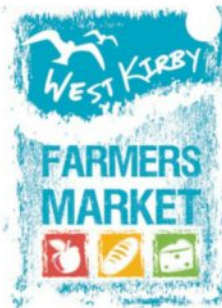




West Kirby Farmers' Market



News

Next market - Saturday 24th August 2019 9am-1pm



Flaming Bean Coffee Roastery - Indian Pambadampara Estate RainForest Alliance coffee.

Windsor's Fruit Liqueurs - "Our Strawberry Rum won 1 star at Great Taste Awards 2019, and our Gooseberry Gin featured in *Delicious Magazine* as Valentina Harris' favourite!"

Hemingway's - "We're sorry we can't be at the market this month, but we'll send some fresh pestos with our neighbouring stall - Truly Scrumptious."

Veggie Fayre - "We will be making our usual range of hummus, pies & quiches. Monthly special will be something with courgettes. Also a vegan cheese leek & walnut tart."

Pen y Lan Pork - Full array of sausages, home roasted ham, sausage rolls, meatballs and black pudding.



Tiresford Guernsey Gold - Cheshire brie & yoghurts.

Funky Flapjacks - "August again! I will be baking as many of the usual cakes as possible for this Saturday, but please do let me know if you would like me to keep any if you are visiting the market later in the morning. Please text on 07910 652 543."

Perfect Samosa - "Our samosas this month are: pumpkin & sweet potato; spicy butter bean & lentil; mozzarella & caramelised onion. Also Savoy cabbage & lentil pakora; Thai curry; chana masala curry."

At market this month



Foodie Diary Dates

Sun 1st Sept 10am to 2pm
Wallasey Food & Makers Fair
The Mosslands School
1st Sunday each month

September 7th and 8th
Wirral Food & Drink Festival
Birkenhead Park
(See post on page 3)

Sat 14th Sept 9am to 1pm
Wirral Farmers' Market
New Ferry Village Hall
2nd Saturday each month

Sat 21st Sept 10am to 3pm
Heswall Farmers' Market
Church of the Good Shepherd
Parish Hall
3rd Saturday each month

Sat 28th Sept 9am - 1pm
West Kirby Farmers' Market
St Andrew's Church Hall
4th Saturday every month

A Shout Out For Veggie Fayre

Llangollen Oggie Shop & Fine Foods
13 August at 09:11

Really pleased to see that we have just been listed as a recommended destination for vegan customers on happycow.net, probably the world's largest vegan eatery listing website. This will have been instigated by our ever-growing number of vegan visitors, and we would like to say a big thank you 😊 most of our success in this area is down to the great talent and commitment of Susan at [#veggiefayre](https://www.facebook.com/veggiefayre) so a huge thank you there too 😊😊 [#happycow](https://www.facebook.com/happycow) [#veggiefayre](https://www.facebook.com/veggiefayre) [#veganuk](https://www.facebook.com/veganuk) [#ukvegans](https://www.facebook.com/ukvegans)

"We supply a lovely little shop in Llangollen with vegan food, and are very happy to hear that they have now been listed in the Vegan website happycow.net.

"I'd also like to put a shout out for biodegradable deli pots. I am finding it very difficult to buy small quantities. I don't want compostable pots as they take years to degrade and mess with the recycling process. **Can anyone help?**

"We only use them for West Kirby Farmers' Market each month. At present we are using a heavy duty plastic pot the can be reused in the kitchen for storage."

Goodbye to Yasmin!

Oh, no! Yasmin is leaving! We'll all miss her at the market. We'll miss the yummy produce - homity pies, Bakewell tarts, scotch eggs and scones, but most of all the lovely personality, happy face and big laugh. We really feel quite sad. However, we're delighted for Yasmin that she is moving on to bigger, better things and wish her success in her new venture. Hopefully in a future newsletter we can bring you news of the new opening and the new menu!

Yasmin wanted to send a little message to everyone at the market:

"I'm sad to say this will be my last farmers' market. I am moving on to pastures new and will be part of the team at the exciting venture in Liverpool that is MerseyMade; Arts Studios, Shop and Café where I shall be running the kitchen.

"I have really loved being part of the market from day one, and I want to thank everyone, customers, stall holders and the management team for their friendship, support and loyalty over the past six and a half years, it has meant so much to me and given me the confidence to take on this next challenge. I'm really going to miss you all." Yasmin x



Ingredients

- 3-4 fresh unsprayed lavender stems, flowers only
- 2 large free-range egg whites
- 100g/3½oz caster sugar
- 1-2 drops of red food colouring, mixed with 1-2 drops of blue food colouring (optional)
- 150ml/5fl oz double cream
- ½ tbsp icing sugar

Method

1. Preheat the oven to 130C/250F/Gas ½. Line a large baking tray with baking paper.
2. Grind the lavender flowers in a mortar and pestle for 1-2 minutes, or until fragrant.
3. In a large bowl, whisk the egg whites using an electric whisk until stiff peaks form when the whisk is removed.
4. Gradually whisk in the caster sugar, a tablespoonful at a time, until all of the caster sugar has been incorporated into the mixture and the mixture is thick and glossy.
5. Sprinkle one tablespoonful of the ground lavender flowers over the egg white mixture and whisk together.

Lavender Meringues

Chris from Fieldcrest Garden in Thornton Hough can't make it to market this month because of a prior arrangement of a Baking with Garden Herbs course. She'll be back next month with her range of edible plants and herbs to grow at home, but this month has kindly sent one of her summer herb recipes.

6. If using food colouring, dip a cocktail stick into the food colouring mixture and shake off a drop of food colouring into the egg white mixture. Whisk well, adding more food colouring until the egg whites are a uniform pale mauve colour. (NB: You may not need all of the food colouring.)
7. Spoon the meringue mixture into a piping bag fitted with a large plain nozzle. Pipe up to 32 small swirls of the meringue mixture onto the prepared baking tray. Or use dessert spoons to measure out meringue portions onto the baking tray.
8. Transfer the meringues to the oven and immediately reduce the temperature to 100C/225F/Gas ¼. Bake the meringues for two hours, or until crisp but not coloured. Turn off the oven and leave the meringues inside until the oven is cool. When the meringues have cooled, store them in an airtight tin until needed.
9. No more than 30 minutes before serving, pour the cream into a mixing bowl and sift over the icing sugar. Whip until soft peaks form when the whisk is removed.
10. Place a teaspoonful of the cream mixture onto the base of one of the lavender meringues, then sandwich the cream between a second meringue. Place onto a large serving plate. Repeat the process with the remaining meringues, then serve immediately.



Flaming Bean Coffee of the Month

Indian Pambadampara Estate (Rain Forest Alliance)

Cup Characteristics: sweet pepper, coconut, bright citrus, earthy, winey, cedar, balanced, very clean.

The Pambadampara estate is situated at an altitude of 1,100 metres and adjacent to the Periyar Tiger Reserve, the richest biodiversity area of the Western Ghats. It was first developed by JJ Murphy, known as the pioneer of planters in India, and has the reputation of being the first organized cardamom plantation in India. Changing hands in 1946, it has since rested with the MSP family. Coffee was introduced to the estate as early as 1965, and it has now spread to almost 1,000 acres of prolific coffee plantation interspersed with forest trees. The estate is now run by S. B. Prabhakar, a 4th generation planter who is steadily making valuable additions to enrich the estate.

The highly-acclaimed Arabica varietal SLN9 is predominantly planted on the estate and well-nurtured junglewood trees provide a good canopy of shade. Well-ripened Arabica berries are handpicked by experts who remove unripe berries. After hand-sorting, the coffee is processed in aqua pulpers the evening of the same day, and washed with a large amount of fresh stream water to help discard the outer skin completely. Thereafter pulped coffee is fermented overnight to loosen the mucilage bacterially and to gain delicate flavour.

This is just the beginning of a well-articulated estate-process that goes on to define the character of the perfect cup cherished by coffee connoisseurs worldwide. Naturally grown estate coffee from this region has agelessly been the first choice of world's leading coffee roasters. Pambadampara Estate has won the Regional Fine Cup Award, instituted by the Indian Coffee Board, for the past 8 years. It is also the proud recipient of premium certifications issued by UTZ and Rainforest Alliance.



#madeforfoodies

Wirral Food & Drink Festival



... with chef Paul Askew and friends

7&8 September 2019
Birkenhead Park

A gastronomic experience. Celebrity chefs, local producers, art, entertainment and a mouth-watering array of food and drink.
Something for all the family!



Wine Sampling - Dive into the Douro

Friday 6th September from 6.30 - 8pm

Many of you know of the Douro valley in Northern Portugal, some of you will have visited & for some it's still on the bucket list. Take it from us it is truly a spectacular place, the vistas are so perfect they seem unreal. We had the pleasure to visit a few times to meet with port producers & wine makers which made for a truly unique experience.

As a DOC (Denomicaao de Origem Controlada) region the wines have to comply with the rules enforced by the Comissao Vitivinicola Regional. Many of the grapes used in portuguese wine are indigenous & therefore unknown to a lot of people. There are actually over 250 indigenous varieties in Portugal. One of the largest is of course Touriga Nacional known as the 'king of grapes' in Portugal winemaking & widely used in the Douro region. However there are some grapes that will be more familiar to those who are fans of Spanish wine. For instance you will frequently see included in the Douro wines Tinta Roriz which is the well known rioja grape Tempranillo. All in all if you are new to Portuguese wine, know it well, or you just love great wine the Douro region will please all, why not dive in & join us!

Tickets £8.50. If you'd like to join us book your places by email info@deli1386.co.uk or call into the shop. It's best to book as seats will be limited. We'd love to see you there!



4th Birthday Celebration!

Peri Peri Chicken BBQ

Saturday 24th August from 5pm

How time flies! We are proud to say we are nearing our 4th birthday. We opened our doors back in August 2015 & are celebrating another year with our annual BBQ of Peri Peri chicken made to Susana's special recipe :). A serving of chicken & a glass of vinho or bottle of beer will be £8.50 per person. So come along & help us celebrate!

If you'd like to join us please feel free to email us or call into the shop. Its better to reserve your places so we can include you in our catering numbers.

SweetPea Café & Deli 1386 Iberian Supper Club
- Saturday August 31st 7pm start Tickets £30

Menu

Welcome drink - Portuguese Sparkling Wine

Sopa de cebola a antiga portuguesa
Old-style onion soup

Pimientos del piquillo rellenos de gambas
Piquillo peppers stuffed with a prawn sauce

Ensalada de lentejas de verano
Spanish lentil salad

Main Course
Arroz de pato
Glazed duck rice with chourico

Dessert
Hojaldre relleno de frutas tropicales con mojito
Tropical mille-feuille with pineapple mojito

Wine, beer, port & soft drinks will be available
to buy on the evening



Iberian Supper Club @Sweet Pea Café

Saturday 31st August 7pm - £30 pp

A big thank you to everyone who came to our last supper club in July. Our next event is on Saturday 31st August, the menu is here, once again representing the diversity of food from the peninsula.

If this has tempted you & you'd like to join us get in touch by email or pop into the shop or Sweet Pea Café. Places are limited so get in touch soon to reserve yours. A deposit of £10 per person will be needed to reserve your places.



Free Summer Organ Recital At St Andrew's Church 10:30am to noon Saturday 24th August

Accompanied children may like to climb the spiral staircase and see where the sound comes from. Or if you are a pianist or synthesiser player, bring some music and try out the instrument.

Graham Gladden
Steve Kearley

West Kirby Methodists
St Andrew's

Composers include :
Buxtehude, Bach, Handel, Boyce, Faure.

Please feel free to come in and look at this beautiful building and stay for as long as is convenient for you. You are most welcome to walk around during your stay.

Stay for cake...
a cuppa...
and a bacon batch



Established in 2011 and run by local volunteers, the festival of Firsts celebrates the arts, inspires creativity, encourages participation by all, showcases all sorts of local talent, and brings outstanding performers to Wirral.

Profits from the market's community café
this week will all go to help fund
The Wirral Festival of Firsts 2020.

Follow them for updates on the musicians, poets, players, artists and personalities coming to the festival next year. <https://wirralfestivaloffirsts.org.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 28th September 2019
Sat 26th October 2019...

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 (tell us if you know of any changes to this!)

...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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