



Newsletter 26th January 2013

West Kirby Farmers' Market
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News at the market this week

Constanza (El Olivar), is back with olives this month after Christmas holidays on the family farm in Andalucia.

Steve, (Flaming Bean Coffee Roastery) joins us again with a selection of handpicked single estate coffees, all freshly roasted in Neston.

Daxeen (Tasty Bakes of Hoylake) is back again with homemade fudge, cupcakes, chocolate shoes, boucakes, cookies, flapjacks etc.

Little Eye bakery is away this month, but The French Corner will be offering more whole grain, granary, rustic loaves.

Seasonal recipes - Rhubarb and Ginger Loaf Cake

350g rhubarb	Pinch salt
200g plain flour	1 tbsp ground ginger
75g wholemeal flour	75g butter
150g sugar	1 egg
1/2 tsp baking powder	200ml milk
	60g ground almonds

Method:

1 Heat the oven to 180C (160C fan) Gas 5. Wash the rhubarb, remove any fibrous skin and cut into 2 cm lengths. Sprinkle over 2 tbsp plain flour and toss to coat the rhubarb.

2 Sift the remaining plain flour into a large mixing bowl with the wholemeal flour, sugar, baking powder, salt and ginger.

3 Melt the butter in a pan, whisk in the egg and milk and stir into the flour mixture. Fold in the ground almonds and rhubarb and pour into a greased 900g loaf tin.

4 Bake for 60 - 70 minutes; the cake is cooked when a skewer comes out clean. Leave to rest in the tin for 10 minutes before turning out.

About our local producers

West Kirby Farmers' Market is committed to supporting local food. All our stall holders are selected against the strict selling criteria of traditional farmers' markets. This is your guarantee that the produce sold at the market will have been grown, reared, caught, brewed, pickled, baked, smoked or processed locally, and is sold to you either by the producer or someone directly involved with production.

Local Producer Profile



Tiresford Guernsey Gold

Andrew Hope farms in a small, bustling corner of rural Cheshire, on Tiresford Farm - home for the last 55 years, of the renowned Tiresford Guernsey Herd.

A familiar sight during the summer months, grazing the fields either side of the A49 Tarporley by-pass, the Guernseys at Tiresford are no ordinary herd. They include several prize-winning best examples of the breed in the world.

Guernsey cattle are known to produce the highest percentage of A2 milk of all breeds of dairy cattle, plus a very characteristic golden colour due to the exceptionally high content of beta carotene.

In 2004 the decision was made to maximise the unique qualities of Guernsey milk further and Tiresford Guernsey Gold Cheshire Yogurt and Cheese were born.

WKFM's monthly e-newsletter, gives you news from producers, seasonal recipes, special offers (from the market and local retailers) and details of other local food events that we're organising.

Email us at admin@westkirbyfarmersmarket.co.uk if you'd like to be added to the circulation list. We promise not to pass on your details or use them for any other purpose.

26th January Market Specials

Local, rare breed American Pulled Pork, Manna Foods
cooked fresh & served hot, BBQ sauce

Rhubarb Crumble, Goats Cheese Walnut & Leek and Sausage & Apple tarts Yasmin Limbert

Bargain organic beef Bryn Cocyn

Two new flavours of Jersey ice cream - Backford Belles
Eccles Cake, and Pistachio

Cauliflower & Mature Cheddar soup Souperlicious

Beetroot Hummus, Broccoli Stilton and Walnut pies Veggie Fayre

Market dates

4th Saturday of every month
9am - 1pm

Saturday 26th January 2013
Saturday 23rd February 2013
Saturday 23rd March 2013
Saturday 27th April 2013
Saturday 25th May 2013
Saturday 22nd June 2013
Saturday 27th July 2013
Saturday 24th August 2013
Saturday 28th September 2013
Saturday 26th October 2013

How to 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, 24, 38, 39, 77, 77A, 83, 83A, 437 to West Kirby

By train: Services every 15 minutes into West Kirby railway station.

By car: Parking for the market is not easy. Park on Meols Drive and in the town centre; and blue badge parking in the Church Hall car park.

Seasonal Recipe - Gamekeepers Pie

For venison and other game in season visit West Kirby licensed game dealers - R Hinton & Son, 97 Banks Rd, telephone: 0151 625 5605

1kg coarsely minced venison	
3 medium onions, finely chopped	For the mash topping
2 garlic cloves, peeled and crushed	2-3 large potatoes
4 juniper berries, crushed	peeled and quartered
1 tsp chopped thyme leaves	200g parsnips, roughly chopped
1 tbsp plain flour	A few good knobs of butter
1 tbsp tomato purée	Splash of milk (optional)
1 tbsp Worcestershire sauce	
200ml cider	
1 litre good beef stock	

Season the minced venison. Heat 1-2 tbsp oil in a heavy-based frying pan, then brown the meat in small batches for a few minutes, turning it with a wooden spoon. Drain in a colander to remove all the fat.

Heat 2 tbsp oil in a heavy-based saucepan and gently fry the onions with the garlic, juniper and chopped thyme until very soft. Add the meat, dust it with flour and add the tomato purée. Cook for a few minutes, stirring constantly.

Add the Worcestershire sauce, then slowly stir in the cider and beef stock. Bring to a simmer and cook gently for about 1 hour until the liquid has thickened. Check the seasoning and set aside to cool.

Preheat the oven to 200°C/Gas 6.

Meanwhile, cook the potatoes and parsnips in boiling salted water for about 10-12 minutes until soft. Drain and return to the pan on a low heat for a minute to evaporate excess water. Mash potatoes and parsnips together adding butter and a little milk if necessary. Season to taste.

Spoon the meat mixture into a large pie dish or individual dishes and spoon the mash evenly on top. Rough up the surface with a fork and bake for 35-40 minutes until the topping is golden.

This recipe from www.gametoeat.co.uk

game-to-eat
MONTH

www.gametoeat.co.uk

Go Wild with British Game
1st - 30th November 2012



Tiresford drinking yoghurts contain a mild bio-culture, real fruit and no artificial colourings or flavourings. Try one from their range of raspberry, banana and mango, for a healthier school lunchbox option.