



West Kirby Farmers' Market



News

Next market Saturday 28th May 2016



Windsor's Fruit Liqueurs - "We'll be launching our new toffee vodka this month!"

Comida Sabrosa - Homemade Spanish food and tapas, made using traditional family recipes.

Yasmin Limbert - "This month's savoury pies are Traditional Homity, Bombay Potato and Chicken & Tarragon. I shall also have Apple, Cherry and Raspberry & Coconut Bakewells. Come early for the last Wild Garlic & Cheese Scones too."

Pen y Lan - "I will have a small selection of pigs cheeks, ham hocks and trotters at the market, plus sausage rolls and sausages. Please email me to reserve anything Mikeford01@googlemail.com"

Bongo's Rock & Roll Pickles - "We have a special offer *Food First Aid Kit* for those chilli fans amongst you! Get any large jar, an XScream Chilli Crush and a ChilliJAMjaro for only £11. Grab your Bongo's and get out your BBQs, summer is on it's way! Do check out our website for some tasty and easy BBQ recipes."



Producer news for market 28th May



Bryn Cocyn Organics - Fresh lamb, frozen bargain beef, apple juice (and maybe / maybe not chard and lettuce).

Find Inspiration in Food - "We have a great cut price special deal *May Jelly Madness*" - see page 5 of this newsletter for details.

Veggie Fayre - "I have some lovely fresh local asparagus so will be making them into tarts with brie, walnuts and parsley."

Billy the Fish - Very local fish, caught Friday fresh for sale on Saturday.

Abyssinia Kitchen - Authentic home cooked Ethiopian food. Doro Wat chicken, Injera sourdough flatbread...

Funky Flapjacks - "The same cakes this month, as everything went very well in April (especially rhubarb shortbread). Please text me 07910 652 543 to reserve anything. Staacks Gallery also sells my cakes and can always take an order."

Ollie's Orchard - "We're excited to be launching our new *Scrumpling Snout Cider*."

June 2016

Diary Dates

[Visit our website for details](#)

NESTON FARMERS' MARKET

Saturday 4th June 9 am - 1 pm
Neston Market Square
First Saturday every month

INDIAN COOKERY WITH SOMA*

Saturday 4th June 1-7pm

WALLASEY FOOD FAIR

Sunday 5th June 10 am - 2 pm
St Mary's College
First Sunday every month

WIRRAL FARMERS' MARKET

Saturday 11th June 9 am - 1 pm
New Ferry Village Hall
Second Saturday every month

HESWALL FARMERS' MARKET

Saturday 18th June 10 am - 3 pm
Church of the Good Shepherd Hall
Third Saturday every month

NEPALESE COOKERY*

Thursday 23rd June 6 - 9 pm

WEST KIRBY FARMERS' MARKET

Saturday 25th June 9 am - 1 pm
St Andrew's Church Hall
Fourth Saturday every month

NEPALESE COOKERY*

Sat 25th June 9.30 am - 2.30 pm

*AT Claremont Cookery School

If you'd like to be added to the circulation list for this monthly market newsletter drop us an email - ttwk.food@gmail.com

Scrumping Snout Cheshire Cider has arrived!

Ollie's Orchard are proud to launch their *Scrumping Snout* Cider.

Scrumping Snout is an Eastern Counties Style Cider with a straw-like appearance that packs a punch in fruity flavour and aroma.

"We will be bringing a Dry, Medium Dry and a Medium Sweet to the market this weekend all in 500 ml bottles."

"We are also creating a more effervescent range of bottle conditioned sparkling ciders, however these are currently going through further maturation and will take approximately 4 months to develop their full flavour before being launched."



"This year is an exciting phase for Ollie's Orchard, since we are going to create a wider array of ciders with our culinary and desert fruit but also including three counties cider apple varieties which enhance tannin and offer complexity of the cider. "

Cheers from the team at Ollie's Orchard!!!

New at the market this month...



A big Farmers' Market welcome to Eduardo Ibanez.

Eduardo cooks a range of traditional Spanish foods and tapas such as omelettes, croquettes, chicken-chorizo paella, kebabs and chorizo meatballs. Having grown up in Spain with a rich heritage of traditional family cooking, Eduardo believes in cooking with the very best quality fresh products like extra virgin olive oil, a key ingredient in traditional Spanish cuisine.

Based in Liverpool, Eduardo has been selling his food at Farmers' Markets in the region since 2014, and we're really pleased to welcome him now to West Kirby Farmers' Market.



... and welcome also to Abyssinia Kitchen

Giving you an Ethiopian taste to your home

“Our small family run business has been offering Ethiopian-inspired cuisine since November 2015. We have been attending farmers’ markets across the Wirral, and are delighted to be joining West Kirby and be able to showcase our food with the local people. We have had such an amazing response so far, as we continue to grow and introduce new and exciting flavours across the Wirral.”

Hilina who is the heart and soul of the business, has taken her love and skills from the kitchen and wishes to share it with the world. She is very proud of her background and the vibrant culture that comes with it, and she uses this passion to express the wonderful exotic and aromatic flavours of Ethiopia. She believes that all food should be cooked with quality fresh ingredients with no added preservatives.

Food in Ethiopia has its very own unique flavour, with a special blend of chilli spice, called Berbere which is ground by hand right in the heart of Ethiopia. This spice is the essence of Ethiopian cooking. Abyssinia Kitchen has a range that has something to offer everyone including vegetarians and vegans, from Doro Wot chicken stew, spiced beef pies, red lentil and split pea, Injera sourdough flat bread rolls and much more.

“We are excited to be joining West Kirby Market this month, and look forward to sharing our flavoursome foods with you. Please pop down and say hello. Hilina will be very happy to answer any of your questions and to share her experiences of Ethiopia while you try something new. Begin your Abyssinia Kitchen experience, food is one of life’s long pleasures, go and enjoy it.”

To keep up to date with news at Abyssinia kitchen follow on Facebook or Twitter @Abyssiniakitch



Try Chicken Doro Wot and Injera

Doro Wot Chicken Stew is the national dish of Ethiopia, and Berbere spice blend is the central ingredient in this most famous dish in all of Africa. There are several key spices that give the Doro Wot its fiery bright red highly aromatic and flavourful taste. These whole spices are ground and toasted to extract maximum flavour, such spices include coriander seeds, cardamom, fenugreek seeds, ginger and the Berbere chilli itself.

The dish is cooked slowly to allow the flavours to infuse into the Wot, and to gain that perfect texture and consistency. Another big ingredient in the dish is onions. These are cooked down for hours and combined with the berbere spice blend to give it that added sweet perfumed flavour. Traditionally the Wot is served with hard boiled eggs and the Injera sourdough flatbread which has a sponge-like texture or optionally rice and sautéed potatoes.

Meanwhile, Out in the Field...

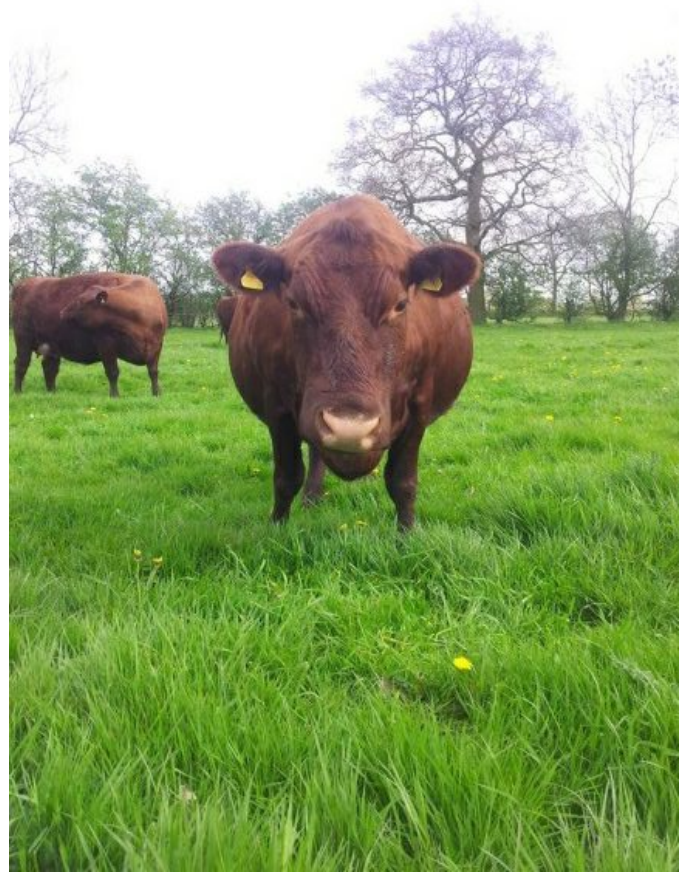
An Invitation from Fritillary & Nibbly (in the background) to come visit them
- at Grange Farm near Chester,
- on Open Farm Sunday, 5th June.

Farming's national open day, Open Farm Sunday, run by LEAF (Linking Environment And Farming) will soon be here. It is on 5th June this year and you can find out all about it at:

<https://farmsunday.org/visit-a-farm/shareEvent/1341>

This website details events taking place throughout the country as well as our own, and everyone is welcome at our farm and Mickle Trafford Water Mill where our open day runs from 10:00 a.m. until 4:00 p.m.

Guided tours of the farm and mill take place throughout the day, when you can see the Red Poll cattle and the ongoing conservation work on the farm, and find out about the exciting plans and progress with the mill. There will be activities in the kitchen garden and a local produce fair at the farm where you can buy our own delicious Red Poll beef and lots more.



Guilden Sutton Scouts are providing a barbecue, and you can find out about bee keeping and discover more about fracking and its likely impact both locally and nationally. Alternatively, you can enjoy a stroll around our permissive footpath network, or follow our farm trail on the fields adjacent to the mill. There will be limited parking at the farm. If you park your vehicle on the main road outside the farm, please ensure that it is entirely clear of the main carriageway and on the grass verge.

May Beekeeping from Nigel, of Wirral Countryside Bees

Well, what fun and problems we have had this Spring, thanks to our old friend the British weather. The bees went from Winter cluster, to thinking about swarming within two weeks at the end of April. With the cold winds during April, the main Spring job of moving the bees into a clean hive, had to wait until the end of the month. This left me performing tasks normally done a month apart, all in the same week. Never a dull moment in beekeeping.

My main jobs during this month have been swarm prevention and Queen rearing. To try and make the process easier, before another operation on my right hand, I decided on splitting my large colonies, which is a form of pre-emptive swarm control and which will produce some new Queens, the technique of grafting Queens can wait until later in June.

To prevent swarming, we have to perform any one of three tasks, remove the Queen, move the flying bees or move the brood from the colony, splitting removes the Queen and eventually produces another colony. If you have any questions about the above processes come and ask on Saturday.

May Jelly Madness

A special offer this month-

Find Inspiration In Food

IT'S MJM – No not me!!

May Jelly Madness

All my 227g jars of Jelly are reduced from
£3.30 per jar to **£2.50**

Great with picnic & BBQ food!

(Till the close of play on Sunday 5th June -Whilst stocks last)

Choose from the following jellies;

Cheshire Red Currant

Cheshire Elderberry

Red Chilli

Crab Apple

Boozy Damson

Blackcurrant

Quote "MJM Out There" to claim your
discount face to face at Markets & Events.

Did You Know...?

That if you have a Wirral library ticket you can enjoy unlimited access to a free Digital Magazine service?

You can read, download, and explore a wide range of popular magazines from your smartphone, tablet or computer.

This includes titles such as BBC Good Food,



BBC Music Magazine, Cycling Active, Digital SLR Photography, Gardeners World, Health & Fitness, and more.

For more details and registration see the e-magazines page on the Wirral Council website - www.wirral.gov.uk/libraries-and-archives/e-magazines

Help - Yasmin is fundraising!

Market baker extraordinaire, Yasmin Limbert, has come up with a special project this year - to raise some money for charity whilst cycling 362 km through Cuba.

"Along with my very good friend Lorraine, we aim to raise £7000 for Genesis Research Trust who research treatments for miscarriage, premature birth and stillbirth. We can only do this with your help so please donate some money to my Just Giving Page below or text YASS50 and the amount you want to donate to 70070.

"We shall be holding lots of fundraising events over the next year so watch out for more info and I'll keep you posted."



Visit Yasmin's Just Giving page: <https://www.justgiving.com/Yasmin-Limbert>

Don't forget the great independent shops in West Kirby...

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 a few highlights from their May newsletter,

but there's more to read if you sign up

- at www.deli1386.co.uk/sign-up



A new taste of Portugal - Chourico Bread

Chourico bread is a very traditional type of bread in Portugal & we are lucky that Malcolm from West Kirby's Little Eye Bakery likes a challenge! Using our traditional chourico he has created our very own version. Bite in & experience the tender meat of the chourico complemented by its wonderful smoky flavour. We have chourico bread available on Saturdays. It's only available here so come early as they sell quickly!



All that Jazz...

We were excited to offer cheese & meat taster plates at the most recent Jazz evening in Wirral Arts Centre. Run by Monotone jazz, it was a fabulous evening & we'd recommend it to anyone, even those not versed in jazz.

Next month - Thursday 9th June

The fabulous SupperClub@the Nook will be selling a selection of Spanish pinchos, so go along & enjoy the great music, great food & show your support for a great local event!

Wine Sampling - First Friday of Every Month - Exclusive Offer on the night

Next date for your diary - Friday 3rd June

We've had a few warmer days so we thought why not use our June wine sampling to try drinks that are perfect for those Summer days. We'll be offering vinho verde, vinhao, for those who want to try something completely different & a white port & tonic, a lovely alternative to the more well known aperitifs. As always tickets are £5. As well as the chance to sample the wines (& port) there will be an exclusive offer on the night.

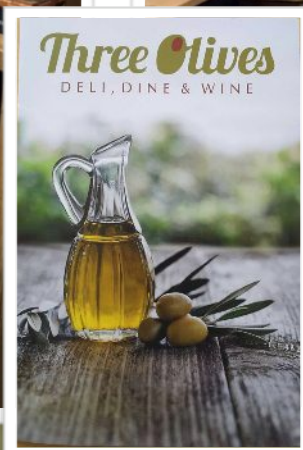


Carefully crafted tea from West Kirby!

As well as being passionate about finding the best Portugal has to offer we are very keen to support local brands. Our latest addition is the very lovely range of unique teas from Lucky Cup. All the teas are handcrafted by local couple Gary & Hannah. Try for yourself... Lucky Cup Sampling from 11am on Saturday 11th June



...and something new in West Kirby THIS WEEK!



Three Olives

A new licensed café and deli in West Kirby

If you're in West Kirby for the market this Saturday,
why not drop in to see what's appeared at:

3 Grange Road, West Kirby

Opening hours are:
Tuesday to Saturday 10am 'til 8pm
Sunday 10am 'til 6pm
Shut on Mondays.

0151 792 2830



Lucky Cup - New craft tea company launches in West Kirby



Hannah and Gary Shannon founders of Lucky Cup Tea, want to bring something a little different to the world of quality teas.

When it comes to quality tea you always seem to have only two choices: either the tea promises to solve all life's problems and bring balance to your very soul or you have to enter a stuffy world of pomp and ceremony with a thousand varieties and a million dos and don'ts around purified water, precise temperatures, brew times etc.

It doesn't have to be that way. *"We're here for everyone who wants to enjoy the best quality tea and to be a bit more daring with the blends, flavours and feelings they can get from tea. But without some of the silliness that so often comes with it."* says Hannah.

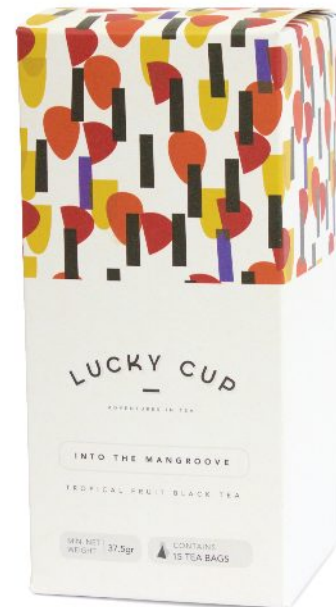
As well as classics such as English Breakfast and Yunnan Green, the company offers exciting, carefully crafted blends, all inspired by life's special experiences. Into the Mangroove is a tropical sensation inspired by days bumming around exotic beaches, while Lazy Sundaes is a calorie-free, rich, chocolatey indulgence inspired by endless Sunday mornings curled up on the sofa.

Caffeine lovers go for Headstarter - a buzzing mix of South American yerba mate (the drink Argentines wake up to), ginseng and ginkgo to make the perfect pick me up. While the caffeine-free smooth sensation that is that is the rooibos based Pancake Flip is inspired by perfect New York brunches and offers a real treat (and really does taste like a blueberry pancake).

And why the name? *"A cup that's full of wonderful, hot tea is a lucky cup indeed."*

All 15 blends are available to purchase online at www.luckycuptea.com. In West Kirby, Lucky Cup is served at Hardy's Kitchen and available to buy in Deli 1386. It will soon be available in West + 34. It is also in the shop at Ness Botanical Gardens.

LUCKY CUP
ADVENTURES IN TEA





Food heroes



wanted

Every day we save good food from going to waste. Help us to get it to the people who need it most.

Volunteer to be someone's food hero.

www.fareshare.org.uk/regional-centres/merseyside/



3.9 million tonnes of food go to waste every year in the UK while millions do not have enough to eat.

Help us change that.

- Get stuck in: Sort food at our lively warehouses in Liverpool and the Wirral. From pears to pasta to plaice, it's all good food we've saved from going to waste.
- Get on the road: Take food to charities giving meals and support to some of Merseyside's most vulnerable people.
- Gain skills: Get firsthand experience of the charity sector and food industry while giving back to your community.

Join the FareShare food heroes

Get in touch

with Mark Hall at FareShare Merseyside to discuss volunteering at our Liverpool or Wirral centres.

mark.hall@fareshare.org.uk

www.fareshare.org.uk/regional-centres/merseyside/



🎯 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!



Members of Gilroy Community Allotment Society will be at the Community Café this month, fundraising for a local 'Big Lunch'

www.thebiglunch.com

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 June
Sat 23rd July...

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)