!**

Prize Raffle in aid of Friends of Ashton Park  
Stalls & Refreshments also in Westbourne Hall

# Free Admission



**Monday 6 May 2019**  
**10am-4pm**  
**Ashton Park & Westbourne Hall**



## May Wine Sampling - "Years & Years"

Friday 3rd May,  
from 6.30 to 8pm

Thank you to everyone who came to our April wine sampling 'Celebrating the Alentejo\*'. For some it was their first taste of Portuguese wine & for others it was an opportunity to try some fantastic wines that are very rarely found in this country.

\* Though we were slightly disappointed no-one turned up in a cork jacket & trainers..boo

For May's sampling we are exploring Portuguese wine by year. We will have wines from 2012 onwards, including all types & originating from all of the major wine producing regions. It's a great opportunity to explore the differences between an aged wine vs. those that are to be drunk young. However our main aim is for you to enjoy the wine whatever the year!

As always if you want to buy a bottle (or two) of wines sampled they will be offered at a discount on the evening.

Join us on Friday 3rd May when you can try 3 different wines, with



accompanying nibbles. Tickets are £8.50 (payable up-front) & you can arrive from 6.30pm.

If you'd like to join us feel free to contact us to reserve your places & tell us how many are coming. As always, it's advisable to book to avoid disappointment :)

## Iberian Supper Club



Thank you to everyone who came to our 'Easter Celebration' supper club this month. We hope it gave you an authentic taste of what it's like to celebrate Easter in both Portugal & Spain. With salt cod as the main course it was a fish based affair with torrijas as the indulgent finale!

We are planning another supper club very soon so if you'd like to register an early interest in joining us please feel free to [email us](#) or call into our shop or Sweet Pea cafe & we'll make sure you're the first to know what's happening.

## Private Iberian Supper Club...

If you'd like a private Iberian Supper Club for a group of friends or family, for a special occasion or just to enjoy a fabulous selection of Iberian dishes prepared just for you feel free to get in touch. Please note we would need a minimum of 12 people for a private event.

## £5 Market Shopping Voucher Give Away!

To celebrate the opening of the bike rack and (hopefully) the beginning of spring, the market planned to give away £5 market shopping vouchers to the first twenty cyclists to use the bike rack at the last market in March.

However, we didn't manage to give them all away, so there are a few left for the first few people to cycle down to the market this Saturday 27<sup>th</sup> April. So dust off your bike and cycle on down!





🎯 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](http://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...

### 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 22, 38, 80, 82, 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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### on the...

4th Saturday every  
month, 9am - 1pm

Sat 25th May 2019  
Sat 22nd June 2019...