



West Kirby Farmers' Market



News

Next market Saturday 23rd January 2016



Yasmin Limbert -

"It's Burns Night on January 25th so I'll have Haggis Neeps & Tatties in a pie to help you celebrate."

Pen y Lan - "The popular Christmas sausages (with orange, cranberry & chestnut) will be running this month for the last time. Pop down and grab them quick."

Funky Flapjacks - "Happy New Year to everyone. We are back to normal now - cold, grey and dismal (I am not a fan of January!) however a little sweet



**At market
on 23rd
January**



treat works wonders. We will have all our usual cakes plus a dairy-free chocolate cake and also a gluten-free coconut cake to taste !"

Bryn Cocyn Organics - Beef, lamb, spuds, carrots, onions, leeks, kales, chard, apples & organic apple juice.

Veggie Fayre - "We are making pissaladiere which is vegan and a shakshuka slice."

Billy the Fish - local cod, whiting, hake, plaice, mussels, shrimps, crabs, maybe some halibut.

FARM SHOP

& FREEZER CLEARANCE SALE

Plans are progressing for the Rowlands Red Poll new farm shop which they aim to open in the first half of 2016, selling produce from the farm and Mickie Trafford Mill.

If there is anything you would like them to stock for you, please let them know. To help make the move into the new premises easier, they would like to empty their freezers, so everything is going cheap. Feel free to go along to the farm and have a look; make an offer or ask for their discount price list.

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

February 2016

Diary Dates

[Visit our website for details](#)

THE HUMBLE POTATO

Tuesday 2nd Feb 1 - 4 pm
Cookery with Ness Gardens Kitchen

NESTON FARMERS' MARKET

Saturday 6th Feb 9 am - 1 pm
Neston Market Square
First Saturday every month

INTRO TO GLUTEN-FREE BREAD*

Saturday 6th Feb 9.30 am

GLUTEN-FREE BREAD 2 *

Sunday 7th Feb 9.30 am

WALLASEY FOOD FAIR

Sunday 7th Feb 10 am - 2 pm

St Mary's College

First Sunday every month

WIRRAL FARMERS' MARKET

Saturday 13th Feb 9 am - 1 pm
New Ferry Village Hall
Second Saturday every month

NEPALESE COOKERY*

Saturday 13th Feb 9.30 am - 2.30 pm

INDIAN COOKERY WITH SOMA*

Sunday 14th Feb 10 am - 2 pm

COASTAL FORAGING AT PARKGATE

Sunday 14th Feb 12 noon - 3 pm

NEPALESE COOKERY*

Thursday 18th Feb 6 - 9 pm

FRESH ITALIAN PASTA*

Friday 19th Feb 9.30 am - 2.30 pm

CHEESE MAKING*

Sunday 21st Feb, 10 am - 4 pm

GROW YOUR OWN @ Ness Gardens

Thursday 25th Feb - 31st March
9.30 am - 12 noon, 6 weekly sessions

WEST KIRBY FARMERS' MARKET

Saturday 27th Feb 9 am - 1 pm
St Andrew's Church Hall
Fourth Saturday every month

INDIAN COOKERY WITH SOMA*

Saturday 27th Feb 2 - 8 pm

ADULT, CREATIVE CHOCOLATE WORKSHOP*

Sunday 28th Feb 1 - 4 pm
With The Chocolate Cellar

*ALL AT Claremont Cookery School

Seasonal Recipe

Baked potatoes with leeks and cheese

This is a personal family favourite. It's really easy, cheap, comforting winter food.

2 baking potatoes (Remarka or Axona from Bryn Cocyn are great varieties for baking)
70g butter
2 leeks, washed & sliced
100g mature Cheshire cheese, grated

Scrub the potatoes and prick the skins. Put them in the oven at 200°C / gas mark 6, and bake until they feel soft and the skin is crisp when squeezed. The timing depends a bit on the variety of potato, but will take about 45mins to an hour.

Meanwhile, melt the butter in a heavy-bottomed pan, then put in the leeks, stir and cover. Cook very slowly, stirring from time to time, until the leeks are soft - this takes about 15 minutes.



When the potatoes are cooked, slice them in half and scoop out the flesh into a bowl. Mash this really well with the leeks and butter and most of the cheese. Pile the mixture back into the skins and sprinkle with the rest of the cheese.

Put back into the oven and bake for about 15 minutes until the potatoes are piping hot and the cheese is golden.

January Beekeeping from Nigel, of Wirral Countryside Bees

Normally a quiet month with an inspection or two, counting the Varroa mite drop, checking the winter feed and preparing to deliver the Introduction to Beekeeping course at Claremont Farm.

Someone forgot to tell the weather! The warm temperatures have had the bees out flying, which means they have been using up their food stores at an alarming rate, so weekly checks on the feed have been essential, the feed is a type of candy/fondant paste similar to what is used to ice cakes.

Prolonged damp weather is also the biggest killer of bees, cold is not a problem, they can stand temperatures down to around -40°C

Now with February very close, big plans have to be made, which hives and how many will be going to the Rape fields, these require special preparation, to ensure a large foraging force is in place for mid to late April.

February sees the first fresh pollen of the season, from Snowdrops and Crocus, which will encourage the queen to lay more eggs. This year from early February, I am going to try out a candy which contains pollen in the mixture.

Other hives requiring special attention, are those which will be used to rear new queens, from early May onwards.

Grow Your Own

*Interested in growing your own vegetables and fruit?
Don't know where to start or what to grow?
Join this course at Ness Gardens for a
comprehensive guide to getting the best
produce out of your garden, large or small.*

The course, of six weekly sessions, starts on Thursday 25 February (9.30 am -12 noon).

Course overview

The course is taught through talks, demonstrations and a range of activities both in the classroom and out in the gardens (weather permitting). Please come dressed in suitable clothing for the weather, (i.e. waterproof jackets and wear suitable shoes) and bring pen and paper.

Week 1 - Sites & choosing what to grow. Understand the factors to be considered when selecting a site for growing fruit and vegetables outdoors and the use of containers. Decide what you wish to grow including issues such as disease resistance and pollination compatibility.

Week 2 - Essential techniques. How to prepare your soil, the use of bed systems, intercropping, successional cropping and ways in which you can advance / extend the season.

Week 3 - Crop planning. Understanding crop rotational systems and how to plan what and where you are going to grow.

Week 4 - Cultivation. Including seed sowing, watering, pest/disease control and ongoing soil care.

Week 5 - Fruit. Choosing what sort of fruit you wish to grow and the cultivation of common soft fruits such as strawberries, blackcurrants, gooseberries and raspberries.

Week 6 - Fruit harvesting & storage. Cultivation of common top fruits such as apples, pears and plums including pruning. How to harvest and store produce including the causes of deterioration in stored fruit & veg.

Who is it suitable for? There are no formal entry requirements; all you need is an interest in plants and gardening, and be aged 18+.

What does it cost? £60 Friends (£65 Non Members).

Do I need to book a place? Yes - Please contact 0151 7956300 or book at Ness Gardens Admissions desk.

www.nessgardens.org.uk





The the 2nd West Kirby Sea Scouts will be at the January Market helping out at the Community Café.



Entering its 72nd year, 2nd West Kirby Sea Scout Group welcomes 102 local young people aged 6-25 in its numbers. Spending time away from home camping, cooking for themselves and achieving tasks with their friends are as popular now as they were in scouting's first days over a century ago. Sea scouting allows our young people to take responsibility for others, improve their fitness and developing awareness by taking charge of our powerboats and sailing dinghies often years ahead of when they'd be let behind the wheel of a car.

It's often tempting to see young people immersed in smart phones, computer tablets and the like and wonder what's happening. A trip to the Marine Lake on a Saturday morning from April to October will show you those same youngsters out learning skills, learning to work as a team and enjoying what Kenneth Grahame talked about as 'messaging about in boats'.

2nd West Kirby Sea Scout Group has been part of the community for a long time, with every intention of remaining part of it for a long time to come. Thank you for your support on behalf of all of our young people. ***Please come and sample our offering in the cafe, we'd love to chat with you and share your stories of how you've been involved with our scout group, or indeed how you'd like to get the young people in your life involved with the group in the future.***

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 27th February
Sat 19th March*...

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

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