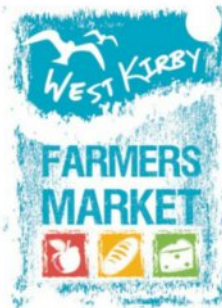




West Kirby Farmers' Market



News

Next market - Saturday 25th March 2017



Hemingway's - The great news is that Claire is up & about, and will be able to make their scrumptious handmade gnocchi. Fry or roast the gnocchi gently to crisp the outside, add a little bacon or chicken if you like, & serve with any of the Hemingways sauces or pesto. It's a lovely, comforting savoury treat! (picture, right)



Crosslea Farm - "We'll have some double yolkers for this upcoming market - but be early to avoid disappointment."



Windsor's Fruit Liqueurs - "We'll have a limited supply of Gooseberry Gin at the market. It's not on our website yet but we have done a small trial of 15 bottles for you."



Yasmin Limbert - This month the popular Apple Bakewell makes a welcome return, along with Coconut & Pineapple and Cherry. Homity Pies will be Traditional (with Leek & Spinach), Sweet Potato & Chorizo and Chicken & Tarragon.



Little Eye Bakery - Is back this month.

Pen y Lan Pork - All Day Breakfast Sausages (pork with black pudding), meatballs, sausage rolls, 'horseshoe' gammon and pig's cheeks (*See

article on page 2 for info & recipe link).

Rowlands Red Polls - back this month.

Veggie Fayre - "We are making the smokey black bean pies with garlic mash, and our quinoa & vegan sweet potato rolls and tofu loaf."

Chilli Gourmets - "If you want to have a go at growing your own chilli plants this year, I will have a limited number of plug plants for sale at the market this month."

Funky Flapjacks - "This month the Rhubarb Shortbread is back! I am also making a sticky Date & Parsnip cake (truly sticky!), so come along for a taste and to buy. This does mean a small change to the rest of the goodies but hopefully there will be something for everyone."

April Diary Dates

Sunday 2nd April 10am to 2pm
Wallasey Food & Makers Fair
First Sunday of every month

Sat 8th April 9am to 1pm
Wirral Farmers' Market
Second Saturday of every month

Sun 9th April 10am to 4pm
Wild Foraging & Cooking Class*

Sat 15th April 10am to 3pm
Heswall Farmers' Market
Third Saturday of every month

Thursday 20th April 9.30 to 2pm
Real Food Cooking and Nutrition*

Saturday 22nd April 9am to 1pm
West Kirby Farmers' Market
4th Saturday of every month

Sat 22 April 10am to 12noon
Survival Walk*

Sun 23rd April 9.30am to 4.30pm
Wild Food Day at Ness Gardens

Thursday 27th April 9.30 to 2pm
Cooking for the Family*

Sat 29th April 10am to 4pm
Indian Cookery with Soma*

*At Claremont Farm Cookery School

At Market This Week... Pen-y-lan Pork will have the new **All Day Breakfast Sausages** available. They're traditional pork sausages with the addition of black pudding. He'll also have **sausage rolls and meatballs** at the market. These are both really popular, but his wife Wendy has assured him that she will make extra!

Pigs Cheeks or as the chefs call them "Oysters" are a real trendy and flavoursome meal. Two cheeks for £2.00.

In [James Martin's recipe for braised pig cheeks with mashed potato and Bramley apple sauce](#) he describes them:

"Pig cheeks are super cheap and when cooked slowly become meltingly tender. Serve them with creamy mashed potato, Bramley apple sauce, sweet carrots and buttered kale for a special Sunday lunch."

Mike will also have cured **Gloucester Old Spot horseshoe gammons**. With loads of flavour these are a real hearty meal!! As a restaurant meal these gammons are charged at £11.50 - £14.50. As a promotional offer he is including this in the usual offer of: any single pack £3.99 per pack - any 2 Packs £7.00 - any 3 items.£10.00.



Please let Mike know in advance Mikeford01@googlemail.com if you would like cheeks or gammon or if you'd like to reserve anything to avoid disappointment! **Thursday at the latest.**

WE LOVE LOCAL FOOD!! The market aims to stimulate and support local food production, so we try to keep you updated about other opportunities to buy locally produced food. If you know of anything that we should be including, drop us a line: ttwk.food@gmail.com



The Laycroft Longhorn Farm Shop

Laycroft Longhorn Farm Shop, Heswall CH61 1BT

This is a family run farm shop in Barnston, selling home reared longhorn beef when available from the butcher's counter along with a wide range of other local produce. They also have a café serving breakfast, lunch and afternoon tea - all home cooked from scratch using local ingredients where possible.

NEW at the butcher's counter this week, they have **Steak and sauce** - Choose from mushroom sauce, peppercorn sauce and garlic sauce.

Appleby's Milk

Greenhouse Farm, Arrowe Road, Greasby CH49 1RY

Appleby's is a family run dairy farm selling free-range eggs and pure, unpasteurised milk direct from the farm.

The cows are milked each day and the fresh milk is used to fill a refrigerated dispenser (the Milkbot). The milk room is open 7 days a week from 9:30am - 7pm and it's all self-service - unless you need assistance, in which case, just shout - they're always happy to help.



News from Ollie's Orchard (Eddisbury Fruit Farm)

Things have been busy of late here at Eddisbury Fruit Farm with winter pruning nearing completion.



Here we have a row of Foxes Delight (left) next to a row of Ingrid Marie (right). These particular trees haven't been pruned for approximately five years which has resulted in some quite drastic surgery. As you can see, there is a tremendous amount of 'brash' on the orchard floor which will be removed utilising a 'flail mower'.

There is a fine balance when pruning not to be overzealous by removing too much wood since the tree will be shocked resulting in vigorous unproductive growth but conversely not removing enough wood that the tree is over-cramped and stifled. The benefits achieved through good pruning are certainly worth the effort. One of the main objectives when growing 'top fruit' is to maximise the amount of light and air the tree receives resulting in much better quality and uniform fruit being produced.

Pruning will finish at the end of March when we will embark on our new venture which involves planting a new Cider Orchard. In addition, we are also planting a considerable number of raspberry canes so that we can make the ultimate Apple and Raspberry fruit juice! We will keep a diary of the planting which we look forward to sharing with you in the coming months.

March Beekeeping from Nigel, of Wirral Countryside Bees

This month so far I have been changing the standard solid feed (candy/fondant) to one containing pollen. This will encourage the queen to lay more eggs, it also carries the bees over spells of bad weather, when they can't get out to collect fresh pollen, which they prefer.

Hives going to pollinate oil seed rape (OSR) will from the middle of March, receive a liquid feed, this promotes a more rapid expansion of the colony, as we need as many foraging bees as possible in the colony for the start of flowering.

At the end of the month, mouse guards need to be removed to allow the bees an easier access to the hive.

The beginners' courses which I am involved with, have started at South Clwyd and Wirral. Both are well subscribed, the interest in beekeeping is continuing, which is good news for all.

Before the month's end, a main job is to get all the colonies to be used for queen rearing into the same apiary, which makes this task that much easier. The colonies chosen for queen production receive a regime which is different to the honey producing colonies.

The other major job for early April is to move the bees into clean, scorched and hopefully disease free hives. At the same time setting them up for summer. More on that next time.



Winter Sampling Evenings Vinho Sampling

Next Date for your diary - Friday 7th April

Spring is definitely in the air, the sun is out (...well it was!), the clocks go back very soon & British Summer Time officially starts. To celebrate this in our next wine sampling we are going to offer arguably the quintessential sunny day drink, vinho verde, as one of our selection on the evening. As many of you know vinho verde is from the Minho region in Portugal & have a slight prickle of fizz which is perfect to kick start any evening. We'll also give you a chance to try our aguardente de medronhos, and two other wines which will be paired with some tasty nibbles including cheeses, meats & chutneys. Exclusive offers will be available on the night.

You can arrive from 6.30pm with the evening finishing at 8pm. Tickets are £7.50 each (payable up-front). If you'd like to join us then email or drop in to the shop to reserve your places. We'd love to see you there!

Chilli Gourmets just got hotter!

**For something a little different this spring...
Chilli Gourmets Gift Packs**

Janey aka Chilli Gourmet has introduced a scotch bonnet sauce to her range. So if you like a bit of heat to your dishes but still want the flavours to shine through, try one of Janey's sauces. There are five to choose from. There's also a range of relishes available, perfect to pep up a burger or cheese board.



Email for 'Wine Sampling' Tickets - info@deli1386.co.uk



Welcome Neptune Brewery!

We're really pleased to say we now have a selection of local beers from Neptune Brewery.

Established in 2015 & based in Maghull they have a great range of beers & are constantly innovating with new styles & flavours. They're always happy to get feedback from consumers so come & pick up a few & tell us what you think.

Beer & Cheese Evening - April 21st A match made in heaven!

To celebrate Neptune's arrival we will be having a Beer & Cheese Evening where you will be able to learn something more about the brewery, have an opportunity to 'ask the brewer' & most importantly taste a selection of delicious beers! We'll pair each one with one of our fab cheeses to compliment perfectly the flavours of both.

We'll have more details available soon but if you want to register an interest in booking tickets get in touch now as we'll have to limit places.

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 July newsletter, but there's more to read if you sign up - at www.deli1386.co.uk/sign-up



Sunday 9th April
12 noon - 3 pm
*Springtime on the
Wirral - A Lush
Wild Food Walk*
by Jesper Launder

The Wirral Way provides the backdrop to this richly abundant annual forage. The mild climate of West Wirral, along with the coastal habitat, provides fabulous conditions for species diversity as well as lush plant growth. This fun foray will go from close to West Kirby town centre, along the Wirral Way (a literal wild food larder), eventually leading to the shorefront where there will be a further bounty of wild foods to encounter.

Exact meeting details will be provided closer to the time. Remember to bring a basket or canvas bag with you if you wish to make a personal collection of wild foods.

The link below is to the event page on Eventbrite, where there is a ticket link, or you can contact Jesper directly by email info@jesperlaunder.com, or by telephone 07900544826.

<https://www.eventbrite.co.uk/e/springtime-on-the-wirral-a-lush-wild-food-walk-tickets-32153970391>

*Wirral Tree Wardens, Wirral
Pomona and the Friends of
Lees Lane Ponds invite you
to join them for this fruit
tree grafting workshop.*

Come along and:

- Learn grafting techniques
- Help create new apple tress
- Propagate Cheshire variety apples

The ponds at Lees Lane are at least 150 years old and although some are part of the natural landscape, most were created after marl was dug out by farmers to fertilise the local sandy soils. The ponds and surrounding land are now maintained as a nature reserve.

You'll find it off Chester High Road, on the right going south from Heswall, and is the road after the Hinderton Arms. A short way down the lane is a car park on the left, and the grafting is signposted from the end of the car park. Refreshments provided.

It's a beautiful little spot, so do have a walk round while you're there.
Lees Lane, Neston, CH64 7TH.

Helping to start new orchards in the Wirral

FRUIT TREE
GRAFTING
WORKSHOP

Expert Advice from Tree wardens
Propagate Cheshire variety apples

Help create new apple trees
Learn grafting techniques

Saturday, 25th March
10.30 am – 2 pm

LEES
LANE
PONDS

Head for the car park off Lees Lane where it crosses the Wirral Way

SPONSORED BY FRIENDS OF LEES LANE PONDS
and
Supported by Cheshire West and Chester Countryside Rangers




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



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 22nd April 2017
Sat 27th May 2017...

admin@westkirbyfarmersmarket.co.uk • www.westkirbyfarmersmarket.co.uk
0151 625 0608 • @wkbymarket • [facebook.com/groups/westkirbyfarmersmarket](https://www.facebook.com/groups/westkirbyfarmersmarket)