

Newsletter 25th May 2013

West Kirby Farmers' Market
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Asparagus & Parmesan Tart

375 g shortcrust pastry
450 g asparagus, ends trimmed
2 eggs, plus 1 egg yolk
225ml double cream
Salt and pepper
150 g grated Parmesan cheese

1 Heat the oven to 190°C (170° fan) gas 5.
Grease a rectangular tart tin 33 x 10 x 2.5cm

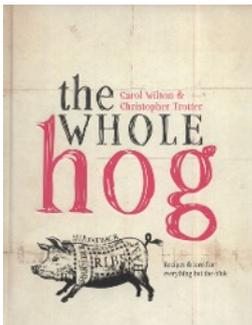
2 Roll out the pastry and line the tart tin.
Place non-stick baking paper on the base
and fill with baking beans. Bake for 10
minutes. Remove the paper and baking
beans and bake for a further 5 minutes.

3 Blanch the asparagus in boiling salted
water for 2 minutes. Drain and cool.

4 Arrange the asparagus over pastry base.

5 Beat together the eggs, egg yolk and
cream. Season well with salt and pepper.
Pour over the asparagus and sprinkle with
the cheese.

6 Bake for about 20 minutes until set and
lightly golden. Allow it to stand for 15
minutes before serving.

An original seasonal
recipe for West Kirby
Farmers Market
by Carol Wilson,
Wirral cookery writer
and author of
'The Whole Hog
(recipes & lore for
everything but the oink)'.


New Local Farm Shop

The Laycroft Longhorn Farm Shop is opening at Manor Farm,
Barnston Road, Barnston on Friday 24th May at 9am.

Alongside a small butcher's counter
selling Longhorn beef when available
and other locally sourced meat, will
be a wide range of other locally
sourced produce.

"A place where customers can
discover the stories behind our
products and be confident about the
food they are buying."

Opening hours Wed 9-5, Thur 9-5, Fri 9-6, Sat 9-5 and Sun 10-4.
Open Bank Holiday Mondays in May & August, but closed Mondays
and Tuesdays (initially).

Gary and Nicky Prance 0151 342 7449



Why do local shops matter?

A: Lots of reasons, but one reason is that they are important for a
strong local economy.

When independently owned businesses and individuals buy from each
other locally, then the money accumulates and multiplies within that
locality. (The Local Multiplier effect)

For example, if an independently owned shop stocks food from local
farms, those farms will then make profit that they can spend locally, in,
for example, other local shops, or another farm for supplies like animal
feed. If owners of these shops or farm live locally, they may spend their
profits on, perhaps, employing staff, their accountant, local plumber,
window cleaner, hairdresser or in local restaurants etc. If these in turn
spend their profits on other local businesses or services, then the money
effectively multiplies as it keeps on circulating in the locality. Everyone
in the town benefits from a strong local economy – not just shop owners.

On the other hand, if nobody uses local shops they close down and
shoppers then only have supermarkets to shop in. Most of the money
spent here immediately leaves the local economy to pay suppliers and
costs and shareholders elsewhere, so the profits will be lost to the local
economy, resulting in fewer jobs, less money to spend locally and yet
more small businesses closing down.

So ask yourself - Can your business survive a depressed local economy?
Or should you make your pounds work to support the local economy?

WKFM's monthly e-newsletter, gives you news from producers, seasonal recipes, special offers
(from the market and local retailers) and details of other local food events that we're organising.
Email us at admin@westkirbyfarmersmarket.co.uk if you'd like to be added to the circulation list.
We promise not to pass on your details or use them for any other purpose.

25th May Market Specials

Spicy black eyed bean curry and creamy spinach with sweet potato and corn.	Anju's Indian Cuisine
Salted caramel macarons, lavender truffles	Chocolate Cellar
Gooseberry crumble, bacon & leek tarts, sausage egg & tomato tarts, veggie samosas	Yasmin Limbert
Lots of gluten-free bakes, choc chip, ginger, cinnamon & raisin cookies	Tasty Bakes of Hoylake

Backford Belles Jersey Ice Cream



Ruth Littler comes from a Cheshire farming family - both grandparents were dairy farmers. The family moved to Backford in 1957, and first started milking cows at Acre Farm in the late 1960's. They have a small herd of Jersey cows which is milked separately from their main Friesian herd, to ensure that the creamy Jersey milk can be set aside for ice cream.

They started producing ice cream in 2009. All the ice cream is made by them, in the ice cream production room on the farm in converted traditional sandstone farm buildings. Another building has been converted into an ice cream shop where you can enjoy ice cream, drinks and homemade cakes, indoors or outside by the farm yard.



Two of their ice creams have just won awards at the National Ice Cream Competition 2013 run by the Ice Cream Alliance. (Diplomas in the Open Flavour Class for their Eccles Cake and Whisky & Ginger ice creams.)

As well as traditional favourites, new recent flavours have included

Eccles Cake, White Chocolate & Passionfruit, Rhubarb & Custard, Sticky Toffee Fudge, Pistachio and Wild Cherry.

And, of course, don't forget that you can also buy their ice creams locally at The Little Deli on Market St. in Hoylake.



Market dates

4th Saturday every month
9am - 1pm

Saturday 25th May 2013
Saturday 22nd June 2013
Saturday 27th July 2013
Saturday 24th August 2013
Sat 8th September 2013
Sat 26th October 2013

How to 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 22, 24, 38, 39, 77, 77A, 83, 83A, 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 the town centre; and for blue badge parking only, in the Church Hall car park.

The early bird catches the sticky toffee pudding!

Yasmin's sticky toffee pudding was inspired by her visit to the original Cartmel Sticky Toffee Pudding Shop at Easter. A sell out at the last market - **if you want to be sure of getting one, you'd better shop early!**



£1 off the 'two for £10 menu' at

Lattitude

8a, Dee Lane, West Kirby

Great breakfasts, paninis, soups, salads, pizzas, home cooked specials, gluten-free menu, veggie options, cakes, specialty coffees, ice creams . . .



With this voucher; valid Mon to Fri in June 2013; midday to 5pm; only 1 voucher per table