



West Kirby Farmers' Market



News

Next market - Saturday 26th January 2019 9am-1pm



Chilly Stuff - "I'll have my new Lavazza coffee and chocolate gelato, and I'll be giving away some of my homemade chocolate covered honeycomb chunks - if you're early!"

Pen-y-Lan Pork - Mike has just finished curing 11 corner gammons (weights from 1.2 - 2kg). Plus the usual array of sausages, meatballs and some of the popular homemade pork pies.

Crosslea Farm - "There will be a few dozen double yolkers for sale to the market early birds!"

Fudging Lovely - "I'm busy making a good selection of fresh homemade fudge this week, including our Good Taste Award winning sea salted fudge."

Pat's Preserves - "It's all about the marmalades this month - whisky marmalade, ginger marmalade and of course, new season Seville orange marmalade."



**At market
this month**



Hemingway's - "We'll have our new black pesto, with black olives, cashews, garlic, a smidge of coriander & rapeseed oil."

Flaming Bean Coffee - Costa Rica Tarrazu San Rafael Estate coffee.

Little Eye Bakery - "We will be making a whole grain rye and wheat seeded loaf to keep the cold out, alongside the usual nine sourdough breads. Booking now for our

March 16th West Kirby sourdough class (Jan and Feb are full!)."

Truly Scrumptious - "We'll have our new Black Bean & Chilli paté (beans, onions, garlic, chilli, lime juice, salt & pepper)."

Veggie Fayre - "We're making blind scouse pies with herby dumplings and parsnip tarte tatin this month."

John Jones - "I'm hoping to have Jerusalem artichokes and rhubarb."

February Foodie Diary Dates

Sat 2nd Feb

Dolce Vita Cookery Course
[With Ama La Vita, Hoylake](#)

Sun 3rd Feb 10am to 2pm

Wallasey Food Fair
The Mosslands School

Sat 9th Feb 9am to 1pm

Wirral Farmers' Market
New Ferry Village Hall

Thurs 14th Feb, 6.30pm

Valentine's Day - Couples
Cookery Session
[The Cookery Nook Oxtan](#)

Sat 16th Feb 10am to 3pm

Heswall Farmers' Market
Church of Good Shepherd
Parish Hall

Sat 16th Feb

Fine Dining Course
[With Ama La Vita, Hoylake](#)

Sunday, 17th Feb

[11.00 - 13.00](#) or [13:30-16:30](#)
The Chocolate Cellar Chocolate
Workshops at Claremont Farm

Wed 20th Feb 11am

Beginners Practical Skills Course
[The Cookery Nook Oxtan](#)

Sat 23rd Feb 9am - 1pm

West Kirby Farmers' Market
St Andrew's Church Hall
4th Saturday of every month

Wirral Beekeepers' News

The new beginners' course starts on Saturday 26th Jan with a taster session. On Friday 15th February we have a speaker giving a talk on what you can plant in your garden to help all bees and pollinating insects. He is a master beekeeper who has won several gold medals at RHS Tatton Park flower show for his design of the Cheshire beekeeping association stand.

We meet at 19:30 in Thornton Hough village hall, admission is £1, please feel free to come along. Ask Nigel (honey stall) for more information.

A big market welcome to *Fudging Lovely*

Shelagh Keating created Fudging Lovely in 2015 after years of making Christmas gifts for friends and realising no-one locally made anything like it.



The fudge base recipe (Naked... Ooh laaa!) consists of just 3 ingredients including dairy. It is gluten, wheat and soya free. Of course as more ingredients are added to make up her other delicious flavours, various allergens are

Wanting to work from home after maternity leave; she registered with the local council, gained a 5* hygiene rating and from her little kitchen in Irby, and it all began.

Over 40 secret recipes perfected, and by 2017 the best-selling Sea Salted fudge had won a Great Taste Award!



introduced. All flavours contain a full ingredients listing, and Shelagh is always happy to talk about fudge(!) and answer any questions you might have.

The fudge menu is Shelagh's largest and ever expanding with over 40 secret recipe flavours including, but not limited to:

Shelagh sells at fayres, farmers markets and independent local shops. She also makes fudge favours for celebrations including weddings and baby showers.

"Luxurious and decadent, my super smooth, creamy fudge melts in the mouth and is packed full of flavour."

"I use British ingredients wherever possible and don't take shortcuts."

Fudging Lovely is made in super small batches to ensure perfection every time. AND it's made the back breaking traditional way of boiling in a huge pan and then beating it to within an inch of its life.

Naked / SeaSalted / Vanilla / Clotted Cream / White Choc Chunk / Caramelised Maple Pecan / Lemon Meringue Pie/Eton Mess / High Tea / Cherry Bakewell / Ginger / Gingerbread Latte / Christmas Pudding / Espresso Walnut / Peanut Butter / Death by Chocolate / Salted Chocolate / Chocolate Fudge Brownie / Fruit & Nut / Chocolate Rose / Chocolate Orange / Chocolate Orange Tiffin / Rocky Road / Black Forest / Irish Cream / Rum & Raisin / Whiskey / Golden Ale / Guinness / Prosecco & Strawberries.

"If you have any flavour requests, please don't hesitate to ask! I love to experiment and have expanded my range to include gourmet mallows, sauces and bakes."



Luxury Fudge



Gourmet Mallows

Flaming Bean Coffee of the Month

Costa Rica Tarrazu San Rafael Estate

Due South of the capital city of San Jose, you will find the majestic mountains of Tarrazu. Sheltered between the Pacific coast, the Central Valley, and the high peaks of the country's central mountain range. Tarrazu is one of the worlds most famous coffee growing regions. This magnificent area, fondly known as "Zona de Los Santos" ("Zone of the Saints"), is considered to yield some of the most superb Costa Rican coffees.

San Rafael Tarrazu coffee is mainly sourced from dedicated small scale coffee growers in the micro-regions of San Marcos and San Pablo within the Tarrazu Region. San Rafael Tarrazu exemplifies the genuine Tarrazu taste profile.



Larkton hall cheese will be back at the market in a new indoor spot opposite Windsor's Fruit Liqueurs.

Their farm-made Italian Alpine style cheeses melt like a dream. They do that stretchy mozzarella thing, so that even homemade cheese on toast becomes a real treat.

One of our market favourite treats - a little scraping of Bongo's Rock & Roll Chillis Indian chilli pickle with Crabtree cheese on top grilled on a thick slice of Little Eye Bakery sourdough, - the combo of hot Indian spices and cool stretchy cheese on 'real' chewy bread!

A Sparkling Review

★★★★★ a day ago

Bought a 'Chocolate Workshop - Dabble' voucher as a Christmas present for my mum. We went this morning to the session at Claremont Farm. Bala, the owner of The Chocolate Cellar, facilitated the session. This lady exudes warmth and sincerity! Nothing was too much trouble for her and she made everyone feel at ease from the start. As the name suggests, this session is only an introduction to the art of chocolate making. We covered the origins of chocolate and the different types of chocolate production in operation around the world. We went on to make our own chocolates, which we were able to bring home. We had a chocolate-themed quiz while we waited for our chocolates to solidify. The two hours flew over, but it was money well spent and I'd definitely recommend The Chocolate Cellar as a company you can trust.



The next available workshops are on Sunday, 17th February at Claremont Farm, but you can also book private workshops for birthday parties, school groups, corporate events or just special individual treats.

See www.thechocolatecellar.co.uk for workshop details and links to on line tickets.

The Chocolate Cellar 

Cleaning and Preparation from Nigel, of Wirral Countryside Bees

Preparing and organising the beginners course has taken up most of my spare time during the last two months, leaving me having to play catch up now, which is difficult some days as the weather doesn't always help out, and such a lot of beekeeping work is done outside.

At the present time I am cleaning out the polystyrene nucleus hives that aren't in use and painting the new additions, after this, all the wooden equipment will require scorching with the flame gun.

On warmer days I carry out an inspection at each hive to make sure they have enough food, the hive is secure, no damage from birds etc and the roof is still in place. The bees look after me in the summer providing honey, so I look after them in the winter.



Introducing Leaf & Seed...

... local fruit & veg, veg boxes and zero waste shop

Community members Andy & Louise Marshall wanted to do something to make a difference to their local environment and community.

"We live on the Wirral and love where we live, we want to try and protect it and our environment as a whole for our sons and future generations."

LEAF & SEED

They spotted potential for a fruit & veg box scheme where all the produce would be sourced as locally as possible and be presented and delivered without packaging. Encouraged by the success of this initial box scheme, they are now going to open a shop at Church Farm in Thurstaston to sell fruit and veg (**from 1st Feb**) and to sell zero-waste bulk food and domestic items (**opening 1st March**).

Andy and Louise at their recent wedding!



"Our ethos is zero waste and packaging free."

We want to provide an alternative to shopping in a supermarket, a plastic and packaging free alternative. Our aim is to create an enjoyable shopping experience that customers of all ages can enjoy."

Their bulk food items will be varied and plentiful, and you can purchase exactly what you need by weight. This reduces food waste and is also packaging free. Products range from fusilli pasta to porridge oats to chocolate buttons. They also plan a range of eco friendly chemical free cleaning products, toiletries, reusable coffee cups, razors, etc.

Church Farm - Church Lane, Thurstaston CH61 0HW

www.wirralleafandseed.co.uk

Fruit & Veg boxes - free delivery

Our veg box deliveries offer great value for money, our small boxes £8.50, large boxes £12.50 and family box £26.50 - all delivered free across Wirral.

Our small boxes have 5 varieties of fruit and veg (e.g. potatoes, carrots, onions, bananas & apples). Our large has 8 varieties and our family box has a little bit of everything that make a family sized quantity.

We do our best to vary the fruit & veg boxes and recognise our customers want produce that isn't always seasonal and come from slightly further afield (bananas, oranges, sweet potatoes etc) however, we also like to stay as local and seasonal as possible.

wirralleafandseed@gmail.com
07752 192 884

LEAF & SEED

NEXT WEEKS BOXES !!

SPRING GREENS - BROCCOLI
MUSHROOMS - CARROTS - LOCAL
POTATOES - CELERY - GREEN
AVOCADOS - APPLES - BANANAS -
CHILLI'S - GARLIC - TANGERINES -
TOMATOES - CAULIFLOWER

Wine Sampling - Explore Northern Portugal including New Wines!

Friday 1st February, from 6.30 to 8pm

We wanted to start our year of wine sampling evenings with a chance to try some of our new wines from Northern Portugal. We have two from arguably the most famous of the Portuguese wine regions, the Douro & one from the less well known but still impressive Beira region.

Quinta de Sete Bagos is located in the Douro superior region, a small family run quinta they only produce a few thousand bottles a year & sell only to individuals or small businesses which makes trying them very special. They have a unique combination of grapes delivering a true taste of the Douro region.

We'll offer one white & one red from this quinta which will be accompanied by others from the Douro, Minho & Beira regions as well as a selection of cheeses, meats & other nibbles.



As always if you want to buy a bottle (or two) of wines sampled they will be offered at a discount on the evening.

Join us on Friday 1st February when you can try 3 different wines, with accompanying nibbles. Tickets are £8.50 (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. As always, we'll be holding the sampling in the shop so it's advisable to book to avoid disappointment :) info@deli1386.co.uk

Iberian Supper Club

Next Event

Saturday 26th January 7pm start
Sweet Pea Cafe £30 pp

As the supper club event in December was so well received, selling out in just one day, we are very pleased to say we are again combining efforts with Susana & Jorge from the Sweet Pea cafe to offer another Iberian Supper Club.

Once again we are offering the chance to experience five courses that truly reflect the food of the Iberian peninsula. We will also have a selection of wines & beer from the region available to buy on the evening to help deliver that authentic Iberian experience.

And here's the menu ...

Places are limited so if you would like to come along please email or call us on 0151 345 6906 to reserve yours as soon as possible. (Please note a £10 deposit pp will be needed to reserve your places).

Sweet Pea Café & Deli 1386 Iberian Supper Club –
Saturday January 26th 7pm start Tickets £30

Menu

Welcome drink – White port tonic – Portuguese twist on the famous G&T

Caldo Verde
Kale soup with chourico, Portugals most special & heart warming soup

Peixinhos da Horta
Runner Bean Fritters with Coriander/Garlic Aioli,
Portugals very own tempura dish

Carne de Porco a Alentejana
Pork & Clams, traditional Portuguese surf & turf

Main Course
Meluza en Salsa Verde
Hake in Salsa Verde

Dessert
Tarta de queso La Vina
La Vina Cheese Cake – Spains most famous cheese cake
Wine, beer, port & soft drinks will be available to buy on the evening

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

Profits from the market's community
café this week go to The Friends of
Sandlea Park.

The Friends of Sandlea Park was set up in November 2016 with the aim of gaining Green Flag status for the park, the only one in West Kirby yet to receive this award.

Our priority is to make the park a more visually pleasing and safe environment, for both those who use the park and also the residents of Sandlea House which is located within the park. Having thinned out the dense tree canopy we are now concentrating on bringing some of the unloved beds back to life by digging in nutrients and planting more bulbs, perennials and shrubs.

We have regular work dates in the park, so please feel free to pop along and join us. **The next dates are Thursdays - 24th Jan, 21st Feb, 14th Mar @ 2.30pm and Saturdays - 9th Feb, 2nd Mar, 30th Mar @ 10.30am**

If you would like more information about what we do or if you would like to become a Friend please send us a message via our Facebook page: www.facebook.com/friendsofsandleapark or contact our Chair on 0151-632-4290.



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 23rd Feb 2019
Sat 23rd March 2019...

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, 38, 80, 82, 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.

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