



# West Kirby Farmers' Market



# News

**Next market - Saturday 25th July 2015**



**Hemingway's Pasta** - Red pesto, with five simple ingredients: sundried tomatoes, coriander, pumpkin seeds, garlic & a little vegetarian cheese. Great mixed with cream cheese then mixed with pasta, or on a toasted baguette with mozzarella.

**Bryn Cocyn Organics** - Fresh minced lamb & frozen (bargain) minced beef, new potatoes, tomatoes, French beans, cucumbers, peppers, aubergines, courgettes - Summer in full flow!

**Pen-y-Lan Pork** - Eight different flavours of sausage, dry cured bacon, ham hocks, sausage rolls, pork pies and fantastic gammon steaks.

**Eponine Patisserie** - We'll have some new confectionery, including limited edition Morello Cherry & Pistachio marshmallows, Cassis & Violet marshmallows, chocolate dipped fudge, and marzipans.

**Veggie Fayre** - Sweet potato, quinoa, chilli, ginger & lime bake (gluten-free & dairy-free). Also herby brie & courgette turnovers.



**Little Eye** - I'll be making a cheese, shallot & herb loaf, and a few fruit buns for the early risers! Extra walnut loaves for those who missed out last time.

**Billy 'the fish'** - Sea bass, Dover sole, plaice, crab, hake.

**Funky Flapjacks** - I have some amazing 'golden' beetroot for the cake this week from Lunt's the local greengrocer, and I'll have more of last month's popular gluten-free orange & polenta cake.

**Rowlands Red Poll** - LEAF Marque beef, pies, burgers & sausages.

**The Chocolate Cellar** - We'll have a seaside summer holiday theme this month, with lots of our salted caramel treats & chocolate seashells.

## 25th July Market Specials



## Celebrate summer with us this month

To celebrate summer, local band *Pentatonic* will be setting up at the July market and getting us in the holiday mood with some melodic jazz. But only if the weather behaves - not wet and not too windy! Is it too much to hope for?

So if it's fine, why not bring your picnic kit, get some lovely fresh bread, pâté, cheese, quiche, olives, apple juice, yoghurt & strawberries and set up on the lovely lawns of St Andrew's Church and enjoy summer.

## August Diary Dates

*See more details on the [Farmers' Market website](#)*

Saturday 1<sup>st</sup> Aug 10am to 2pm  
**NESTON FARMERS' MARKET**

Sunday 2<sup>nd</sup> Aug 10am to 2pm  
**WALLASEY FOOD FAIR**

Saturday 8<sup>th</sup> Aug 9am to 1pm  
**WIRRAL FARMERS' MARKET**

Saturday 8<sup>th</sup> Aug 10am to 2pm  
**GROW, BUY & MAKE  
WONDERFUL SALADS**  
Fieldcrest Garden School

Tuesday 11<sup>th</sup> Aug 10am to 2pm  
**COOKING SUMMER SPECIALS**  
With chefs at Ness Garden Kitchen

Saturday 15<sup>th</sup> Aug 9am to 1pm  
**HESWALL FARMERS' MARKET**

Saturday 15<sup>th</sup> Aug 11am to 3pm  
**COASTAL FORAGING DAY**  
with Eden Wild Food

Sunday 16<sup>th</sup> Aug 10am to 2pm  
**EASTHAM FOOD FAIR**

Friday 21<sup>st</sup> Aug 1.30 to 3.30pm  
**GROWING & USING  
EDIBLE FLOWERS**  
Fieldcrest Garden School

Saturday 22<sup>nd</sup> Aug 9am to 1pm  
**WEST KIRBY FARMERS' MARKET**

Sunday 23<sup>rd</sup> Aug 11am to 3pm  
**COASTAL FORAGING DAY**  
with Jesper Launder



## SEASONAL RECIPE by Kathryn Whitehill

Hi,  
My name is Kathryn Whitehill and this is my first contribution to West Kirby Farmers' Market Newsletter. I was a contestant on this year's MasterChef and was fortunate enough to get through to the final twelve. It was a fantastic experience; easily one of the best of my life. My interest in food, however, started way before my MasterChef appearance. My mother taught me to cook when I was small, starting with baking for Sunday teatime, and I have been cooking for family and friends ever since.

Besides cooking skills my mother also taught me how to buy food and instilled in me the importance of buying the best quality ingredients that you could afford, even

if this meant buying less of them. This approach led to my interest in the wider social issues around food and families, such as the availability of affordable good quality meat, fruit and vegetables. In 1993 I started a food co-operative, which sold very high quality fruit and vegetables at affordable prices.

I'm not a professional cook, I am someone who has had a lifelong interest in cooking and has taken time to develop my cooking skills. I love cooking for family and friends and I absolutely love to be cooked for as well. Each month I will include a recipe for you from my blog. I'd love to hear how you get on with it and whether it worked for you. If you have any questions for me you can contact me either on my blog, through Twitter or through email.

As it's barbecue season I thought that Kufta Kebabs would be a good recipe for this month. You will find the recipes for the accompaniments of yogurt and dill sauce and flatbreads on my blog. I have used Lebanese 7 Spice here instead of my own spice mix, which you can find on my blog

Blog: [www.simplycookedwithlove.com](http://www.simplycookedwithlove.com)

Twitter: @Smplycookdwthlv

Email: [kathrynwhitehill@googlemail.com](mailto:kathrynwhitehill@googlemail.com)

### ***Kufta Kebabs***

*1 onion, chopped finely,  
(preferably in food processor)  
500g Minced lamb, beef  
(or a combination of both)  
1 tablespoon of flour  
2 to 3 teaspoons of salt  
3 dessertspoons of spice mix  
3 tablespoons of oil if frying  
1/4 teaspoon of sumac (optional)  
Pomegranate seeds and parsley  
to garnish (optional)*



© Kathryn Whitehill

#### **Instructions**

1. Place onion in the food processor and add the mincemeat and process until onions are thoroughly mixed into mince and the mince is smooth in texture.
2. Put mixture into a bowl and add flour, salt and spice mix and mix with hands until all the dry ingredients are completely incorporated.
3. Shape into sausage shapes or round patties. If not using immediately, put them on a tray and place in the fridge until required.
4. Fry, oven cook or barbecue until they are completely cooked right through. This will take at least 15 minutes but could take longer. The ones in the photo took 17 minutes.
5. Remove from cooking, place on paper towel and allow to rest for a few minutes, sprinkle with sumac.
6. Serve on flat bread with salad, yoghurt dressing, garnished with parsley and pomegranate seeds.



## FOOD HEROES: *Getting to know the people who produce your food*



*Little Eye Bakery is an ideal example of that staple of farmers markets – the local producer with a niche business creating small amounts of truly great food.*

"We keep it simple," says owner Malcolm Williams, "and concentrate on harnessing natural processes to make healthy and delicious foods." All Little Eye breads are handmade, with sourdough methods that have been in use for thousands of years. Malcolm's own sourdough starter has been going for 22 years.

He first baked professionally at Natural Rise bakery in the 1980s, a groundbreaking sourdough bakery in London – alongside running a housing co-op and arts events. He moved to West Kirby with his family in the early 90s and took up a career in Liverpool community housing – but always fancying the idea of starting to bake locally.

His chance came –when he was part of a group setting up the first Hoylake Food Fair in 2009. (*When you visit West Kirby Farmers Market ask him to tell you the story*). For nearly five years, Little Eye, named after our local landmark, has produced a range of delicious and wholesome sourdough loaves for direct customers and for sale at the market and local shops – and run a successful series of bread-making classes and demonstrations at events such as FarmFeast at Claremont Farm.

So what does a "micro bakery" look like? Little Eye Bakery is based in Malcolm's West Kirby home and at full steam produces 100 loaves for a Saturday morning, with the kitchen filled with sacks of organic flours and seeds, buckets and bowls of doughs rising and loaves proving in baskets. Little Eye is a labour of love, producing up to 12 different types of bread by hand. You will find many of them available at the market, with either Malcolm or his wife Deborah

ready to tell you about the ingredients and good-eating tips.

As well as producing sourdough breads several days a month, Malcolm and Deborah run monthly courses, mostly in the St Bridget's Church Centre in West Kirby. These attract people from all over the northwest, and every course has run fully booked; there is evidently a huge appetite for learning how to produce traditionally-made sourdough breads. A new initiative from Little Eye, Bread on the Table CiC, is a social enterprise training local disadvantaged groups to make bread in the home, in partnership with Wirral Public Health team.

This more natural form of bread, scrupulously avoiding additives and industrialised methods, attracts local residents – from those who grew up here to others from the continent who have looked for traditional rye breads for years – who value their excellent flavour, vitality, lasting qualities and goodness.



You can order bread directly from [info@littleye.org.uk](mailto:info@littleye.org.uk), and see more at [www.thelittleyebakery.blogspot.co.uk](http://www.thelittleyebakery.blogspot.co.uk)



# Hoylake Allotment Open Day

Sunday 26<sup>th</sup> July  
12noon to 4pm

Sandringham Avenue Playing Field  
(Bottom R corner of Sandringham Ave,  
over level crossing)



A great family day out, including a tour of the plots to get ideas & tips for growing your own and see some very imaginative scarecrows! (picture, above)

Allotment produce, preserves, local honey, homemade pies, cakes and refreshments for sale.

BBQ, stalls and fun activities for all ages.

Local band Shindig will keep you entertained and there's a huge field so children can run around and let off steam!



## FOR MARKET TEA & CAKE TIME...

*Volunteers are running the community café at West Kirby Farmers Market on July 25<sup>th</sup> to raise funds on behalf of Dove Service Wirral.*

Dove Service offers counselling and support to local children affected by bereavement, life-changing illness and significant loss. Read more about it in their newsletter - pictured right, but download (link below\*) to read the full story.



Drop in for a cuppa and slice of fantastic cake plus yummy bacon batches. Mike from Pen-y-Lan Pork has kindly offered to donate some of his free-range rare-breed bacon - because, as he says "At the end of the day it is for a great cause". Spread the word and pop down on Saturday.

\* Download the newsletter at:

<http://www.thedoveservice.org.uk/wp-content/uploads/2014/12/23-Dovetales-080414.pdf>





## ...AND AFTER THE MARKET

***One unusual feature of West Kirby Farmers' Market which has been discovered by some shoppers, is the regular organ recital which takes place on each market morning at St Andrew's Church just in front of the hall.***

The organ at St Andrew's church was built by Rushworth and Dreaper, a renowned Liverpool-based firm of organ builders who also built the great organs of Liverpool Philharmonic Hall, Guildford Cathedral and The Great Hall, Goldsmiths College, amongst many others.

The church is, quite rightly, very proud of the organ and invites you to come and experience it for yourself. You can step into the church while you're at the market and listen to the recital, but why not come and have a go? Ask one of their organists to take you up to the organ loft - climb the spiral staircase, see the works, and maybe play a few notes. If you play the piano or keyboard why not bring some music to play? Let your child have a go - this might encourage them to persevere with their piano practice!



## Here comes - The Food Assembly, Liverpool

***The Food Assembly is a fabulous idea that has come over to the UK from France. The initiative has recently won the BBC Food and Farming Awards for the Best Food Initiative. The Assembly is very focused on supporting local ingredients and local producers.***

Some of the area's finest producers are brought together and their weekly offering is showcased on a website. Potential buyers join the Food Assembly (at no cost- just a website sign up is required). The buyers can then shop weekly online and come and collect their produce from the Food Assembly venue. The aim is that it is a convenient way of shopping and also reducing food miles and food wastage. The producers will only

make or pick what has been ordered hence the reduced waste. The idea is also that everyone gets to know each other and create a friendly social community hub. There is no obligation to shop weekly.

The Liverpool Food Assembly is set to launch on August 20th. Producers are currently in the process of signing up and being set up on the website and we are now recruiting members who would like to shop from the Food Assembly. The collection point will be Siren, Liverpool meaning you can stop by, have a coffee, a chat and then pick up your shopping.

If you wish to find out more, please come and speak to Bala (who will be between the Popcorn Popcorn and Chocolate Cellar stall on Saturday) or visit the website [www.thefoodassembly.com/en](http://www.thefoodassembly.com/en).

Please also follow our progress on Facebook – Liverpool Food Assembly, Twitter/Instagram: @LivFoodAssembly



## HEY PESTO!

Here's a very simple but delicious recipe idea for Hemingway's pesto from Sophie's Scrان - a Cheshire-based food blog featuring recipes, reviews and news. [sophiesscran.com](http://sophiesscran.com)



"We bought this awesome pesto from Hemingway's Pasta. With only 5 ingredients it really is as fresh as it gets. I love making my own pesto, but this week these guys saved me a job."

We teamed it with The Cheshire Smokehouse bacon offcuts and spinach for an easy mid-week pasta dish."

The method speaks for itself. Everything is at market this Saturday. It really couldn't be easier:

- Hemingway's pesto
- Y Cwt Mwg smoked bacom
- Bryn Cocyn organic chard / spinach.



## New in Heswall

After a very successful Farmers' Market launch last weekend (with really positive feedback from both shoppers and stall holders), Heswall Farmers' Market is on track to become a monthly event on the third Saturday of every month.

### HESWALL FARMERS' MARKET

#### THE CHURCH OF THE GOOD SHEPHERD PARISH HALL

##### FUTURE DATES:

SATURDAY AUGUST 15TH 2015

SATURDAY SEPTEMBER 19TH 2015

SATURDAY OCTOBER 17TH 2016

SATURDAY NOVEMBER 21ST 2016

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& HDBA.UK

From this weekend onwards, you will also be able to find a selection of Eponine products at Whitmore & White in Heswall, so no more having to wait a whole month to get your fix! Join them in Whitmore & White after this month's West Kirby Farmers' Market, to try samples, and see a new range of produce not available at the market. They will be there all afternoon, so pop in and see them along with Whitmore & White's huge range of fabulous food and wine.

**W&W WHITMORE & WHITE**  
Independent Food Hall & Wine Merchants

### 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 22nd August

Sat 26th September...

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