



West Kirby Farmers' Market News



Next market - Saturday 24th January 2015



Denbigh Brewery - A range of our bottled real ales, plus our Spring seasonal beer - St. David's Ale - a dark malty bitter (4.3%). We'll have gift boxes to take 3 beers.

Funky Nut Company - Homemade peanut butters with selected natural ingredients.

Popcorn popcorn - Salt, sweet, chili and salt 'n' pepper flavoured popcorn.

Chocolate Cellar - A special Valentine's Collection - *The Bold Street Collection* - based on the amazing independent eateries on Bold Street. My first batch will be on sale at West Kirby Farmers Market!

Petros Produce - *Commandaria* - a traditional Cypriot sweet desert wine made with grapes from our family farm in Cyprus.

Auntie's Kitchen - Homestyle Punjabi Chicken Curry, Rajma (red kidney beans) and Vegetable Kofta Curry.

Veggie Fayre - Mushroom and tarragon pie along with an oven-baked spicy tiffin egg.

Yasmin Limbert - Spiced apple crumble pie, fig & almond tart, *haggis neeps & tatties* pies and chicken & mushroom pies.

Bryn Cocyn Organics - Charlotte potatoes, fresh lamb & frozen bargain beef.

Funky Flapjacks - A 'citrus' start to the new year - clementine cake and mini lemon drizzle loaves. We'll have a new Peanut Butter & Chocolate Brownie and gluten free brownies.

Eponine Patisserie - Individually wrapped confectionery so customers can try different flavours - loose caramels, marshmallows, nougat and fudge. Plus a range of gorgeous eclairs.

Pen y Lan Pork - Our last batch of Christmas sausages (orange cranberry & chestnut). Pigs in Blankets (full size sausages), pork burgers, ham hocks (from Saddleback pigs - loads of flavour), and some pork pies.

Billy the Fish - Fresh, local cod, plaice, hake, shrimps, cockles, mussels and crabs.

24th January Market Specials



Junior Cooks' Classes

There is a place available in Yasmin's Junior Cooks' Classes in the 13-16 age group. Classes are on Tuesdays at 4.30-6pm at her home in West Kirby. Children cook a wide range of dishes, both savoury and sweet, enabling them to learn a variety of skills in the kitchen and introducing them to new foods. All ingredients are provided and there are no more than 6 children in a class. Contact Yasmin for more information.
yasminlimbert@hotmail.com

Thank you

"This is a very exciting month for us as it is exactly 10 years on Valentines day from the day I started dipping my toes in the water with selling little heart and flower shaped chocolates at Wirral Farmers Market with my little 3 month old baby in a sling fast asleep behind me.

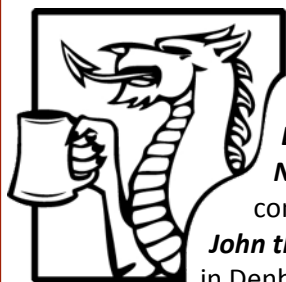
The past 10 years have been amazing with many peaks and troughs along the way and I am so grateful for our very loyal, wonderful customer base that has supported us through this interesting journey.

So, just a quick (but huge) thank you."

Bala Croman

A market welcome to Alyn Ashworth of Denbigh Brewery...

Since it started in 2012, Alyn has developed a range of regular ales at Denbigh Brewery, tailored to suit local tastes by selling to local pubs, clubs and Farmers' Markets. He also brews speciality beers for catering / hospitality businesses, events, promotions etc. He can supply beer in barrels, polypins and bottles for parties, weddings and special events. New in 2015 he'll be running Brew it Yourself sessions for small groups! Ask for details. His beers at West Kirby Farmers' Market this week are:



David's Ale - Dark Malty Bitter - 4.3%

Earl's Folly - Brown Ale - 3.6% - Our take on a Brown Ale.

The Mental - Strong Winter Ale - 7.4% - Rich, spicy and very strong.

Denbigh Green - Medium Malty Bitter from fresh Denbigh-grown hops - 4.5%

No X - Czech-style Lager - 5.3% - A Real Lager with Real Taste! Brewed in the traditional continental three-step mash process, with lager malt & Hallertauer hops.

John the Thumbs - Light hoppy bitter - 3.5% - Brewed specially for the 2013 National Eisteddfod in Denbigh. A light, summer drink best served quite cool.

Goblin Tower - Ruby Mild - 3.8% - An easy-drinking mild. A hint of roasted barley initially, a slightly sweet finish.

Denbigh Black - Celtic Porter - 5% - A chewy stout. Black patent malt, molasses sugar, very distinctive taste.

...and Wirral-based producer Julian Campbell, of Funky Nut Company.

Julian buys 100% organic peanuts. 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, preservatives, or sugar, so they are a fantastic source of protein and healthy fats. Smooth or crunchy - whichever way you prefer them, there'll be a great range on sale at the market on Saturday:

- **Plain unsalted.** 100% peanuts. Smooth or crunchy, nothing added.
- **Sea Salt.** Contains only peanuts and a touch of organic sea salt. Simple.
- **Honey & Sea Salt.** Peanuts, real honey and organic sea salt. That's all.
- **Milk Chocolate.** Peanuts and chocolate. Nothing else. A bit naughty, this one. It's great on your toast, or in cakes, biscuits, porridge oats or smoothies.
- **Sea Salt & Black Pepper.** Only peanuts, organic sea salt & cracked black pepper. Lovely on toast, but try adding it to soups & sauces instead of flour, to thicken them while giving a great taste.
- **Spicy Salt & Pepper.** Roasted peanuts and an aromatic spicy blend of natural ingredients. Great right out of the jar or on your toast but try adding it to soups, noodles or curries for a deep, rich taste. We like it added to coconut milk with a little lime for a ready made Satay sauce. It really is a favourite amongst our customers.
- **Sweet Coconut.** Roasted peanuts, coconut flesh and nothing else, for a great smell and taste. Delicious out of the jar or on your toast or a lovely ingredient for cakes, cookies, porridge, smoothies or curries.



Carol Wilson's market recipe for making the most of seasonal food

Rhubarb Bread & Butter Pudding

600g rhubarb, cut into 2.5cm pieces
100g sugar
2 tbsp water
300g bread, thickly sliced & crusts removed
55g butter
300ml milk
4 eggs
300ml double cream
few drops vanilla extract
icing sugar, for dusting

Heat the oven to 200°C (180° fan) gas 6.
Butter a baking dish.

Place the rhubarb, half the sugar and the water in a pan.
Bring to a gentle simmer. Cook for 5 minutes,
until the rhubarb is just tender, but still holding its shape.

Generously butter the sliced bread. Cut the slices into squares or triangles. Place a layer of the bread, slightly overlapping, in the baking dish. Spoon over half the cooked rhubarb, then layer with the remaining bread. Spoon over the remaining rhubarb.

Heat the milk in a pan and bring to the boil.
Remove from the heat. Whisk together the eggs and remaining sugar until blended. Stir the cream into the milk and pour on to the egg mixture, stirring well. Stir in the vanilla. Strain the egg mixture through a sieve over the bread and rhubarb, pressing the bread down gently.

Bake for 25 -35 minutes until just set.
Remove from the oven and dust with icing sugar.

A Healthy, Fair and Sustainable Food Future for Wirral.

Take a look at Pat's letter, below. He's passionate about driving forwards a healthy diet for every child on Wirral. We care too. We'd like to help create a healthy, fair and sustainable food future for Wirral. Would you?

Friday 16th January 2015



This is an open letter.

This week whilst presenting in an area with high obesity and other food related health issues, you can imagine my outrage, horror and disbelief that Wirral Borough Council Metro Catering on 15th January decided to feed the children of Wirral in their control popcorn chicken, burgers and fries as a Special Day. It got better on the Friday when Fish and Chips were served in the schools under their control. Clearly their idea of Special is Fast Food.

I am in a privileged position going to so many schools to support and work with so many wonderful children and teachers of Wirral and indeed the North West; the food offered on the special day has upset me and many other Wirral residents I have spoken to.

In February 2014 I was asked by Wirral Borough Council to attend the Better Food Community Conference. This was to be the start point of producing a Food Plan for Wirral. One aim was for a healthier Wirral. How is Metro catering missing this point?

This is not a complaint directed at any front line Metro member of staff; they work tirelessly in schools. This is not specific to any one school or child. This is about the health of Wirral children. This is about blatant disregard for promoting healthy food amongst Wirral children. This is about sending mixed messages to our Wirral children and the lack of guidance and training from Wirral Borough Council and Metro Catering Management when it comes to menu planning and food production.

Metro Catering and Wirral Borough Council are failing to grasp the biggest opportunity given to them in that all 5-7 year old children are given free school meals. Whilst I had reservations about this proposal at first I now feel this is such a wonderful opportunity to influence future generations. Wirral school food providers have a duty of care to our children to promote healthier food.

That duty of care starts by grasping of the opportunity and this, in my opinion, is being neglected by Wirral Borough Council and Metro Catering Management Team.

A number of things in my opinion would help:

- School Special Days are Special Healthy days.

- More planning of menus and reducing fast food types (do we need poor quality battered fish on the menu every Friday?).

- More Fresh Food in to the kitchens.

- More training and support if required to the front line staff (lots of skilled people not being used to their potential and just opening boxes).

- Less choice on the menus to allow more time, effort, ingredients and skill to go in to each dish.

I am so incensed to what has happened this week that this letter will be circulated extensively in the hope that all Wirral Stakeholders can work together to sort things out immediately for the benefit of the children of Wirral and its future generations.

Pat Oakes

www.funfoodchef.co.uk

The lack of daylight in the middle of Winter restricts the amount of outside work which can take place, and the daily routine involves several hours of work cleaning the cattle housing and feeding the animals which spend the Winter housed in the buildings and yards at the farm.

Twenty three younger Red Polls remain out in the fields eating what is left of last year's grass, and can be seen from Picton Lane, and they will then graze the barley stubble in late February before it is ploughed into the ground to make way for this year's crop.

February is the time when the herd is vaccinated against diseases which are cattle specific, and this will involve several days work with a needle and a lot of patience.



Moos of The World

*Winter at The Grange, Mickle Trafford
- home of Rowlands Red Poll*

You can keep up to date with what's going on by following us on Twitter, @redpollbeef - For a daily dose of conservation and controversy, and the hashtag #SpotTheRedpoll (picture, left) is becoming popular.



Most of the cattle have free access to silage (made from grass mowed the previous year), and they are bedded on straw which they also eat, and at this time of year they devour mineral licks from buckets in the same way that children chomp through lollipops, given half a chance.

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 January 2015
Sat 28th February 2015...

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