



West Kirby Farmers' Market



News

Next market - Saturday 28th March 2015



Funky Nut Company -
Homemade peanut butters
with selected natural
ingredients - Plain, Sea Salt,
Sea Salt & Black Pepper, Spicy
Salt & Pepper, Honey & Sea
Salt (most popular) and both
White & Milk Chocolate.



with sesame seeds, Indian
style Potato & cabbage,
Makhani Chicken (classic
butter chicken dish) and
Chickpea curry.

Dolwen Farm Shop - Welsh
lamb joints and mutton,
ready for Easter, and a special
offers on pork joints.

Ollie's Orchard - three new
apple juices - Saint Edmund's
Pippin (medium/sweet),
Foxes Delight (medium /dry)
and James Grieve
(medium/dry).

Chocolate Cellar -
Our chocolate room
is currently filled with
bunnies, eggs and
roosters - we'll have
these along with
macarons & truffles.
Items can be pre-ordered online and
picked up at the Market.

Popcorn Popcorn - We are excited
about having been in business for a
year now thank you
for supporting us.
We have a new
flavour this month
after very good
feedback from
Hoylake Food Fair -
Sweet Cinnamon.

Auntie's Kitchen -
Beetroot cooked



28th March Market Specials

Pen y Lan Pork - We'll have
the popular speciality sausage
& other favourites, dry cured
bacon and sausage rolls.

Funky Flapjacks - I can't
believe it is a year since I
started at the market - thank
you to all the lovely people I
have met there. This month
we'll have the same goodies
as last month, plus some
Easter tiffin.

Little Eye - Hot Cross
Buns, fresh out of the
oven at 8am, made with
freshly ground spices.
Get some New World
energy from our new
sourdough starter we
fermented from local

flour when travelling in New Zealand -
we will be making a Kiwi sourdough
seed loaf just for this market.

Eponine Patisserie - For an original
Easter gift - a wide range of
confectionery, including our
new "Hot Cross Buns" made
with spiced marzipan, vine
fruits and candied orange
with creamy milk chocolate.
Marshmallows lovers can
also look forward to new
flavours, & chocolate dipped
honeycomb is back too!

April Diary Dates

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

Thursday 2nd April 6pm to 9pm
MOMO MAKING COURSE

Saturday 4th April 10am to 2pm
NESTON FARMERS' MARKET

Sun 5th & Easter Monday 6th April
**LIVERPOOL FOOD AND DRINK
SPRING FESTIVAL, SEFTON PARK**

Saturday 11th April 9am to 1pm
WIRRAL FARMERS' MARKET

Sat 11th April 10am to 4.15pm
LITTLE EYE BAKERY
SOURDOUGH BREAD COURSE

Sunday 12th April 10am to 4.15pm
FORAGING ALONG WIRRAL WAY
With Jesper Launder

Tuesday 14 April 1-4pm
BRITISH CLASSICS at Ness Gardens

Sunday 19th April 10am-4pm
CHEESE MAKING DAY

Saturday 25th April 9am to 1pm
WEST KIRBY FARMERS' MARKET

Saturday 25th April 11am-3.30pm
COASTAL FORAGE Eden Wild Food

Sunday 26th April 2pm to 4.30pm
MAKING SOUPS & GARLIC BREAD
With The Real Food Cookery Club.

Sunday 26th April 10am-4pm
WILD FOOD DAY at Ness Gardens.

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

According to Bala Croman of The Chocolate Cellar, if money talks, chocolate sings... and having sampled both, she should know.

The former commodities trader's foodie story begins 11 years ago, when, pregnant with her first child, she settled down to watch *Chocolat*... From that moment an obsession began. Not with the delectable Johnny Depp, but with chocolate. Making chocolate, sharing chocolate, selling chocolate, making people happy with chocolate – it all overtook her. And the steely grip of the beguiling brown bean has never left her since.

Today, a mother of two lovely boys, she devotes 12 to 14 hours a day during her busiest periods to her other passion – experimenting with flavours and making a great many people happy with her lovely chocolate creations. From £1.95 Hot Chocolates (a great wodge of Belgian chocolate on a stick that you swirl in a mug of boiling milk to create liquid Heaven) to big, big boxes of handmade chocolates at nearly £50 a go, she has something to suit every taste and all pockets. In Bala-world, happiness should never be income-dependent.

As well as melting, melding and making for hours on end in her Chocolate Room at home, she ventures forth across Wirral and Liverpool to anywhere that there are people who appreciate the fine things in life. She sells her wares at Farmers' Markets – never missing the West Kirby date – and holds workshops: in schools for pupils to learn about chocolate and about running a business, and for adults who are either chocaholics like herself, or in corporate events as a team-building exercise. A more failsafe way to get colleagues to bond is hard to imagine.

Not surprisingly, given her obsession with creating the perfect flavour blends, Bala has scooped a variety of awards and accolades including Producer of the Year at the Liverpool Food and Drink Awards, and has also received encouragement from the woman she has to thank for



it all – *Chocolat* author Joanne Harris herself.

Whether you want to treat your tastebuds to an award-winning truffle, order pretty wedding favours, or buy a “Bag of Happiness” crammed with groan-inducing treats, in the absence of Juliette Binoche and Johnny Depp, Bala is the person to create some serious inner peace.

www.thechocolatecellar.co.uk



New, local, unique and distinctive apple juices from Ollie's Orchard

Ollie's orchard are showcasing three new, and very distinctive juices this month which are completely unique to the region, and are sure to tickle your tastebuds.

"We will start off with **Saint Edmunds Pippin** which is a family favourite. This is the earliest of the russet apples to be picked in the orchard and is an apple that is not only russeted but has a really unusual but beautiful skin with a texture not too dissimilar from a coarse sandpaper. The flesh of the apple is soft and holds an array of complex but truly delightful flavours, a rich colour. It is, in our opinion, the very best juicing apple we have. We are very, very pleased that we can share this product with you and would welcome your feedback as we are seriously considering planting more Saint Edmunds Pippin trees this year to cater for demand.

Our next juice is a variety called Alkmene which is also known as Early Winsor or **Foxes Delight**. What an apple! This apple is our favourite to eat straight off the tree on a balmy summers evening and should be called 'pickers

delight'. We will definitely be bringing the apples to market in season since they are absolutely fantastic!!! If we're honest the juice doesn't fully embrace the true flavour of this fantastic apple but does offer a stunning juice in its own right with a distinctive backnote of pear and melons.

Finally, we are pleased to offer our **James Grieve** juice. This is a fantastic triple purpose apple which is famous for its desert, cooking and cider making credentials. If you want a juice with a sharp bite with plenty of tang then this is the juice for you."



It's official - the market's marmalade is World Class!

Many congratulations to Mike, of Find Inspiration in Food and our market preserve maker, for picking up an Artisan Gold Award for his Lemon Marmalade, and two Artisan Silver Awards for Lime Marmalade and his Organic Orange & Whisky Marmalade at The World's Original Marmalade Awards last month.

Centred on Dalemain Mansion, a Georgian stately home in Cumbria, The World's Original Marmalade Awards were founded in 2005 by Jane Hasell-McCosh with the initial idea of preserving, growing and widening one of the most English of customs – making marmalade.

Their 10th Anniversary competition this year had over 2,600 entries from all over the world (Australia, Bahamas, Canada, Czech Republic, France, India, Ireland, Italy, Japan, Monaco, New Zealand, Portugal, Romania, USA, Slovakia, Slovenia, Spain, Sweden, and Taiwan).

Sponsors include Paddington Bear (who better?), and Fortnum & Mason, and the few top award winners (Double Gold) are offered the opportunity to have their marmalades stocked in Fortnum & Mason in Piccadilly. So, West Kirby Farmers' Market this year, Fortnum & Mason next year, Mike?

To find out more about the Marmalade Awards visit:
www.marmaladeawards.com

Keep a look out too, for the April Issue of the Cheshire Life Magazine where you'll see a feature about some of our producers who attend the Chester Food Assembly.









Interested in Beekeeping?

Now at the beginning of the new active season of beekeeping, Nigel, of Wirral Countryside Bees, is teaching the beginners course for South Clwyd Beekeepers Association. With this in mind, he will again be offering a Taster course for anyone wanting to further their knowledge of bees and beekeeping. The course lasts for two to three hours and costs £20. Further details from pnigelgbrierley@gmail.com or 01516485179

FOOD FOR THOUGHT : Stories to inspire you

*The Big Lunch, from the Eden Project, has the aim of getting as many people as possible across the UK to have lunch with neighbours annually on the first Sunday in June. **The seventh annual Big Lunch will take place on Sunday 7th June 2015.***

-  The Big Lunch is a simple recipe to have fun with your neighbours and encourage friendlier, safer neighbourhoods, which will...
-  ...feed community spirit! As well as sharing a meal you'll be meeting new people, be making new friends and strengthening ties in your community which could see you...
-  ...starting to share more – from conversation and ideas to skills and resources – so we all end up richer in every sense, which can also help you to...
-  ...discover common ground across age, class, faith, race and the garden fence, and remind ourselves that charity begins at home, or just a couple of doors away, and remember...
-  ...to make the third of us who live alone feel connected to their communities, and, before you know it, you've started to...
-  ...change a neighbourhood for good, forever!

Having a Big Lunch has never been easier! Whether you plan your lunch months in advance or decide to have a last minute get-together, the Big Lunch website has everything you'll need. You can find great ideas for food, decorations, activities, music and dance, grow your own, charity fundraising, and schools & youth groups. You can download invites, posters, activity & recipe cards, stickers, seeds and useful planning information. You can subscribe to their newsletter for ideas, freebies and competitions, and if you need more help, they have a team on hand to answer queries.
(Picture - Big Lunch 2014 at Gilroy Community Allotments)



NEW! Readers Recipe Competition

We'd love you to share your favourite family recipes for making the most of the fresh, local and seasonal food that you buy at West Kirby Farmers' Market.

To enter, email your recipes to
ttwk.food@gmail.com

**WIN A PRIZE OF £10 OF
MARKET VOUCHERS
for any recipe we use
in the newsletter!**

The West Kirby Easter Egg Hunt



Sunday 29 March at 12 noon

starting outside West Kirby Concourse

Registration £5 per child 12 noon - 2pm

Mad Hatter's Tea Party 12 noon - 4pm

• Solve the clues hidden around West Kirby and help Alice get to the Mad Hatter's Tea Party to celebrate her Un-Birthday!

- Follow the clues and collect prizes around town!
- PLUS Grand Prize draw from the correct answer sheets!
- PLUS Dress up as a character from Alice in Wonderland! Prize for the best costume!
- PLUS Prize for the best Mad Hat or Easter bonnet!

Places Limited - Register online TODAY

www.wirralartscentre.org/boxoffice



wirral arts centre

www.wirralartscentre.org



Organised by Wirral Arts Centre and Transition Town West Kirby

MARKET RECIPE: Make the most of seasonal food

Spicy Bubble & Squeak

A fusion dish - comforting old-fashioned bubble & squeak cooked with a North Indian spicy influence. Use any leftover cabbage or other leafy veg in season (brussel sprouts, chard, kale...), and leftover new potatoes or old waxy potatoes.



Serving suggestion - serve as a side dish with leftover roast meat, or put a poached egg on top for a light lunch.

Ingredients:

- 400 g cooked potatoes, diced roughly
- 250g cooked cabbage, shredded
- 2 tbsp oil
- 1 tsp whole cumin seeds
- 1cm fresh ginger root, peeled & grated
- 2 cloves of garlic, crushed
- 1 small onion, finely chopped
- 1 tsp ground coriander
- ¼ tsp ground turmeric
- ¼ tsp chili powder
- ½ tsp garam masala

Heat the oil in a frying pan. When it's hot, add the cumin seeds and let them sizzle for a few seconds, and then stir in the ginger & garlic for a few more seconds - don't let them go brown at this stage.

Turn down the heat a little and add the onion. Let this cook gently for about 10 minutes until just starting to take on a little colour at the edges.

Add the coriander, turmeric and chili powder to the pan and fry everything gently together for a minute.

Add the potato and cabbage & mix well into the spices in the pan, turn up the heat a little and cook everything until the veg starts to brown.

Stir in the garam masala just before serving.

Wirral Way Spring Forage with Jesper Launder

Sunday April 12th - 10.30am to 2pm approx

Spring heralds the finest season for finding tender and delicious edible plants. Woods and hedgerows come to life with patches of fresh green growth and this walk is the perfect opportunity to decipher what can and can't be eaten, and to learn how to differentiate the toxic from the delicious.

Join us on this, the Transition Town West Kirby third annual Spring Forage for a leisurely walk along the Wirral Way from West Kirby, and down to the beach.

Places are limited and the walk is very popular - so book early!

We ask for a donation of £10 per head to cover costs - to book a place please email: ttwk.food@gmail.com

BETTER FOOD WIRRAL

Interested in being involved in creating a Food Plan for Wirral?

Community Action Wirral is working in partnership with Public Health Wirral to establish a cross-sector food network called Better Food Wirral.

Better Food Wirral will create a steering group and membership to develop a comprehensive and living Wirral Food Plan. The Wirral Food plan will take action on issues such as food poverty, food waste, healthy food and local food sustainability.



We need people in the community to get involved at every level in order to make change happen. Would you like to be kept informed, or volunteer at events? Do you see yourself on the steering group, taking action? Do you have expertise to share? Our first steering group meeting will be on 31st March at 10 am at Community Action Wirral, 220 - 224 Liscard Road, Wallasey, CH44 5TN.

We will also create a Wirral food map. Are you a local food producer, supplier, or a community (food) initiative? Do you know about other food projects on the Wirral?

We are planning a week of events during British Sandwich Week from the 18th to 22nd May to celebrate food. Would you like to be involved?

community
action: **wirral**

**Please get in touch - alison.lysons@vcawirral.org.uk or
zel.rodgers@vcawirral.org.uk**

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 25th April 2015
Sat 23rd May 2015...

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0151 625 0608 • [@wkfarmersmarket](https://www.facebook.com/groups/westkirbyfarmersmarket) • [facebook.com/groups/westkirbyfarmersmarket](https://www.facebook.com/groups/westkirbyfarmersmarket)