



West Kirby Farmers' Market



News

Next market - Saturday 27th January 2018



Pat's Country Kitchen - "I'm really excited to be joining the market this month, and I've just made some new season Seville orange marmalade to bring along."

Bryn Cocyn Organics - Lamb, frozen (bargain) beef, apple juice, spuds, onions, swedes, kales, leeks, sprouts, cabbage... Winter's cuisine!

Yasmin Limbert - "I will have Haggis, Neeps & Tatties in a Homity pie to celebrate Burns' night and a Haddock & Watercress along with my usual favourites."

Veggie Fayre - "This months special will be homemade crusted baked bean tarts to keep the cold away."

Billy the Fish - Dressed crab, mussels, sea bass, hake, plaice, cod, salmon...

CityVeg - "This week we'll definitely have pea shoot and sunflower microveg, and a few other little surprises!"

Funky Flapjacks - "Happy New Year to everyone - even though it seems a long time ago! Hopefully you have all finished your mince pies and tins of biscuits by now and be looking forward to some healthy cakes!!! (well beetroot and courgettes are 1 of your daily 5!). So we are back to our usual bakes and I am returning to the dairy free chocolate cake and also a dairy free lemon cake for tasting."

Hemingway's - "Don't forget I can do vegan red pesto made to order, and fresh handmade gnocchi too. Just text my mobile (Claire) 07921 128 696."



Feb Diary Dates

Sat 3rd Feb 10am - 12noon

Kids' Fun Cooking Workshop*

Sunday 4th Feb 10am to 2pm

Wallasey Food Fair

At The Mosslands School

Tuesday 6th Feb 6 - 9pm

Eating 'Real Foods' for Weight Loss*

Sat 10th Feb 9am to 1pm

Wirral Farmers' Market

At New Ferry Village Hall

Sat 10th Feb 10am - 4pm

Indian Cookery with Soma*

Mon 12th Feb 6 - 9pm

Healthy Sweet Treats*

Sat 17th Feb 10am to 2pm

Heswall Farmers' Market

At Church of the Good Shepherd Hall

Sun 18th Feb 10.30 - 4.30pm

Cypriot Meze Cookery Class*

Saturday 24th Feb 9am - 1pm

West Kirby Farmers' Market

At St Andrew's Church Hall

Sat 24th Feb 9.30 - 2.30pm

Nepalese Curries & Street Food*

Sun 25th Feb 11am & 1.30pm

Two Chocolate Workshops*

Tues 27th Feb 6 - 9pm

Cooking and Eating for Hormones*

*At [Claremont Farm Cookery School](#)

A big market welcome to Pat's Country Kitchen

Pat's Country Kitchen offers a range of preserves - jams, marmalades, pickles, chutneys and cordials.



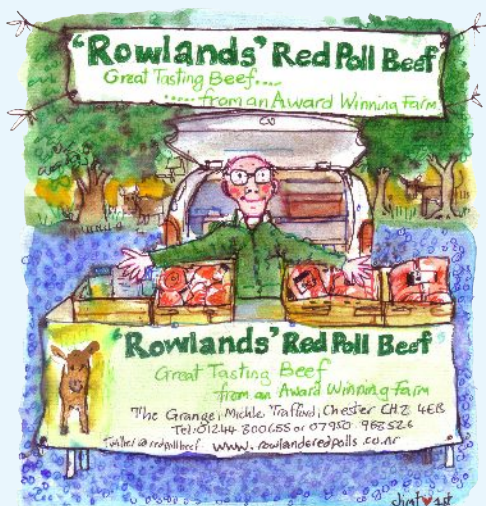
Most of the ingredients Pat uses are either grown organically on her allotment or sourced locally.

Pat cooks everything in her home kitchen in Denbigh, using traditional methods. As well as using some really well tested recipes which have stood the test of time, she also loves experimenting with different flavours and using as much seasonal fruit, veg and herbs as possible.

Some of her favourite produce over the year include: Spiced Apple Ketchup; Pickled Red Cabbage; Red Onion Marmalade; Elderflower Cordial; Cider, Lemon & Garlic Vinegar; Beetroot Chutney; Rhubarb & Vanilla Jam.

Just this week, she's been transforming a pile of Seville oranges (below) into a traditional homemade orange breakfast marmalade for market this week. If you've not had homemade Seville orange marmalade before - you don't know what you're missing! Give it a go!





Want Red Poll Beef this month?

Rowlands' Red Poll Beef can't make it to the market this month, but their farm shop* is open on Fridays 3 - 5:30pm and Saturdays 9 - 11:30am, (or other times by arrangement - just give them a call). Alternatively you can email your order and they will have it ready for you to collect. Red Poll beef is on sale and there are bargains to be had from the freezers, with roasting joints for £10.00 and prime mince at £2.50 for a half kilo pack.

All their beef is farm assured through the Red Tractor Scheme and they are LEAF (Linking Environment And Farming) accredited. For more info contact Huw on 07950 963526 or email huw.rowlands145@btinternet.com

*The Grange Farm. Warrington Rd, Mickle Trafford, Chester CH2 4EB

It's cold out here! from Nigel, of Wirral Countryside Bees

"My exact words to the bees a fortnight ago, at the queen rearing apiary, it was a still day with bright sunshine, the temperature was 6 or 7°C which is below the minimum temperature they can fly at, but they were really out and about, some were even bringing in small amounts of pollen, it looked a bit like gorse. I had gone to check for any wind damage to the hives (roofs blown off etc) and to check on food supplies.

"I have read and heard it at meetings, that the old English black bee is hardier and more frugal than other west European bees, this appears to be correct, the black bee colonies were the ones flying and still had some fondant left, whilst the others were definitely staying inside their hives and had eaten all their fondant, these were re-supplied and all hives given a tea tree oil treatment. Re-supplying and treating the colonies is a weekly/fortnightly task through the winter



"I'm off to jar the honey for market on Saturday, so I will end by wishing you all a happy and prosperous New Year."

The Momo Kitchen Presents....

The Kathmandu Curry Club

An evening of authentic Nepalese food, cooked and hosted by Keshav. Join us to eat three delicious courses, meet new friends and learn more about Keshav's food, country and kitchen.

Friday 16th March, 7pm
Claremont Farm, Wirral

Find out more & book tickets on the [Momo Kitchen website](http://www.momokitchen.co.uk)

If you've enjoyed the Ethiopian food from Abyssinia Kitchen at the market, we heartily recommend trying the new Abyssinia Kitchen restaurant in Heswall.

There are lots of meat and veggie / vegan options, and they have a new:

Early Doors Special

*Wednesdays & Thursdays 5pm-7pm
Sharing Platter - choice of any 3 mains
£10 per person (minimum 2 people).*

Most Ethiopian food is served together with Injera - a sourdough flatbread with a unique light spongy texture. The food is normally served on the Injera like a plate, and then eaten with your hands by tearing off bits to pick up the food. The spongy texture of the Injera soaks up all the flavours of the food.

Diners are encouraged to embrace the culture and have a go!



Abyssinia kitchen

New Restaurant Now Open!
Come and experience authentic
Ethiopian cuisine at its best

Address: 186 Pensby Road
Heswall
Wirral
CH607RJ

Tel: 07872 169370
Email: info@abyssiniakitchen.co.uk

Opening Hours:

Monday	Closed
Tuesday	Closed
Wednesday	17:00-21:00
Thursday	17:00-21:00
Friday	17:00-21:00
Saturday	16:00-21:00
Sunday	16:00-21:00

Rustle up some winter comfort

If you're looking for healthy, cheap & easy to make meal ideas for the New Year, why don't you buy some organic fresh seasonal veg & eggs from the market and throw together Hugh Fearnley Whittingstall's *Curried bubble and squeak*.

It's warm & filling comfort food, and a real favourite in our house.

Check out the recipe at the River Cottage website
<https://www.rivercottage.net/recipes/curried-bubble-and-squeak>



Deli 1386 Portuguese Supper Club @ the Nook

Following on from the success of the first Portuguese supper club in September, we are holding another one on Saturday 10th February @7pm. As last time this will be held in the Nook cafe on Banks Road & once again we will showcasing some fantastic Portuguese specialities on the evening.

Saturday 10th February - 7pm start - Recommended minimum contribution is £25 per head

'Red Ox' Beirao drink upon arrival

Entradas Portuguesas - Portugueses starters

Seasoned olives, cheese, pate & bread

Peixinhos da Horta

Runner bean fritters

Sardinhas com pimentos assados

Portuguese canned sardines with roasted peppers

Asinhas de galinha com piri-piri

Piri-Piri chicken wings

Main Course

Feijoada de choccos

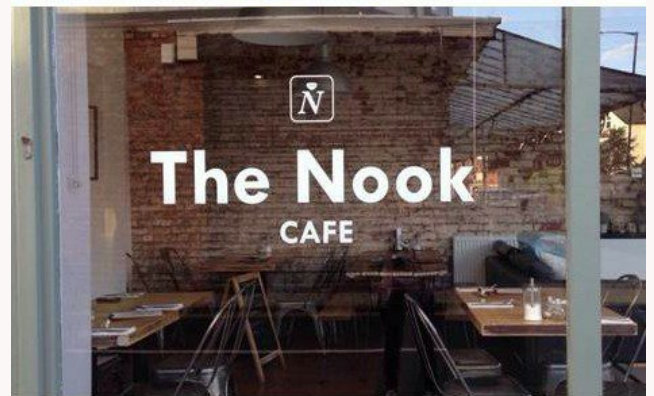
Slow simmered bean, chourico & cuttlefish stew,
served with rice

Dessert

Pera de bebida

'Drunk Pear' - Pear poached in port wine

Coffee or Tea



Three Portuguese wines will be available to purchase on the evening:

- Vinho Verde - Palacio da Brejoeira - Alvarinho 13% - a single grape green wine, delivers a delicately fruity aroma, full bodied with ripe fruit on the palate - £18.99 per bottle
- Vinho Branco - Quinta de Sao Francisco 13% - from the Lisbon region, delivers flavour of citrus fruits, refreshing & vibrant - £13.99 per bottle
- Vinho Tinto - Sao Miguel 13.5% - a red & black berry wine with spicy notes & a smooth finish - £13.99 per bottle

Two Portuguese beers will be available to purchase on the evening for £2.50 each Super Bock or Sagres (bottle 33cl)

Please inform us of any food intolerances or allergies upon booking your place.

If you'd like to join us on Saturday 10th February feel free to contact us to reserve your places info@deli1386.co.uk & tell us how many are coming. Places are limited so get in touch soon to reserve yours.

We'd love to see you there!

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. Why not sign up for regular updates - at www.deli1386.co.uk/sign-up



WEST KIRBY ROTARY CLUB

A small local group..... with a BIG HEART!

West Kirby Rotary Club is delighted to be running the café again this month and ALL proceeds from our sales and raffle will be going to support the WUTH Charity.

This charity's work directly touches the lives of the thousands of patients cared for by Wirral University Teaching Hospital every year, as well as the many more friends, family members and carers who visit or accompany them to appointments.



They aim to provide the best possible patient experience, for example through improving patient environments, creating welcoming visitors' areas and purchasing world-class medical equipment. They also focus on the very inexpensive 'little things that mean a lot' – so every donation they receive – large or small – makes a huge difference.

So please come on over and show your support by buying a raffle ticket, a delicious home-made cake, bacon butty or even just a cuppa!

We look forward to seeing you there and if you would like to know more about our club and how we make a difference in the local community, our friendly members are available for a chat. New members are always very welcome, we meet at Wetherspoon's in West Kirby 7.30 pm on Monday evenings and have a great calendar of events coming up!

You can find out more on Facebook <https://www.facebook.com/westkirbyrotaryclub> or visit our website www.westkirbyrotarylive.com.

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 24th February 2018
Sat 24th March 2018...

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0151 625 0608 • @wkfarmersmarket • facebook.com/groups/westkirbyfarmersmarket