



West Kirby Farmers' Market



News

Next market - Saturday 22nd August 2015



Bryn Cocyn Organics

- Fresh lamb, frozen (bargain) beef & high summer veg - garlic, new potatoes (Maris Peer), chard, carrots, beetroots, onions, tomatoes, lettuce, courgettes, fennel, cucumbers, peppers, squashes, aubergines, spinach, French beans...



H.S. Bourne - Fresh unpasteurised milk direct from the Fresian herd at our farm in Cheshire.

Crosslea Farm - A limited supply of Free Range Double Yolkers for £2.50 half doz / £4.00 a dozen. Come early so as not

to be disappointed!

Pen y Lan Pork - Be there quick for a small selection of ham hocks, sausage rolls and pork pies.

Funky Flapjacks - All the same popular cakes as last month, but colourwise there will be a slight difference -

pale pink beetroot and yellow courgettes. I am trying out different gluten-free recipes so there will be extra samples to try out!

Wirral Countryside Bees - I'll have creamed honey for sale this month

Little Eye - A few "early bird" spiced fruit buns,

and a new fabulously moist rye & spelt loaf. Our autumn classes start on October 3rd at St Bridget's.

Eponine Patisserie - A new range of confectionery bars - fudges, marzipans and fresh fruit jellies, all wrapped up in delicious chocolate. (See more on next page!)

22nd August Market Specials

Truly Scrumptious - Spicy chickpea paté (a curried spice blend with fresh coriander running through it. Delicious on fresh crusty bread or a warm pitta, Yum!

Rowlands Red Poll - New steak pies this month, made by a new company based in Sandbach called Pie Love using our rare breed Red Poll stewing steak - pielove.co.uk

Ollie's Orchard - Crisp, fragrant, *George Cave* apple juice - the first of the new season's apple pressings.

Billy-the-fish - Plaice, sea bass, grey mullet, hake, lobster, crab, mussels and maybe some sea trout and wild salmon (but you'll have to be first in the queue!).

Veggie Fayre - Lovely courgette & brie quiche and falafel scotch eggs - all perfect for a summer picnic.



Sept Diary Dates

See more details on the [Farmers' Market website](http://FarmersMarketWebsite.com)

Friday 28th - Monday 31st August

HOYLAK BEER FESTIVAL

At Hoylake Parade

Saturday 5th Sept 9am to 1pm

NESTON FARMERS' MARKET

Sunday 6th Sept 10am to 2pm

WALLASEY FOOD FAIR

Tuesday 8th September 1-4pm

MAKE JAMS & CHUTNEYS

at Ness Gardens

Saturday 12th Sept 9am to 1pm

WIRRAL FARMERS' MARKET

Saturday 12th Sept 11am to 5pm

WIRRAL EARTH FEST

At St Bridget's Fields, West Kirby

Saturday 19th Sept 9am to 1pm

HESWALL FARMERS' MARKET

Saturday 19th Sept 6pm to 9pm

DAL BHAT - NEPALESE COOKERY

at Claremont Farm

Sat 19th & Sun 20th Sept

LIVERPOOL FOOD & DRINK FESTIVAL

Fri 25th Sept 10.30am - 12.30pm

MAKE YOUR OWN PRESERVES

at Fieldcrest Garden School

Saturday 26th Sept 9am to 1pm

WEST KIRBY FARMERS' MARKET

4th Saturday of every month

Launch of New Season Cheshire Apple Juice - 'George Cave' (medium / dry)

Ollie's Orchard are really excited to announce the launch of their new season early apple juice 'George Cave'.

The season has been exceptionally late this year predominantly due to the mild winter and as a consequence we have had to be very patient to press this wonderful apple.

George Cave is a traditional English apple that fell out of favour commercially as it doesn't keep long once picked. This is why we pick it when just ripe, press it straight away and produce this fabulous crisp juice with a fragrant nose and just the right balance of acidity

culminating in a drink that has a sweet front and sharp back note.

George Cave is truly an individual juice, nothing like our other juices and in our opinion one of the best early season juices. We at Ollie's Orchard are very pleased with the result and the old adage of *'all good things come to those who wait'* could not be more true. **Try it, and enjoy!**



Introducing the new Eponine...



- **Espresso** bar - Ganache with freshly brewed coffee from Flaming Bean Coffee Roasters
- **Irish Cream** bar - Filled with a creamy fusion of Baileys and caramelised white chocolate
- **Apple & almond** bar - Apple paté de fruit topped with almond and cinnamon praline
- **Piña Colada** bar - Pineapple paté de fruit with coconut rum and white chocolate ganache

If you haven't tried them yet, where have you been!?!

HOYLAKÉ BEER FESTIVAL

28TH - 31ST AUGUST
BANK HOLIDAY WEEKEND

65+REAL ALES
Ciders and Wines

LIVE MUSIC & GREAT FOOD

Hoylake Community Centre, Hoyle Road, Hoylake, CH47 3AG

Fri 28th August	4pm - 11pm	Sun 30th August	12pm - 8pm
Sat 29th August	4pm - 11pm	Mon 31st August	12pm - 8pm

TICKET SALES

www.hoylakebeerfestival.eventbrite.co.uk





I'll start this month's recipe with an apology, I think that my July recipe for Kofta Kebabs was the kiss of death for the weather. I'd no sooner pressed the send button than the rain started bucketing down. This month I'm sharing a recipe that is weather neutral, that is, it's perfect for sunny days and rainy cold days. Seafood Linguine is one of the tastiest and quickest meals I cook and it's a meal that I often cook on holidays, whether in an apartment or tent.

Ingredients

- 400 g linguine or spaghetti
- 500g mixture of seasonal seafood, mussels, shrimps, scallops, etc
- 35 g unsalted butter
- 20 mls rape seed oil
- 2 cloves garlic (finely chopped)
- 100 mls dry white wine
- 20 mls vermouth
- 35 g unsalted butter
- 1/2 teaspoon dried chilli flakes
- Bunch of thyme
- Bunch of parsley
- Zest of a lemon
- Salt and pepper to own taste



Instructions:

First cook your pasta for about 9 - 10 minutes in boiling, salted water, being careful not to overcook it. Whilst your pasta is cooking you can get on with preparing the sauce.

I think of this dish as a layering of flavours; first a base is created by flavouring oil with garlic and herbs to give depth, then the middle layer of pasta and seafood is added and finally the dish is garnished with lemon and parsley which provide a top note to the layers.

Zest the lemon and set aside for later.

Heat the butter in a large frying pan with the oil, then add the garlic, a bunch of thyme and slowly cook the finely chopped garlic on a low heat. After a few minutes cooking on a very low heat add the wine, vermouth and chilli flakes. Increase the heat to burn off the alcohol and reduce the sauce, which will take about 4-5 minutes.

Remove the thyme at this point. Season to your own taste with sea salt and black pepper.

Check if your pasta is cooked al dente. Turn the heat off and leave it in the pan, don't drain it.

If using mussels, look for any that have opened and tap them hard on the kitchen counter. If they don't close, discard them. Discard any broken shells. Give them a scrub, remove any 'beard' and scrape off barnacles with a knife.

Add the seafood to the sauce and cook, covered, for about 3-4 minutes. The mussels are cooked when they've opened up (be sure to discard any that don't open). Using tongs, add your cooked pasta to the seafood and sauce. Add about 60 mls of the pasta water to the dish and stir the whole meal gently, to distribute the seafood evenly.

Turn off the heat and leave for one minute, to allow the sauce to absorb into the pasta, which finishes the cooking of the pasta.

In the minute that you are leaving the sauce to soak into the pasta, take your parsley, roll it up into a sausage and finely chop it. Then add the zest of the lemon to the chopping board. Chop through the parsley and lemon together, so that they are mixed. Sprinkle your lemon and parsley mix over the top of your pasta and seafood. Serve immediately.

WIRRAL POMONA COMMUNITY CIDER MAKING GROUP

Bring any spare ripe apples from your tree, (and clean bottles with tops) to market this week, and take away apple juice freshly pressed by Wirral Pomona Juice and Cider Making Network.

"We founded Wirral Pomona Juice and Cider Making Network in 2014 to make the most of all the surplus apples and pears in our gardens and orchards. We thought that juice, cider and cider vinegar seemed easy to make - we've had a lot to learn!

"We made our own presses and scratters, an updated version of traditional designs, mostly using recycled materials. Our first batches of juice and cider which were great - were made purely with apples and tasted fresh and full of apples, quite different from commercial ciders which have added sugars, glucose and fruits.

"The network is a not-for-profit organisation and encourages you and your neighbours with spare apples to collect them and bring them to community events, like Earth Fest. You can use our machinery to press the fruit and take away delicious fresh juice (remember to bring some very clean bottles with tight lids.)

"Our presses are also available for supervised loan from the end of August to early December at other events, so if you and your neighbours or local community group, rotary group, school, parent's group, etc. can gather all your spare apples, we can show you how to press them and turn them into cider or juice for yourselves."

You can meet Wirral Pomona at the next West Kirby Farmers' Market on August 22nd to find out more.

Then look out for them at:

Wirral Earth Fest

at St Bridget's Fields

on **Saturday 12th September** from 11 am to 4:00 pm

An Apple Day with the Wirral Tree Wardens

at their demonstration orchard in Brimstage Hall

on Sunday **20th September**, 11:00 am to 4:00 pm.

A Pressing, Harvest Barn Dance and Cider Tasting

at the Wirral Arts Centre (old church, Brookfield Gardens)

Saturday 26th September from 6:30 pm.

You can leave bags of apples there in the preceding week (with your name and email address on, please)





A new deli called 1386 has opened recently in the heart of West Kirby. It specialises in Portuguese produce selling amongst other things excellent cheese, tasty cured meats, great wines, port & of course the famous pastel de nata (Portuguese custard tart).

So why 1386? This was the year the Treaty of Windsor was sealed & so began the worlds oldest alliance between Britain & Portugal.

The business founders represent another Anglo-Portuguese alliance. Susana Simoes is from Portugal's Silver Coast & Lynn Jeffries hails from Liverpool. Both have a passion for good food & wine & wanted to champion the quality produce available from smaller artisan suppliers in Portugal.

As well as the range of Portuguese goods there is also a fine selection of products from the UK including sparkling wine from award winning Camel Valley based in Cornwall. They also have freshly baked bread supplied by West Kirby's Little Eye Bakery which complements nicely the Portuguese corn bread (broa) also available on a daily basis.

So if you want to try some great food & wines be sure to make your way to Deli 1386 in West Kirby soon!

**27 Grange Road,
West Kirby, CH48 4DZ**



**Deli
13
86**

PURVEYORS
of FINE FOOD
CHEESE and
WINE

Bongo's Rock & Roll Pickles - It's A Creative Company!

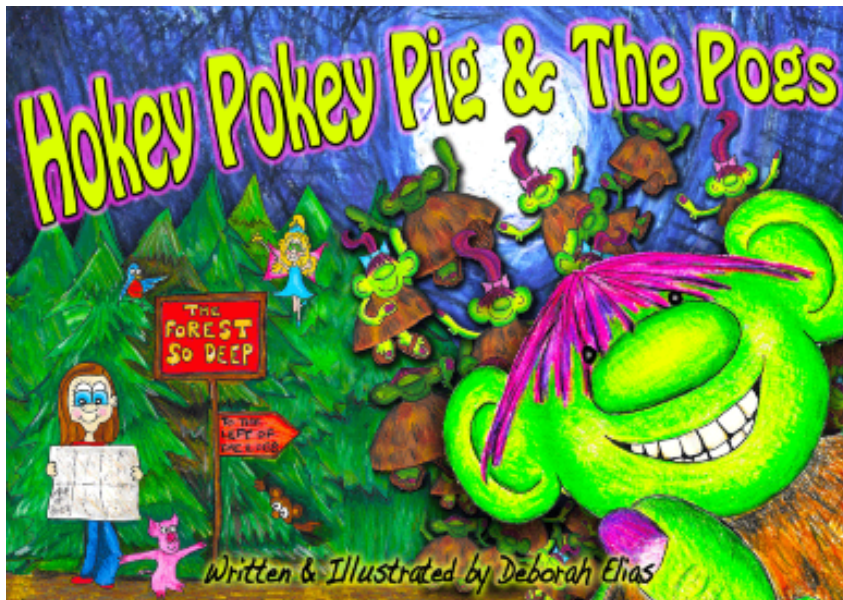
It's well documented (in case you didn't know) that Manny Elias is the 'famous' one from Bongo's Rock & Roll Pickles due to his long career in bands including being an original member of Tears For Fears before leaving the band after recording the record breaking first 2 albums: *The Hurting* and *Songs From the Big Chair*.

However, did you know that Mrs. Bongo (of the Chilli Hat) is a former actress and has graced our TV screens on numerous occasions in shows like *Coronation Street*, *Emmerdale* and *Cold Feet*? Not only that but she also writes and illustrates children's books? She's had a great time (when not manning her stall selling



their delicious chilli condiments) recently in schools all over Cheshire teaching children literacy and drawing.

Her charming rhyming stories are available online for children to read via Amazon and iBooks - just search for the Hokey Pokey Pig stories or follow the link from her website: www.deboraheliasbooks.co.uk




Bongo's Rock & Roll Pickles are back this month to tickle the tastebuds of those who love spicy foods!

Q: Where do Bees go on Holiday?


A: Nigel, from Wirral Countryside Bees had a very busy time last week, preparing several hives for their summer holidays. They love a month of peace and quiet away from the beekeeper, on the heather moors. Fingers crossed now for some good weather, so they can fill their supers with heather honey.






WIRRAL EARTH FEST



Love Where You Live

 **SEPTEMBER 11* & 12****
ST BRIDGET'S CHURCH, WEST KIRBY
*Launch Evening 7pm start / **Main festival 11am - 5pm



Tea & cake with...

...the Wirral National Citizen Service (NCS) group, who'll be operating the Farmers' Market café to raise funds for their Social Action Project.

NCS offers a once-in-a-lifetime opportunity for young people, aged 15 to 17 years to take on new challenges and meet new friends. Running in the spring, summer and autumn, young people will:

- stay away from home at an outdoor activity centre
- develop new skills and meet new people
- learn to budget and live independently
- make a mark in the local area delivering a social action project
- receive a certificate signed by the Prime Minister.

The group have decided to complete their social action project with the **Wirral Alzheimers Society**:

*"We are fundraising to support the charity as well as to fund a project where we can do something hands on. Which will either be helping to renovate part of one of the homes they work with or helping to do up a garden, we are still waiting to hear back from them. We will be carrying out this project next week, **all proceeds from the market refreshments will go to this cause.**"*



WIRRAL EARTH FEST

Festival Launch Evening

Friday September 11th 7pm doors for 7:30 start
ST BRIDGET'S CHURCH, WEST KIRBY

"Love Where You Live"

A special talk/performance from

JOHN ASHTON

(Former UK Government special representative for climate change)

OPERATION LIGHTFOOT

(Performing a bespoke piece dedicated to Hilbre Island entitled 'Far From The Shore')

THE KIRK OWLS

(Performing 'Sketches', a composition based around The Dee Estuary)

Tickets from Eventbrite, Lattitude Cafe, St Bridget's Centre and Wirral Arts Centre (online) / £6 (£4 Unwaged) /



Visit the Red Polls

On Heritage Open Days from Thursday 10th to Sunday 13th September, you can visit Mickle Trafford Mill and surrounding farmland. Find out about traditional land management, conservation grazing, the history and geology of the River Gowry and its valley, and meet some of the rare breed Red Poll cattle living at The Grange Farm. On Thursday and Friday they begin at 2 p.m. and on Saturday and Sunday at 10 a.m. lasting between two and three hours depending on the weather. To book a place please ring 07950 963526 / 01244 300655 or email huw.rowlands145@btinternet.com. Full details at www.heritageopendayschester.co.uk

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 26th September 2015
Sat 24th October 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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