



West Kirby Farmers' Market



News

Next market Saturday 19th March 2016



Pen y Lan - "We will be bringing along two brand new sausages: A *Beer Sausage* using Deva Real Ale, and then the *Pen-y-lan Pork Pocket Rocket* - this is a joint enterprise of our pork combined with Firework Jerk from Bongo's Rock & Roll Chillis to make a hot and spicy sausage."

Little Eye Bakery - "We are making hot cross buns with freshly ground spices - and they'll be coming to the market hot!"

Chocolate Cellar - "We will have a selection of Easter Treats with - Easter eggs, Jigsaw puzzle Easter eggs and also macarons. Our truffles range will include marzipan in dark chocolate, salted caramel & peanut and salted caramel. The sour cherry bars in dark chocolate will also finally be back in stock!"

Funky Nut Co. - A seasonal special - creme egg cashew butter.



Yasmin Limbert - "I'll have an early Easter treat with Simnel Bakewell Tarts."

Billy the Fish - local cod, hake, halibut, plaice, maybe whiting, mussels, shrimps & crabs.

Veggie fayre - "Our Blind Scouse Pies went really well last month, so we will have those and a gluten free sweet potato, quinoa, chilli, ginger & lime tray bake."

**At market
on 19th
March**

Funky Flapjack - A new gluten-free chocolate cake made with chick peas!

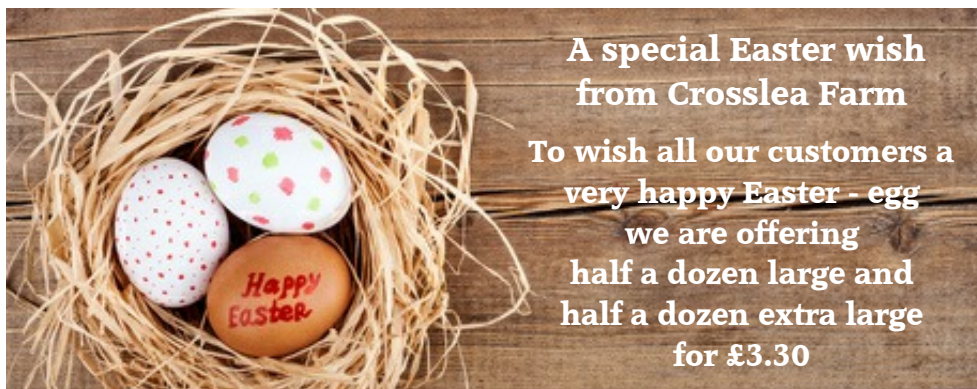


Denbigh Brewery - John the Thumbs - Brewed specially for the 2013 National Eisteddfod, and named after a 14th century local bad lad who reputedly had two

thumbs on each hand. A light, summer drink best served quite cool.

**A special Easter wish
from Crosslea Farm**

To wish all our customers a very happy Easter - egg we are offering half a dozen large and half a dozen extra large for £3.30



April 2016

Diary Dates

[Visit our website for details](#)

NESTON FARMERS' MARKET

Saturday 2nd April 9am - 1pm
First Saturday every month

WALLASEY FOOD FAIR

Sunday 3rd April 10am - 2pm
First Sunday every month

DABBLE WORKSHOP*

With The Chocolate Cellar
Sunday 3rd April 10.30-12.30pm

CREATIVE WORKSHOP *

With The Chocolate Cellar
Sunday 3rd April 1.30-4.30pm

WIRRAL FARMERS' MARKET

Saturday 9th April 9am - 1pm
Second Saturday every month

WEST KIRBY SPRING FORAGE

Sunday 10th April 10.30-3pm
ttwk.food@gmail.com

ITALIAN FISH COURSE*

Sat 16th April 9.30am - 2.30pm

HESWALL FARMERS' MARKET

Saturday 16th April 10am - 3pm
Third Saturday every month

WEST KIRBY FARMERS' MARKET

Saturday 23rd April 9am - 1pm
St Andrew's Church Hall
Fourth Saturday every month

INDIAN COOKERY WITH SOMA*

Saturday 23rd April 10am-4pm

WILD FOOD DAY @ Ness Gardens

Sunday 24th April 9.30am - 4.30pm

***ALL AT Claremont Cookery School**

BBC Food & Farming Awards 2016 The Shortlist

We're delighted to hear that HS Bourne Cheshire Cheese has been shortlisted for the *Best Producer* category in this year's BBC Food & Farming Awards.

If you want to hear the *Meet The Finalists* edition of The Food Programme on Radio 4, you can still catch it at:
<http://www.bbc.co.uk/programmes/b072ht0r>

Listen to the Best Food Producer finalists and Mr Bourne's response at being shortlisted, from 21 mins 37 secs in.



Wine Friday at Deli 1386 Discover Alentejo!

Alentejo wines are some of the best in the world though you don't have to take our word for it - you can come & try for yourselves.

On Friday 1st April between 5 & 8 pm we are opening our doors to give you the opportunity to try a selection of Alentejo wines.

Tickets are £5 to try 3 wines & you will also have a chance to try a variety of cheese, meats & other goodies.

Call in to the shop for tickets.
We look forward to seeing you there!



27, Grange Road, West Kirby CH48 4DZ

Early Spring Beekeeping from Nigel, of Wirral Countryside Bees

What a lovely morning (Sunday 13th March) - the girls will be busy today. A quick glance towards the hive under the apple tree, confirmed that I could see many tiny black dots flying to and from the hive, a good sign. A little later, after the temperature had risen, I decided to have a quick look, just under the roof into the feeder, the candypollen was completely covered with several hundred bees, all very busy eating.

This colony is one that will be used for queen rearing, the bees are quite a dark colour, similar to our native British bee *Apis Mellifera Mellifera*, other good characteristics include, they are good tempered and quiet, more on this next month.

April sees the start of a very rapid expansion in the colony, the queen will be laying up to two thousand eggs per day, overcrowding can soon occur, which can be one of the factors that instigates swarming, the main reason for swarming is it's their natural way to reproduce, one colony dividing into two.

For the next few days, I will be busy contacting some local farmers about pollination of crops this summer, visiting people who have asked to have a hive in their garden, cleaning and sterilising any equipment missed last Autumn and preparing for the farmers' market.

Bongo's XScream Mussel Linguine - pasta to blow your mind!

Ingredients:

- 1 onion finely diced
- 2-3 cloves of garlic
- 200g of cooked mussels unshelled
- olive oil
- Knob of butter
- half a glass of white wine (drink the other half whilst cooking!)
- 4 fresh tomatoes chopped
- French beans chopped
- Salt & Pepper
- Flat leaf parsley
- 1 jar of XScream Chilli Crush (we used 2 tsp but you can use more or less - up to you)

NB: If you're Vegetarian leave out the mussels and use Bongo's Veggie XScream Chilli Crush - just as delicious!

Method:

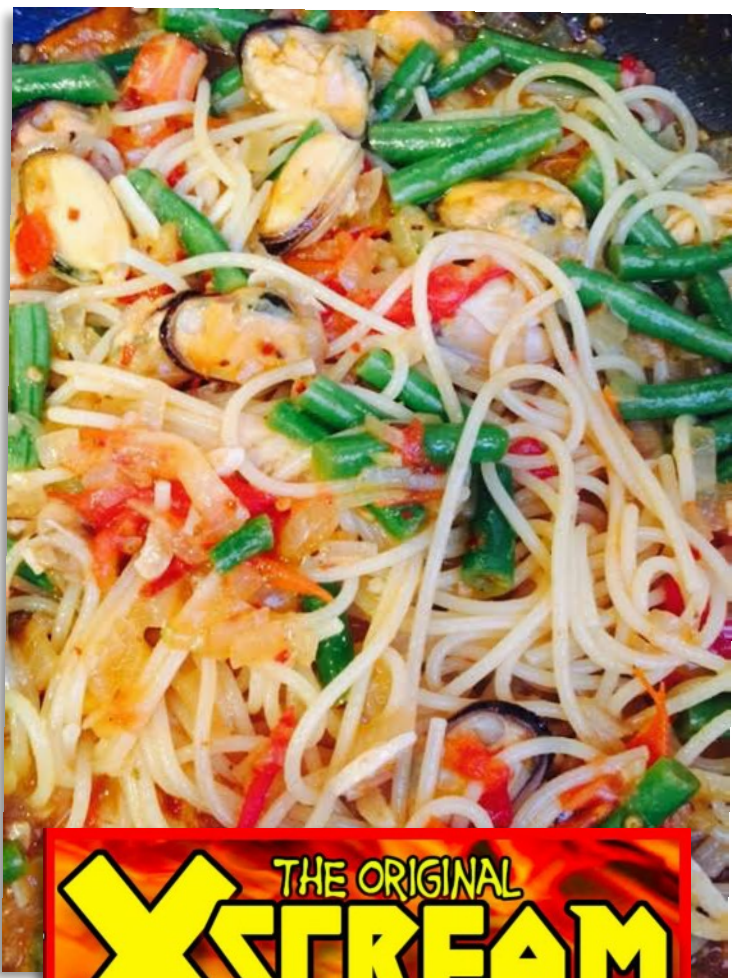
PUT YOUR PASTA ON TO BOIL THIS IS A QUICK MEAL

PART A:

Boil your pasta for 2 mins under the recommended time on the packet while you do part B!

PART B:

1. Melt the butter and oil in a shallow pan
2. Add the onions to the pan and cook for 2 mins
3. Throw in the garlic and a pinch of salt, cook until soft but not brown.
4. Add 2 x tsp of XScream Chilli Crush and stir for a minute.
5. Add Tomatoes & french beans to pan on a medium heat. Stir and cook for about 3-5 mins so the beans are still al dente.
6. Add the mussels and the wine - turn down to a simmer. Do not over cook - your meal is almost ready.
7. Add the slightly undercooked pasta to the pan and simmer for 2 mins.
8. Season with salt and pepper and sprinkle with your chopped parsley.
9. EAT & ENJOY! Serve immediately with some beautiful fresh bread for mopping and a chilled glass of white wine.



LEAF Marque Warranty Chain: Total Traceability



**LINKING ENVIRONMENT
AND FARMING**

You probably know that the Red Poll beef at the market comes from Grange Farm, in Mickle Trafford, just outside Chester. It's sold to you directly by the farmers David (father) and Huw (son) Rowlands. Did you know, though, that they are one of only three beef producers in the United Kingdom working to the LEAF Marque standard?

LEAF Marque is similar to organic, but in many ways more rigorous, in that compliance with the standard includes obligations to monitor and reduce carbon emissions and water use, for example. A pre-requisite of being LEAF Marque assured includes being registered for the standard and well known Red Tractor farm assurance scheme, too. The strictly maintained standards include an annual farm audit and inspection of a plethora of paperwork; if something is found to be wrong there are 28 days to correct it and failure to do so results in suspension from the scheme and a full reapplication process ensues.

The LEAF Marque Warranty Chain guarantees the total traceability of Rowlands' beef. They only sell beef from their own Red Poll cattle, which are slaughtered and butchered either at Edge & Sons, New Ferry, or Beesons, Crewe. Each pack of beef comes with a six digit reference number comprising the last six digits of the animal's unique ear tag number. This number is registered on the animal's passport at birth, and any medical or health issues with the animal during its life are recorded. When cattle move to a different location such as a nature reserve, they are accompanied by their passport, and movements are recorded by Huw and by the recipient of the animals, as well as being logged on a national database administered by the British Cattle Movement Service, with which births and deaths are also recorded.

When an animal goes for slaughter it is accompanied by its passport, a Welfare in Transport Form and a Food Chain Information Certificate guaranteeing it to be free from veterinary medicines and fit for human consumption. Copies of these documents are held at the farm and at the slaughterhouse, all showing the same unique ear tag number. Once the animal has been killed, the sides of beef are hung to mature in the cold store for around three weeks, and are again labelled with the same ear tag number. Finally, this number is applied to each individual pack of beef and detailed on the collection note and invoice from the abattoir.

You can't get more traceable than that.



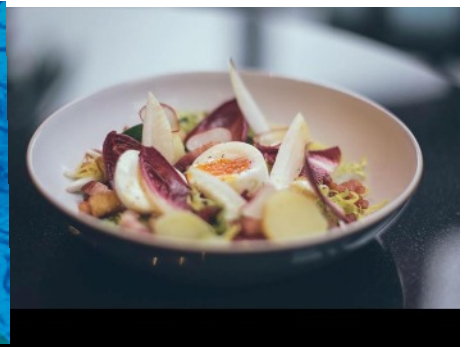
Take a trip up the stairs...

...in Nancie Henry on Grange Road. A surprise awaits.

There, nestled in the very contemporary loft space of the shop, you'll find *Café at Nancie*. Offering a fusion of British and French cuisine, their philosophy is to use locally sourced ingredients from ethically-minded suppliers.

They have a Sunday brunch, lunch and dinner menu, offering a range of food including light salads (e.g. Lyonnaise Salad - a traditional salad with a modern twist), and dishes using great local organic meat (e.g. Rhug Estate organic saddle of lamb).

Find out more at their website www.cafeatnancie.co.uk



...a walk along the Wirral Way on a Spring Forage with Jesper Launder - Sunday 10th April, 10.30-3pm 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 fourth 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 £12.50 per head to cover costs

To book a place please email: ttwk.food@gmail.com

...and a trip out to Church Farm

Inside the farm shop you'll find a butcher's shop which has been taken over by Dean, of A.I. Roberts, the butcher in The Crescent, West Kirby.

Dean has a passion for quality, local seasonal meat, and has sourced pork and chickens from Thurston, and home-reared lamb from Church Farm. He will also be selling his popular homemade sausages and meat pies.

There will be a butcher there in the shop on Fridays, Saturdays and Sundays, and a meat counter available on Wednesdays and Thursdays.



Marie Curie Wirral will be at the March Market helping out at the Community Café.



Care and support
through terminal illness



Volunteers from Marie Curie Wirral will be at the market fundraising and serving refreshments at the community café this month.



The funds raised go to the support of local families, giving palliative and end of life care at home, and in some cases, giving overnight respite care.

It costs over £20 per hour for each of the seven specialist nurses working on Wirral, and 48% of this funding has to come from the fundraising efforts of volunteers, so please stay and have a cuppa and a piece of cake or bacon butty before you go.

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 23rd April
Sat 28th May...

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