



West Kirby Farmers' Market



News

Next market Saturday 27th February 2016



Truly Scrumptious - "We will have three new flavours to try and buy. Fantastic Feta & Pea, Wondrous Walnut & Roasted Vegetable, and Mexican Cheese Rarebits. All vegetarian and all delicious!"

Funky Nut Co. - A range of natural and flavoured nut butters.

Choose Real Food - Delicious, naturally nutritious savoury and sweet snacks made from real whole foods. No refined sugar or gluten.

Dolwen Farm Shop - "We have a special offer on pork this month - 1/4 of a pig for £30 (1/2 leg, 1/2 shoulder, 6 pork chops, 1/2 belly pork, and 1lb sausage)."

Find Inspiration in Food - "I will only be bringing six jars of each product to market this month, so if you require something in particular, email or text me before lunchtime the day before the market - mobile number 07850 066 587 Mike@findinspirationinfood.co.uk"

Yasmin Limbert - "This month I have a new home roasted Ham & Pea pie along with the very popular Bombay Potato and Homity pies. Bakewells will include Cherry and Almond (pictured), Apple and Lemon pies."



Pen y Lan - "Sausage rolls and pork pies will all be ready for this week's market, plus a small selection of ham hocks (but be quick!) All seven flavours of sausage will be available and a small amount of black pudding. If you don't want to miss out, order via email or phone 07759 260 660 Mikeford01@googlemail.com."

Funky Flapjacks - "At last the days are growing longer! Last month the Vegan Chocolate Cake was the most popular so this month I am adding a Vegan Carrot Cake to join it - please come along and taste it. There will be the usual gluten-free cakes and many more favourites."

Chilli Gourmets - "New this month is my Sourdough Crackers. Made from sourdough starter, Walk Mill flour, sesame seeds, honey, coconut oil & salt."

Veggie Fayre - "This month we will have cannellini bean and roast garlic hummus, beetroot hummus, a gluten-free oven baked spicy scotch egg, curry scotch egg and a sundried tomato, brie & spring onion quiche."

Little Eye Bakery - "I am making some roasted garlic & onion with herbs bread, in addition to our regular 7 sourdoughs. Next month, of course, it's hot cross buns."



Don't forget!
West Kirby
Easter Farmers' Market is
Saturday 19th March

Please help us
advertise the March date
by putting up poster on the
back page near where
you live.

Two new stalls to look out for this month...

... Wirral-based producer Julian Campbell, of Funky Nut Co.

Julian buys a lot of nuts! He roasts them and adds a few selected natural ingredients to produce the most delicious and healthy peanut butters around. He doesn't add oil or preservatives, so they are a great source of protein and healthy fats.

The peanut butters come in several different varieties:-

Plain unsalted (100% peanuts, nothing else added); sea salt; honey & sea salt; milk chocolate; sea salt & black pepper; and Chinese spice.

Then there's a range of other nut butters: cashew; almond; tiger nut & cashew; pistachio; and macadamia.

Smooth or crunchy - whichever way you prefer them, there'll be a great range on sale at the market this Saturday.



...and Choose Real Food



As something a little bit different for West Kirby Farmers' Market, we have a guest stall this month, and we'd like to welcome Sas & Faye who are bringing us Choose Real Food.

"We believe that health and vitality comes from naturally nutritious real food."



"We provide our customers with delicious, sweet and savoury snacks, which promote health and wellbeing."

"All our products are made from whole foods, which are refined sugar and gluten free; many are raw, vegan and dairy free."

Seasonal recipe from Yasmin Limbert

Rhubarb & Pecan Cake

*This is just as much a pudding as a cake.
Eat it on its own or warm with custard.*

170g butter
170g sugar
300g self raising flour
3 eggs
100ml milk
400g rhubarb
50g pecans
2 tbsp demerara sugar

Cream together the butter and sugar then add the flour and eggs. When they are well combined add the milk to loosen the mixture a little.

Chop the rhubarb into pieces half the size of your thumb and fold them into the mixture. Line a tin around 27cm x 18cm in size with parchment. Pour the batter in and level out the surface.

Roughly chop the pecans and scatter over the cake then sprinkle on the Demerara sugar to finish. Bake for 35-45 minutes at 160°C Fan.



Ollie's Orchard Launch their Apple and Blackcurrant Juice



Ollie's Orchard has been busy with product development and are proud to announce the launch of their Apple and Blackcurrant Juice at West Kirby Farmers' Market.

The blackcurrant variety is *Ben Lomond*. This is the first of the 'Ben' varieties developed by the Scottish Crop Research Institute in 1975 and it is renowned for its very high Vitamin C content, antioxidant properties and high juice quality.

There has been a longstanding tradition at Eddisbury Fruit Farm for growing blackcurrants and in the early days they used to supply blackcurrants to 'Robinson's' - famous for their blackcurrant cordial!

"The *Ben Lomond* blackcurrants mixed with our *Exceptional Blend Apple Juice* compliment each other perfectly, delicious especially when served chilled. Enjoy!"

Friday Pie-day! At Deli 1386

Every Friday Deli 1386 will have pies from the Great North Pie Co. who were crowned Supreme Champion of the British Pie Awards 2015.

There are 4 types of pie to choose from:

- the award winning Goosenargh chicken, mushroom, tarragon & English mustard pie (voted the best chicken pie in Britain 2015!)
- the classic Lancashire cheese & onion pie,
- steak & stout, and
- a white Cheshire beetroot, orange & cranberry pie.

All cost £3.69.



Food for thought

Waste not want not - Starting your own community "waste food" project - 11-12 April 2016

Page 5 of our [November 2015 market newsletter](#) had an article about The Real Junk Food Project Liverpool. This intercepts food that would otherwise go to waste from supermarkets, restaurants, allotments and a number of other sources, and turns it into healthy, nutritious meals for those in need, on a pay-as-you-feel (PAYF) donation basis. Trafford Hall near Chester and home of the National Communities Resource Centre, is offering training for community groups wanting to know more.

Turning seasonal gluts in to beautiful products like jams, chutneys, pickles, and sauerkraut is an age old skill. The modern twist is taking food that would otherwise go to waste from the food industry, and using it to start a social enterprise or community project.

The Real Junk Food Project does just this, sourcing food that would go to waste from supermarkets, wholesalers, restaurants and many other sources, cooking it up into healthy nutritious meals, and serving them to anyone and everyone on a pay-as-you-feel basis.

With over 100 neighbourhood level projects operating around the UK, the Real Junk Food Project Network demonstrates a number of ways that local people can



come together to reduce food waste, support local people in accessing food, and offer training and work opportunities.

Over two days, this course takes participants through the basics of:

- An introduction to food safety issues
- Starting a social enterprise – the process of forming a legal organisation, setting up a bank account, social media and generating interest
- Sourcing food that would otherwise go to waste
- Finding premises
- Different project models – from making preserves to running a community cafe.

To find out more visit their website
www.traffordhall.com/events/waste-not-want-not-starting-your-own-community-waste-food-project



**New spring arrivals at
Cors yr Odyn farm
at Dulas, on Anglesey.**

**Artisan cheesemakers, all
their cheeses are produced
entirely by hand using the
milk from their mixed herd
of Saanans, Toggenburgs
and Alpine goats.**

Food For Real

The UK's food and film festival!

March 19th - 20th 2016

The Food for Real Film Festival is growing in Liverpool and will hit a screen near you soonin cinemas, community centres, online, and in not so familiar venues!

Arts and health collective, Squash Nutrition are curating Food for Real to share dynamic food practice from around the North-West and the globe. This gourmet gathering will explore, witness and savour the



social, cultural and political impacts of the foods we eat.

A grassroots festival with an international reach, Food for Real aims to create an open, creative space where people from diverse food backgrounds and with diverse food interests can connect. It will be vibrant and interactive, provoking thought and discussion on the challenging food and agricultural issues of our time.

The UK's food and film festival! Back for the fourth edition - this FREE festival takes place on Sat 19th and Sun 20th March 2016. Full programme details will be available soon via www.foodforreal.co.uk

Late Winter Beekeeping from Nigel, of Wirral Countryside Bees

As the colonies have finished off their standard fondant, it has been replaced with one containing pollen, this should encourage the queen to step up her egg laying; but with the mild winter weather did she ever stop? As I don't use chemicals on my bees, checks and treatments for varroa are ongoing throughout the month.

Yesterday, 21st Feb, I went to the apiary at Mill Hill, most of the colonies were flying and bringing in pollen and nectar, the majority of the pollen was from snowdrops and crocus, with a little willow and hazel, emphasising they too like a mixed diet.

During the first week of March I shall be starting to give some liquid feed to the colonies which will be going to pollinate local rape crops. This type of feeding will convince the queen there is a nectar flow on and she will increase her egg laying rate, we need large colonies to take full advantage of this crop.

During February I have given a couple of talks to local groups, but in March it is my turn to sit and listen at the Cheshire Beekeepers spring convention.

March also sees the start of teaching another beginner beekeepers course at Llysfas agricultural college for south Clwyd beekeepers.

Another important job for early March is to decide which colonies to raise new queen bees from.



Mussels in White Wine

This dish is one of those rare dishes that fit cold winter and hot summer days! Its herby broth is comforting on a cold winter day and refreshing on a hot summer day. Some people like to add cream but I prefer this dish without, as the taste and texture of the mussels remain the star of the dish when the sauce is a broth. It takes 15 minutes at the most and is so tasty. The other fantastic thing about mussels is that they are relatively cheap. You need about 500g per person. I bought a bag that was about 1.5kg for around £4, which would easily feed three, maybe four people

Ingredients

For two people

1kg mussels

1 onion, finely chopped

15mls oil

1 dessertspoon butter

2 cloves garlic, squashed

2 sprigs of thyme

200mls dry white wine

Bunch of flat leaf parsley, chopped

Before you cook the mussels you need to prepare them. This means de-bearding them, which is removing the stringy bit by which the mussel attaches itself to the rock or rope. You just tug on it and it comes away. As you are de-bearding them, if any mussels are open and don't close when you tap them, discard them. Discard any mussels with broken shells. If any mussels have barnacles on them, just chip at the barnacles with another mussel shell and they come off quite easily. After the mussels are prepared I store them in cold water in the fridge. I've read that some people advise against this, but it's what I do and it seems to keep the mussels fresh.

Gently heat oil and butter in a very large saucepan. As you are heating the oil and butter add the squashed, but not chopped, garlic cloves and the thyme. Continue gently heating them for about 7-10 minutes. The point of this is to flavour the oil in which you are going to fry your onions. When the oil is flavoured, you can take the garlic and thyme out of the pan.

Turn up the heat and add the chopped onions and gently fry them. You don't want these onions to colour. Add the white wine. Turn up the heat to boil the alcohol off for about 5 minutes.

Add the mussels and put a lid on the pan. After a couple of minutes shake the pan vigorously to allow the mussels to move around. The mussels should be cooked in three to four minutes. You will know when they are cooked because the majority of the mussels will be open.

If any mussels don't open through the cooking process discard them before serving.

Garnish with chopped parsley and serve with crusty bread.



Local food heroes - Oldfield Farm

Did you know that only a stone's throw away from West Kirby there is a farm that has been run by the same family since 1733?

Oldfield Farm is situated between Heswall and Thurstaston overlooking the Dee Estuary. The farm is currently run by Sam Johnson, who is the eighth generation to farm the land.



The farm produces the finest tasting grass fed beef from its herd of predominantly Dun Galloway cattle. The cattle are traditionally reared, and from farm to fork never leave the Wirral. Some of the cattle can be seen on Thurstaston Common during the summer months where they are used for conservation grazing by the National Trust.

Being passionate about local food and local producers, Sam and his wife Victoria have recently taken over the organising of Heswall Farmers' Market, where they also sell their beef direct to the public.

Heswall Farmers' Market is held every third Saturday of the month at the Church of the Good Shepherd Parish Hall in Heswall.



FARM WALKS at Grange Farm, Mickle Trafford, home of Rowland's Red Polls

With spring on the way, now is the time to book a free guided farm tour and see some of the Red Polls and the abundant wildlife on Grange Farm. Tours are free and funded by Natural England through the educational access component of the Higher Level Stewardship Scheme; they are for six or more persons and last just over two hours. We will be happy to show you round by appointment at any time during daylight hours.

For more information, or to book a farm visit or buy Red Poll Beef, please contact Huw Rowlands on 07950 963526 or David Rowlands on 01244 300655 or email huw.rowlands145@btinternet.com

You can follow us on Twitter @redpollbeef and find Rowlands' Red Polls on Facebook.



We're delighted to have Team K doing the community café at the February market. All funds raised will go to St John's Hospice in memory of their dear friend Kath.



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.

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

March 2016

Diary Dates

[Visit our website for details](#)

STOCKS AND SAUCES

Tues 1st March 1-4pm

Cookery at Ness Gardens Kitchen

—

NESTON FARMERS' MARKET

Saturday 5th March 9am to 1pm

First Saturday every month

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WALLASEY FOOD FAIR

Sunday 7th Feb 10am to 2pm

First Sunday every month

—

WIRRAL FARMERS' MARKET

Saturday 12th March 9am to 1pm

Second Saturday every month

—

NEPALESE COOKERY*

Thursday 17th March, 6pm-9pm

—

WEST KIRBY FARMERS' MARKET

Saturday 19th March, 10-3pm

Fourth Saturday every month

—

HESWALL FARMERS' MARKET

Saturday 19th March, 10-3pm

Third Saturday every month

—

NEPALESE COOKERY*

Sat 19th March, 9.30-2.30pm

—

CHEESE MAKING*

Saturday 19th March, 9.30-2.30pm

***ALL AT Claremont Cookery School**

on the...

4th Saturday every
month, 9am - 1pm

Sat 19th March**

Sat 23rd April...

****3rd Sat in March
to avoid Easter!**



FARMERS MARKET



Saturday 19th* March
9am - 1pm

**3rd Saturday this month because of Easter!*



St Andrew's Church Hall, Graham Road, Wirral CH48 5DN