



# West Kirby Farmers' Market



# News

Saturday 19th December 2015



**Find Inspiration in Food** - "I'm expecting 12 cases of organic Seville oranges this week. So should have Seville orange marmalade and orange & whisky marmalade. I'll also have quince jelly, and cranberry sauce with port."

**Yasmin Limbert** - "We'll have a limited number of our famous Chocolate Salami (the perfect Christmas gift), along with Turkey, Stuffing & Cranberry Pies."

**Bryn Cocyn Organics** - Beef, lamb, spuds, carrots, onions, leeks, kales, chard, apples (Adam's Pearmain, Rosemary Russet, Resi & Egremont Russet) & ORGANIC APPLE JUICE - two single varieties Ribston Pippin & Red Windsor, and a blend of 2/3 Bramley & 1/3 various sweet apples.

**Chocolate Cellar** - Freshly made seasonal truffles - Hot Toddy (whisky & lemon), Heartwarmer (orange & mulled wine), Santa's Pie (chocolate mince pie) & more...

**Veggie Fayre** - "We will have our festive nut roast again which will be vegan and a special goats cheese vegetarian nut roast. Also will have a brie, cranberry & walnut tart. Ho! ho! ho!"

**Pen y Lan** - "Pigs in Blankets with smoked bacon, sausage rolls, Christmas sausage, Christmas sausage meat and a selection of home cured Christmas hams."

**Funky Flapjacks** - "This month I am making more mincemeat shortbread as some people missed out at the last market and extra Cherry and Brandy Tiffin."

**H.S.Bourne** - "We'll have truckles of our farmhouse Cheshire cheese also fresh unpasteurised milk."

**Little Eye Bakery** - Christmas Stollen, a long fermented rich dough, with lots of fruit, freshly ground spices and nuts. Supplies will be limited. Can be reserved - email [info@littleye.org.uk](mailto:info@littleye.org.uk) £5 each. Also walnut loaves, and rye with pink pepper and prunes, for the festive table.

**Mary's Cakes** - Damson gin, strawberry vodka, rhubarb vodka, smugglers rum shrub - a delectable mixture of dark rum, sugar, orange and lemon juices infused for several months.

**Crosslea Farm** - "A limited supply of free range double yolkers £2.50 for a half-dozen and £4 for a whole dozen. They'll sell out quickly!"

**Nourish** - "As well as our usual vegetarian and vegan foods, there will be Christmas chestnut & cranberry pies, festive Pecan Bourguignon pies and also nut roasts. All are delicious alternatives for Christmas lunch, and useful to have in if vegetarian or vegan relatives come to stay!"

**Ollie's Orchard** - New 'Additions Range' of juices - Apple & Ginger, Apple & Cinnamon, Apple & Elderflower.

**Billy the Fish** - Very fresh local fish & shellfish, including cod, plaice, hake, shrimps, mussels & maybe crabs.

**Eponine** - "Biscotti, and our new cantuccini tins, and our award winning drinking chocolate tins (both flavours available). Chocolate smothered marzipans, fudges and candied fruits, our classic caramels made with rich Normandy butter & sea salt, plus other sweet treats."

**RachieB** - "I'm making Catalan sautéed polenta and butter beans. Also an Indian dish called Desi Sabji Handi which is potatoes and spicy chick peas."

*At market  
on the 19th  
December*





### **Julian's Restaurant**

Julian holds Sunday Master Classes in the kitchen of his restaurant in Market Street, Hoylake.

Enjoy four hours of hands-on culinary fun, and learn some tricks of the trade along the way. At the end you can sample the delights you have created with a glass of wine.  
[www.juliansrestaurant.co.uk](http://www.juliansrestaurant.co.uk)

### **Fieldcrest Garden**

As well as gardening workshops, Fieldcrest offers a range of food-related demonstrations and workshops, many based on using homegrown fruit and veg, herbs and flowers. Courses include Edible Flowers, Herbal Cookery, Herbal Teas, Preserves and Pickles. The full range will be on their website soon.  
[www.fieldcrestgarden.co.uk](http://www.fieldcrestgarden.co.uk)

### **Chocolate Cellar Workshops**

The Chocolate Cellar offers a great range of workshops for corporate events, school groups, parties and special individual treats. There's a fun-filled family workshop for children, parents and grandparents, a 2 hour *Dabble Workshop* and a 3 hour *Creative Workshop* where you can create your own flavour truffles. Details at [www.thechocolatecellar.co.uk](http://www.thechocolatecellar.co.uk)



**For that unique gift idea...  
...a tasty selection of local food-related short courses**

### **Ladies & Gentlemen Who Lunch**

Join the chefs from Ness Gardens' Kitchen as they show you some of their favourite recipes using fresh seasonal ingredients grown at Ness Gardens. Scheduled sessions so far this Spring include *The Humble Potato* and *Stocks & Sauces*. For more details of these (& news of their wide range of horticultural & gardening courses & events), visit [www.nessgardens.org.uk](http://www.nessgardens.org.uk)



### **Claremont Farm Courses**

There are a number of different courses and activities for adults and children, run at Claremont Farm throughout the year. See [claremontfarm.co.uk/cookery-school](http://claremontfarm.co.uk/cookery-school) Courses currently enrolling at Claremont include...

**...Gluten Free Bread** Learn to bake your own additive-free, artisan style gluten-free bread

**...Nepalese Cooking** Learn authentic Nepalese cuisine. Nepalese stuffed dumplings on the *Momo* Course, or traditional Nepalese curries on the *Dal Bhat* Course.

**...Italian Cooking - Fish or Pasta courses** Making authentic carpaccio, lasagna, tortellini...

**...Indian Cooking** Taking you to places your taste buds didn't know existed!

**...Cheese Making** Guy Dimelow, of Chorlton Cheese, show you all the necessary skills involved in the cheese making process right from milk to your very own cheese.



### **Start It Up! Sourdough Bread Course**

Little Eye Bakery will show you how to get going in your own kitchen as a home baker, making delicious sourdough breads in a way that fits into your life. Places are still available for February and beyond for the West Kirby class at St Bridget's Centre. See their blog for comments on recent courses.  
[thelittleeyebakery.blogspot.co.uk](http://thelittleeyebakery.blogspot.co.uk)

### **RNK Foods Cookery School**

Grace Ronke Adegoke holds classes on Afro-Caribbean cuisine at her cookery school in Storeton or at your home or other venue. You can buy vouchers for individual or group cooking parties.  
[rnk-foods.co.uk/cookery\\_school.asp](http://rnk-foods.co.uk/cookery_school.asp)



## New 'Additions' for Ollie's Orchard

*We're pleased to announce that we can finally bring you our 'Additions Range' of apple juice.*

*Our product development is complete and we are really pleased with the results. We'll have the following infusions ready for launch at the Christmas market.*

**- Apple and Ginger**

**- Apple and Cinnamon**

**- Apple and Elderflower**

The apple and ginger is made with our finest Gala apples which have been wonderful this year. Gala was selected as it's such a delicate juice that it makes an excellent carrier to complement the ginger.

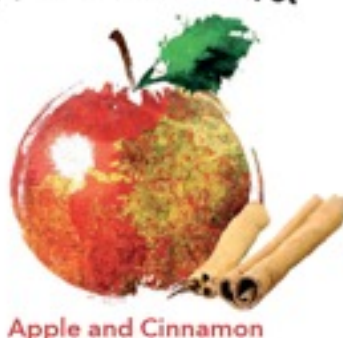
Our apple and cinnamon / elderflower combinations have been made with our exceptional blend which comprises Crispin, Jonagored and Egremont Russet all of which have their own identity and distinct flavour but brought together are truly delicious. The elderflower was picked late June from the riverbank of our orchard when its white creamy blossoms were in full bloom and this infusion is quintessentially our orchard in a glass!

Ollie's Orchard



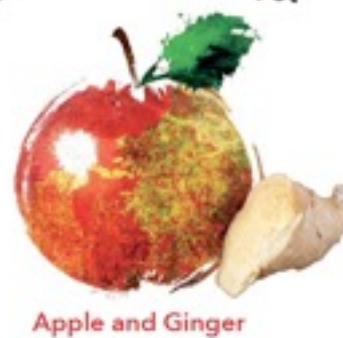
Apple and Elderflower

Ollie's Orchard



Apple and Cinnamon

Ollie's Orchard



Apple and Ginger



*Roger & Rosalind, of Nourish, would like to share a vegetarian recipe with you. This would make a light meal after the rich Christmas food, and would also be a good accompaniment to cold turkey for the non-vegetarians amongst you!*

### Halloumi, Kale & Lentils

#### Ingredients:

A few splashes of olive oil  
1 large onion, finely chopped  
1 carrot, finely diced  
3 cloves of garlic, chopped  
200g green speckled or puy lentils  
1 bay leaf  
100ml red wine  
100ml stock  
A good splash of balsamic vinegar  
1-2 tbsp mustard  
A bundle of kale  
150g halloumi cheese  
A handful of fresh parsley,  
Finely chopped 1 lemon, juice and zest

#### Method

1. Add a splash of olive oil to a lidded pot. Cook the onion, carrot and garlic until softened. Fold the lentils and bay leaf through. Season well.



2. Allow to sizzle for a moment, then pour in the wine. Let it bubble up for a bit. Pour in the stock or water. Lower the heat, cover and cook for 40 minutes, or until tender.

3. Taste. Add a splash of balsamic vinegar for a touch of sweetness, and a little mustard to give it a kick. Adjust the seasoning.

4. Finely chop the kale so it is like chopped parsley: carve the green from the heavy white stem, stack the leaves, roll them into a bundle, slice thinly, then chop the slivers a bit further. Be gentle with it.

5. Fold the kale through the lentils. Remove from the heat and set aside. Thinly slice the halloumi, then cut it into little cubes. Fry in a little olive oil until golden. Scatter over the lentils.

6. Finish with parsley and lemon juice and zest.

## JANUARY SALES STARTING EARLY!

*If the high street shops and the supermarkets can, Rowlands Red Poll can too!*

As part of the preparations for the setting up of the new Rowlands Red Poll farm shop, they would like to empty the freezers of Red Poll beef. So they have some great offers on their grass fed, LEAF Marque Red Poll beef including roasting joints, steaks, burgers, sausages and lots more.



Please get in touch to find out more, to ask prices or even to make them an offer!

You can buy straight from the farm, or from the Food Assembly ([thefoodassembly.com/en](http://thefoodassembly.com/en)), or from West Kirby, Tarporley, Oswestry and Abbey Leys (Knutsford) monthly farmers markets.

Enquiries: Huw on 07950 963526 / [huw.rowlands145@btinternet.com](mailto:huw.rowlands145@btinternet.com) / [www.rowlandsredpolls.co.nr](http://www.rowlandsredpolls.co.nr)



### *Make Time for Tea*

*If there's nothing you enjoy more than a cup of tea, then you really must get down to Aubergine Café, where you can create your own tea bag by choosing from an intriguing range of loose teas.*

There's a huge selection to try and the rows of big glass jars make it look like a sweet shop for tea lovers! From seasonal (Gingerbread Rooibos), fruity (Blueberry Blaster), herby (Moroccan Mint), or healing teas (Ayurvedic Harmony), to some of the classics (Earl Grey) and great world teas (Pai Mu Tan, Cherry Sencha), you're sure to find something that appeals. And then you can always try adding a little hint of something else...



### *Gift idea*

*for a special friend / relative?*

*- Make time for afternoon tea.*

*Gift vouchers available at*

*Aubergine Café*

*The Crescent Walk, West Kirby*

*0151 625 2662*







We'd like to wish all our customers  
a very happy ChillimanjarHO HO HO  
and a Turkey Jerky New Year!

See you in 2016 for more fun, silly hats and,  
of course, stonkingly good chillis!

Lots of love Debs & Manny  
from Bongo's Rock & Roll Chilli Pickles!

**Q: What do you do with your Christmas tree when the decorations come down?**

**A: Register it with the Charity Christmas Tree Collection in aid of St John's Hospice.**

Register your tree and it will be collected from your home for a small donation (suggested minimum £5).

Collection dates:

8th, 9th & 10th January.

Collections from these postcodes:  
CH41, 45, 46, 47, 48, 49, 60, 61, 62,  
63, 64.

Register here:

[charityxmastreecollection.com/s21\\_wirral\\_hospice\\_st\\_johns/p525.html](http://charityxmastreecollection.com/s21_wirral_hospice_st_johns/p525.html)



**LOVE  
FOOD  
hate waste**

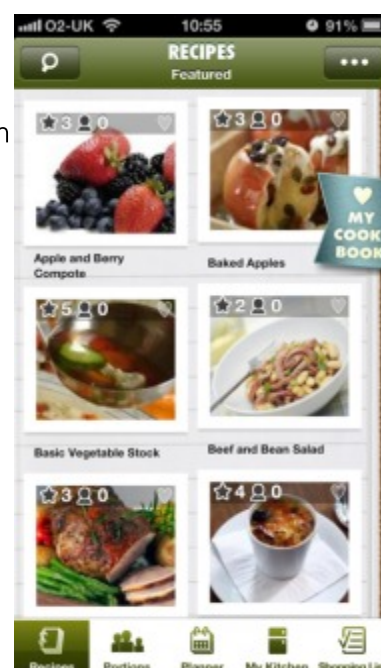
## Christmas dinner leftovers?

Download the New Love Food Hate Waste free App  
at [www.lovefoodhatewaste.com](http://www.lovefoodhatewaste.com)

*In the UK, we throw away 7m tonnes of food and drink from our homes every year, most of which could have been eaten if only it was managed better.*

*This good food and drink costs us £12.5bn a year. You can save almost £60 per month by throwing away less food, and help the environment by saving energy and water, and reducing harmful gases.*

- Loads of great recipes with simple step-by-step instructions, with new recipes added all the time
- Discover recipes instantly that you can make with ingredients you already have in your kitchen
- Portion Planner: we can help you calculate how much you need of the most popular foods
- Meal Planner: a diary for planning recipes, meals and leftovers up to 14 days in advance
- My Kitchen: store all the info about what you've got at home in your fridge, cupboard and freezer
- Shopping List: track everything you need for your planned meals and alerts you if you have duplicates of any ingredients



## ***The Dove Service Wirral will be at the December Market helping out at the Community Café.***

*Enjoy a cuppa, delicious homemade cakes, plus yummy bacon batches.*



*At the market this week, find out more about how this charity works locally in Wirral, and help them fundraise.*

Dove Service Wirral Counsellors will be helping to run the community café with Jane Marsden (wife of Barry Marsden, Counselling Coordinator, Dove Service Wirral) and friends from Team K.

The counselling team will be there to answer any questions you may have about the projects currently running in Wirral.

The Dove Service Wirral provides support and counselling for children & young people aged 4 -17yrs, who are affected by bereavement, significant loss or life-changing illness. They also help with training and support for other professionals who work in this area.

For more information contact 01782683155, or email [c&ypteam@thedoveservice.org.uk](mailto:c&ypteam@thedoveservice.org.uk)

*Come and meet the team.*



Registered Charity No. 1086625 founded in 1984. Company Limited by Guarantee. Registered in England & Wales. Registered Office The Dudson Centre, Hope Street, Hanley, Stoke-on-Trent, ST1 5DD.

### **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 23rd January 2016  
Sat 27th February ...

[admin@westkirbyfarmersmarket.co.uk](mailto:admin@westkirbyfarmersmarket.co.uk) • [www.westkirbyfarmersmarket.co.uk](http://www.westkirbyfarmersmarket.co.uk)  
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