



West Kirby Farmers' Market



News

Next market - Saturday 22nd July 2017



Bryn Cocyn Organics - Organic fresh lamb, frozen bargain beef, new spuds, beetroot, kohlrabi, baby turnips, tomatoes, courgettes, cucumbers, chard, spinach, lettuce, Summer cabbage, French beans, gooseberries, blackcurrants...



Chilly Stuff - "I will be bringing my new Honeycomb ice cream along. So

popular I sold out very quickly at my last festival."

Veggie Fayre - "We can't make the market this month, but will see you all in August."

Little Eye Bakery - "Our market special this month is a white sourdough with quinoa and cornflour - alongside our new sourdough stottie cake (3rd time out) and the popular walnut loaf."



Yasmin Limbert - "This month I shall only be at the market in the morning and I will not have Scotch eggs or samosas. I will, however, have my usual homity pies and bakewells."

H.S. Bourne - "As well as the farmhouse Cheshire cheeses, we will have our fresh raw milk at the market this month."

Rowlands Red Polls - local high-welfare LEAF Marque Red Poll beef.



gooseberry bush however, only had 10 berries on it - maybe in six years this will be better. All the usual will be on the stall this week so I hope to see you then."

Funky Flapjacks - "Hurray - this week for the first time I have enough of my own rhubarb for the shortbread! Now, to many of you this might not seem to be special but the plant is six years old and never had enough before! My

Abyssinia Kitchen - "As well as selling my homemade Ethiopian cuisine, I'll be demonstrating an Ethiopian Coffee Ceremony during the market."

August Diary Dates

Sun 6th August 10am to 2pm

Wallasey Food Fair

First Sunday of every month
At The Mosslands School

Sat 12th August 9am to 1pm

Wirral Farmers' Market

Second Saturday every month
At New Ferry Village Hall

Wed 16th Aug 10am - 5pm

Salad Pots

Plant a pot of salad at Ness Gardens to take home

Sat 19th August 10am to 2pm

Heswall Farmers' Market

Third Saturday every month
Church of the Good Shepherd

Sunday 20th August

11am-1pm or 2pm - 4pm

*Chocolate Workshop

With The Chocolate Cellar

Sat 26th August 9am - 1pm

West Kirby Farmers' Market

4th Saturday of every month
At St Andrew's Church Hall
CH48 5DE

Sat 26th August 10am - 1pm

*Basic Wild Foraging course

*Classes at Claremont Farm
Cookery School

An Ethiopian coffee ceremony at market this month

Abyssinia Kitchen are delighted to bring their special coffee ceremony to West Kirby Farmers' Market.

Coffee drinking in Ethiopia is a traditional pastime where friends and family gather as one, which brings unity among one another. It is a methodical journey of coffee from the raw beans to the cup.

"Our ceremony really epitomises a true coffee lover experience, from the roasting, to the grinding, to the brewing, to the absolute wonderful aromas, it has everything. Don't miss this unforgettable occasion of coffee roasted before your eyes and a taste of Ethiopia's finest. Come and enjoy an espresso with us.



"Coffee is often accompanied with a small snack such as 'Fandisha' otherwise known as popcorn. So let's get together this summer and celebrate with a cup of Ethiopia's pride and joy.

"Also don't forget we will have our Berbere Kulet cooking sauce and all our favourites.

"We now have a new website

www.abyssiniakitchen.co.uk

Please see our latest blog on coffee ceremony

<https://www.abyssiniakitchen.co.uk/coffee-ceremony> "

Bongo's are back with their all out delicious chilli condiments.



Photo courtesy of TheGourmetGays

"We're currently loving to BBQ with our Firework Jerk slathered steaks/ribs, or if you're as massive a fan of fresh prawns as we are, try marinating some in our XScream Chilli Crush."

It's made with fresh Bird's Eye Chillies, and will give your taste buds a Thai style treat this summer!

(It's a 90g jar too so it's perfect to take away with you on holiday, even goes in your hand luggage!)



Tim's
homemade
honeycomb
ready to smash up
for Chilly Stuff
honeycomb gelato
at market this
month.



1. Picking

The whole process begins in the orchard, where all the apples and plums are picked by hand and then carefully placed in large crates. These crates protect the apples until they are ready to be juiced.

2. When to Juice

This is very much dependant upon the individual variety of apple. Our early season varieties are better to juice straight from the tree, our mid season varieties are kept for a short duration and our late season are kept for two weeks in cold storage to let the starch convert to sugar providing more rich and complex flavour.

3. Washing and Inspecting

All our apples are washed in cold water to remove any leaves or soil. We take pride to ensure that every apple

is inspected and are in tip top condition for juicing.

4. Milling

To chop the fruit up we pass it through a mill. This is a fast and rotating set of blades that crash, bash and smash the fruit into a juicy pulp called 'pomace'.

5. Pressing

We then use a hydraulic traditional rack and cloth press to extract the juice from the pulp. We build layers of pulp up using clothes to wrap the pulp and stop it from going everywhere. In between each pulp layer we place slatted board. Each layer is referred to as a 'cheese' and the big tower of pulp is then slid onto the press which in turn uses 300 bar pressure to squeeze all the juice from the pulp which goes through a straining sock into a collection tank.

6. Settlement

The fresh juice is then pumped into a large settlement tank where we add a small amount of Vitamin C. This Vitamin C stops the juice from going brown so it maintains its lovely natural colour. The Vitamin C is entirely natural and does not affect the flavour one tiny bit. We then leave the juice in the tank overnight to allow any sediment to settle, (this

As British apple season approaches...

...we thought you might be interested to read what goes into a bottle of Ollie's Orchard juices.



will be drawn off later) and the flavours to mingle intensifying the taste.

7. Filtration

The juice is then pumped through a coarse and then medium filter to perfect its quality.

8. Bottling

The next step is bottling all that lovely fresh juice using a clever gadget nicknamed 'Daisy' which ensures every bottle has just the right

amount of juice in. We then apply the caps and prepare the bottles for pasteurisation.

9. Pasteurisation

This is the final phase where the bottles are gently pasteurised in a fully calibrated purpose built pasteurisation unit. This ensures that the bottles are kept at 72 deg c for 20 minutes to kill any bacteria and give a shelf life of 18 months.

**For more information
see olliesorchard.co.uk**



There's happy news to share this month from two of our stalls:

*Les & Julie of Britman Breweries
and
Chris & Natalie of Eponine Patisserie*

Both couples tied the knot in the last few weeks. Many congratulations, and we wish them long and happy marriages.



They also wanted to thank everyone – all the traders and customers who sent them well wishes and congratulations.

News from your local Chilli Farmer

"The Chilli season is finally swinging into action, with the highly ornamental purple varieties beginning to produce lots of chillies. The hotter varieties are slower to mature but they are flowering nicely.

"If you fancy growing your own I now have a beautiful range of plants available which can be purchased at Greens of Oxton or at Claremont Farm from next Saturday onwards. Details of how to care for the plants are included but I am always happy to help and give advice.

"I will be at Claremont Farm next Saturday at their Family Fun Day with both plants, chilli condiments and tasters.



"A little reminder of where you can purchase my products locally:

- Deli 1386 - West Kirby
- Whitmore & White - West Kirby
- Greens of Oxton
- Claremont Farm
- Whitmore & White Heswall
- Laycroft Farm Shop Barnston

"If they do not have a product in stock please ask or contact me directly janeyfern@btinternet.com
Twitter & Instagram: @chilligourmets"

Summer recipe using Hemingway's red and green pesto

Hemingway's pesto pasta is so simple, and makes an easy hot supper or cold lunch.
Simply boil your favourite pasta (with salt if needed as no salt in Hemingway's pesto).
Drain most of the water (but not totally dry), then gently stir the pesto through the pasta.
Add prawns or extra vegetables, cooked meat, or whatever you fancy!



Deli 1386

Next Date for your diary - Friday 4th August 2nd Anniversary Celebrations! - Wine Sampling

Next month we reach the grand old age of two as we celebrate the 2nd anniversary of Deli 1386. Join us on Friday 4th August for a glass of fizz to celebrate & the chance to try a selection of three summer drinks. We will give you the chance to try the unique vinhao, a red wine created using the vinho verde grapes & served chilled. A full bodied rosé, a fruity Alentejo & light red from the famous Douro valley will also be on the menu. As usual there will be a selection of delicious nibbles to accompany the wines.

We'll start at 6pm until 8pm, tickets are just £7.50 each (payable up-front). If you'd like to join us feel free to contact us to tell us how many are coming and reserve your places. As always we'll be holding the sampling in the shop so its advisable to book to avoid disappointment :)



Email for tickets - info@deli1386.co.uk

Food Event! Peri Peri Chicken - Al Fresco!

We had a great time on Portugal Day grilling fresh sardines al fresco so we're planning another event.

To continue the 'birthday' celebrations Susana will be cooking the quintessential Portuguese dish of peri peri chicken.

Join us on **Saturday 12th August** to experience a true Portuguese classic! More details coming soon...



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

Queen Mating from Nigel, of Wirral Countryside Bees

As expected, July has been extremely busy so far, the mating apiary is fifty miles from where I live and the journey takes around ninety minutes.

Adding some detail to last month's article, once the grafts have been accepted by the nurse bees in the starter colony, (usually about twenty four hours), they are moved on to a finishing colony. This is a large Queenless colony bursting with bees (50,000-60,000) who then feed the developing Queens for six days and construct the cell walls, sealing it on the eighth day. During this period the hive has required feeding every day, to ensure the developing larva all survive and are healthy.

Once the larva are eight days old the cells are sealed and pupation begins, with the new Queen emerging after a further eight days. During this period we cage the sealed cells to prevent fighting when the Queens emerge. Once they have all emerged we transfer them to introduction cages and place these cages into previously prepared nucleus hives (nucs).

After a couple of days these nucleus were moved to the mating apiary near Corwen. Once the nucs are set out in the apiary, the task of releasing the Queens from their cages starts. A week later I went to check they all had sufficient food, after another week we brought them all home. The nucs have been placed in my apiary at Mill Hill and allowed to fly, in a couple of days I will check them to see which are successfully mated, hopefully all.



HOYLAKE ALLOTMENTS OPEN DAY

Celebrating 100 Years of Growing
Sunday 23rd July 2017

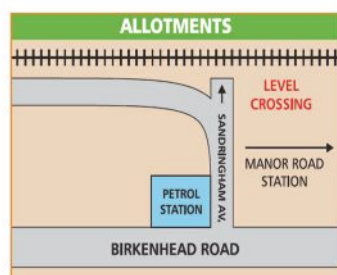
12.00 – 16.00

EXPLORE THE ALLOTMENT GARDENS
FIND THE SCARECROWS
CHILDRENS GAMES AND ACTIVITIES
PLANTS, HERBS, FRUIT & VEGETABLES
WIRRAL ANIMAL SANCTUARY STALL

BRIC-A-BRAC
LIVE MUSIC
REFRESHMENTS
RAFFLES



Find us at the end of
Sandringham Avenue over
the railway lines



THE ORGAN APPEAL

THE SUMMER
ORGAN RECITAL SERIES

The Fourth Saturday of each month

April ~ September

Coinciding with the West Kirby Farmers Market

From 10:30 am

Admission free

Donations to the Organ Appeal
gratefully received

S. ANDREW,
WEST KIRBY

The Parish Church of Saint Andrew, West Kirby, Meols Drive/Graham Road CH48 5DE

revpeterwalsh@btconnect.com

THE ORGAN RESTORATION

Rushworth & Dreaper 1928, a three manual instrument with tubular pneumatic action

Fill your freezer with local grass fed Galloway beef... ...then really 'taste the difference'!

Situated between Heswall and Thurstaston, overlooking the Dee Estuary, Oldfield Farm has been in the same farming family since 1733. It's currently run by the eighth generation of the family to farm here - Sam Johnson in partnership with his mother Mary.

"Our meat is hung for three to four weeks, as is traditional to improve flavour and tenderness. Studies have shown that Galloway beef is low in total fat and in saturated fat, and high in beneficial Omega 3 and Omega 6 fatty acids."



You can now order this box of grass fed Galloway beef direct from Oldfield Farm.

Each box contains a selection of steaks, roasting joints, slow cooking joints, burgers mince and beef sausages. The cuts of meat are individually packaged, clearly labelled and weighed and are delivered fresh ready for immediate use or freezing.

Boxes weigh around 14kg and cost £140.

Please contact the farm directly if you would like to place an order:

Email: sam@oldfieldfarmheswall.co.uk

Tel: 0151 342 2362

Mob: 07974 127 850



MasterChef

Applications for the 2018 series are now open
Do you have what it takes to be the next amateur champion?

Apply online at:

www.masterchef.com/masterchef-applications



Bring food *TO* the market this month . . .

How does the foodbank work? Non-perishable food is donated by local people – schools, businesses, churches and individuals. Volunteers of all backgrounds help by packing, sorting and distributing the food. Every client is referred to the foodbank by a frontline care-professional such as a doctor or social worker. Foodbanks are for emergencies: to prevent dependency on them our clients are entitled to up to three consecutive foodbank vouchers. To help clients break out of poverty, we signpost clients to organisations able to resolve the underlying problem. Food parcels have been designed by dieticians to provide recipients with nutritional, balanced food for three days.

Who are the typical users of the Foodbank? Many foodbank clients are low income families hit by a crisis that is not their fault such as redundancy, reduced working hours or something as seemingly small as an unexpected bill. Others are victims of domestic violence, people experiencing benefit delay or facing debt problems or those hit by illness.

Case Study 1 - young man caring full time for elderly parent. Parent unfortunately dies, causing a considerable reduction of money coming into the house i.e. carer's allowance, pension, attendance allowance. Young man then finds himself in financial crisis. Whilst working with the Citizens Advice Bureau he was entitled to Food Bank Vouchers until benefits were in place and mortgage payment relief sorted.

Case study 2 - young family both parents working part-time. One parent falls sick and is only entitled to Statutory Sick Pay. The family falls into financial crisis whilst payments are sorted.

How can you help? Wirral Foodbank needs gifts of food, time and funds. All Libraries and several churches across Wirral have food collection points. Should anyone want to set up a collection point, contact the office on 0151 638 7090. More information at wirral.foodbank.org.uk



"The items we most need at the moment are listed below. Please help local people in crisis by donating any of these to the market this month for our collection point."

Thank you!

Tinned Soup

Tea Bags (40's)

Fruit Juice

Pot Noodles etc.

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 26th August 2017
Sat 23rd Sept 2017...

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](https://www.facebook.com/groups/westkirbyfarmersmarket) • [facebook.com/groups/westkirbyfarmersmarket](https://www.facebook.com/groups/westkirbyfarmersmarket)**