



West Kirby Farmers' Market



News

Next market - Saturday 24th February 2018



Yasmin Limbert - "After a few markets with seasonal specials, I'm back with popular favourites this month. Traditional Homity, Chicken & Tarragon and Chorizo & Sweet Potato. Bakewells are Apple, Cherry and Lemon."



Bryn Cocyn Organics - "We'll have fresh lamb, bargain frozen beef, apple juice (new pressing) and a shrinking supply of veg – spuds (Charlotte, Sante & Axona), swedes, cabbages, leeks, kales, sprouts & the last of the onions."

Pen y Lan Pork - "We will have all the usual favourites and due to popular demand I'll be bringing home-cured corner gammons, ham hocks and just 6 x racks of ribs for you to oven bake in whatever takes your fancy. For all you foodies, pig cheeks will also be available. Remember you can always pre-order to save disappointment (mikeford01@gmail.com)."

Chilly Stuff - "We're back this month with a Ricotta & Fresh Lemon Gelato. We think you'll like the delicate fresh taste!"

Veggie Fayre - "We are making mixed bean pies with a cheesy crust. Also some nice news for us, Claremont Farm Shop are taking our products now which is amazing."

Bongo's Chilli Pickles - Rock & Roll drummer Manny Elias (Tears For Fears) will be back at market this week. He's taking up residence indoors, (so keep a look out!) with his original recipe pickles, handmade in the kitchen of his Cheshire home.



The Chocolate Cellar - "Preview our range of Easter eggs this month. I will also have mothers day gifts and boxes of truffles on Saturday. Our truffles will include Frangelico, our award winning mellow yellow and our popular chilli and orange."



Funky Flapjacks - "I would just like to start by being rather selfish and hoping you haven't given cakes up for Lent!! I am trying to force my rhubarb at the moment but as yet it is too short to use for my shortbread so I thought I would return to the Sticky Toffee and Parsnip Cake - something comforting to brighten a rather dismal month. All the usual cakes will be there on Saturday (maybe unusual ones as well) and I look forward to seeing you there."



Order now for next month...



Bala, of The Chocolate Cellar has been busy designing some special handmade Easter eggs for next month. Take a look at them on her stall this month, and order ahead to have them freshly made for collection at West Kirby Farmers' Market on the 24th March.



Take a look at the Chocolate Cellar website for more eggs, and different options for collection - <http://www.thechocolatecellar.co.uk/store/#!/Easter/c/12625173>

West Kirby's very own gin, Tappers, have re-released their limited-edition chocolate Eggcentric Gin in plenty of time for Easter, and their spring seasonal gin - Springfever - will be on the way once the weather improves.

Tappers, a local independent family business founded in May 2016, won two international accolades last year for their Darkside Gin and they've received rave reviews in the press. BBC Good Food and World's Best Spirits selected their fruit cup, Hydropathic Pudding, as "best flavoured gin" this past Christmas, and Darkside has recently featured in Vogue Magazine. Their range of artisan spirits is inspired by history and our coastal area: some of the botanicals they use have been foraged locally.



Tappers is now a recognised name around the UK and can be found served up in several Michelin starred restaurants such as the Ampersand and Lanesborough hotels in London. Made in Chelsea fans, keep an eye out! You can also find a tippie being served in plenty of local venues such as the West Kirby Tap and Wolf+Lamb.

If you're after a bottle for your own collection, you can order online from Tappers (www.tappersgin.com) and 'click 'n collect' from The West Kirby Tap, or pop in to Homebrew Bottle Shop in Oxton or West Kirby.



Keep in touch with them and follow their progress on social media:

Twitter: [@tappersgin](https://twitter.com/tappersgin)

Instagram: www.instagram.com/tappersgin

and Facebook: www.facebook.com/tappersgin

Hints of Spring

The snowdrops and alpine crocus are flowering beautifully around Irby, giving the bees some early fresh pollen, which is vital for brood rearing. Pollen is the protein part of their diet, and fresh is best. They do store pollen for use during the winter, but, if there is any left it will be at least three months old. To make sure they have a regular supply, during late February I change the solid feed to one containing pollen.

Creating new brood is now extremely important to the colony, as most of the bees produced in the autumn are coming to the end of their life by the end of March. March is the month when most overwintered colonies die.

Other jobs at present include, washing out the remaining nuc boxes and other plastic equipment with a mixture of washing soda and liquid soap. Frames containing old wax have this removed, prior to being boiled in a similar solution, the wooded hives not in use are scorched with a blow torch.

If anyone is interested in becoming a beekeeper, Wirral Beekeepers are holding a taster evening on the 9th March at Barnston church hall, 7-9pm. For further details see the website or ring Avril Rowley on 0151 678 2283. The full beginners course starts in late March.

from Nigel, of Wirral Countryside Bees



March Diary Dates

Sat 3rd March 10am to 2pm
Cooking with Mexican Chillies*

Sunday 4th March 10am to 2pm
Wallasey Food Fair
First Sunday of every month

Thursday 8th March 6 to 9pm
Spanish Tapas Cookery Course*

Sat 10th March 9am to 1pm
Wirral Farmers' Market
Second Saturday of every month

Sat 10th March 10am to 1pm
Basic Wild Foraging Walk*

Sat 17th March 10am to 3pm
Heswall Farmers' Market
Third Saturday of every month

Saturday 24th March 9am - 1pm
West Kirby Farmers' Market
4th Saturday of every month

Sat 24th March 10am to 4pm
Wild Foraging & Cookery Course*

Tues 27th March 6 to 9pm
Vegan and Vegetarian Cooking*

*At Claremont Farm Cookery School



Roasted Jerusalem artichokes

Why not try something a little different from the market this week?

Jerusalem artichokes taste like a sweeter, smoky version of potato, and can be cooked in more or less the same way. They're particularly nice roasted in the oven, and make a lovely roast dinner side dish. This recipe serves 4.

Ingredients

- 300g Jerusalem artichokes
- 3 tbsp olive oil
- Few sprigs thyme
- 2 garlic cloves

Method

- Give the artichoke skins a good scrub, and cut any large ones in half.
- Toss everything together in a bowl, then spread it all out on a baking tray and roast at 200°C/Gas 6, for 30 minutes, until tender. Season to taste.

Wine Sampling - Explore the regions

Next Date for your diary

- Friday 2nd March, from 6.30pm

The variation in Portuguese wines, particularly given the size of the country, is impressive. We're using the next wine sampling to showcase this. You will have the opportunity to try wines from Lisbon, Douro, Alentejo, Setubal & Beira regions. Its still a tad chilly so we'll include some bolder reds as well as some rather substantial whites. Its a very relaxed atmosphere, for us its all about enjoying the wine. If you want to know more about the wines there will be some tasting notes available on the evening & we're always on hand to share our knowledge of the wine & the regions themselves. We will also offer some savings on the wines sampled on the evening.

Join us on Friday 2nd March when you can try 3 different wines, with accompanying nibbles. Tickets are £7.50 (payable up-front) & you can arrive from 6.30pm finishing about 8pm.

If you'd like to join us, feel free to contact us to reserve your places & tell us how many are coming. Tickets are £7.50 per person & as always we'll be holding the sampling in the shop so its advisable to book to avoid disappointment :)

Email for 'Wine Sampling' Tickets - info@deli1386.co.uk

One of the favourite dishes at the recent Portuguese Supper Club evening @theNook was Sardinhas com pimentos assados (Portuguese canned sardines with roasted peppers) so we thought if you'd like to try it at home we'd share the recipe:

Canned sardines with roasted peppers (Serves 4 as a starter)

Ingredients:

- 1 red pepper or if you're in a rush (want to cut down on the washing up), half jar of Pelagonia roasted red peppers
- 2 cans of sardines - we have a wide range so the choice is yours
- 1/2 Broa / Portuguese corn bread
- 3 tablespoons Olive oil

Place pepper in a roasting tin, grill at 200 degrees c / gas mark 6 for about 5 mins each side or until the skin is charred.

Remove from oven & place pepper in cold water.

Leave for 2-3 mins, then remove the skin & seeds.

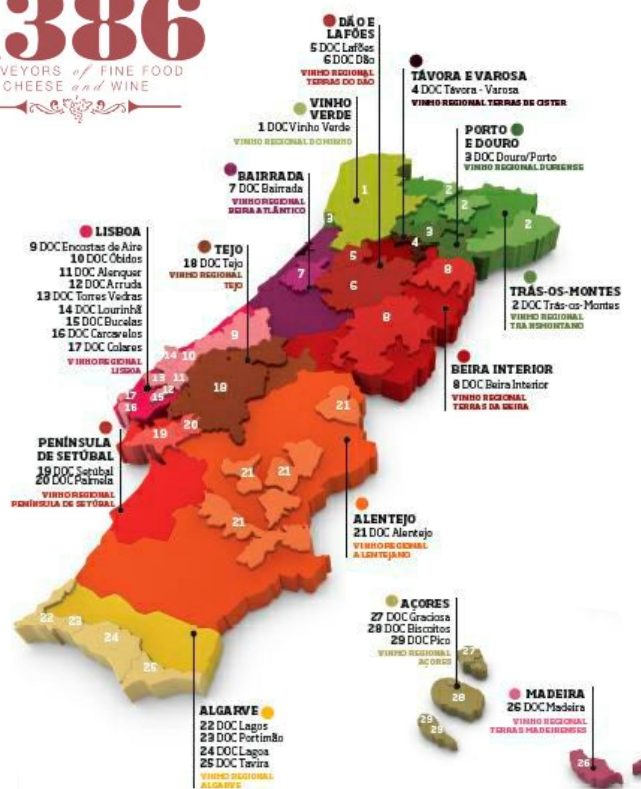
Slice into strips approx a finger wide & place in a container with some olive oil - this can be prepped before & left to marinate in the fridge overnight to intensify the flavour.

Thinly slice the broa, place 2 slices per person on a plate

Drain the 2 cans of sardines & slice one sardine into two, one fish per person.

Take 1/4 of pepper slices & place on top of broa, then take two pieces (one fish) place on top of peppers.

Drizzle all with olive oil from the peppers. Serve & enjoy!



Deli 1386 Monthly Newsletter

Deli 1386 (in front of West Kirby station) sends out a monthly newsletter with details of promotions, news and events. Here are some highlights from the last newsletter, but there's more to read if you sign up - at www.deli1386.co.uk/sign-up



Stay for cake...

a cuppa...

and a bacon batch

All the sales from the community
café this week go to Claire House
children's hospice, so treat yourself
- and treat them too.

If you would like to be added to the circulation list for this monthly market newsletter,
drop us an email - ttwk.food@gmail.com

Applications are now open for MasterChef: The Professionals 2018

If you're an aspiring chef, this is your opportunity!

MasterChef: The Professionals returns for its eleventh series and is once again looking for chefs with the talent and ambition to make it to the top of their industry.

Long established as one of the top professional competitions in the country, judges Marcus Wareing, Monica Galetti and Gregg Wallace continue to push contestants to prove they have the ability and passion to cut it in the world's best kitchens.

If you have the culinary skills to battle against the best and the desire to cook at the highest level, this is the only competition to be part of.

Applications can be found at
<http://www.masterchef.com/professionals>



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 24th March 2018
Sat 28th April 2018...

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](https://www.facebook.com/groups/westkirbyfarmersmarket)