



West Kirby Farmers' Market



News

Next market - Saturday 25th May 2019 9am-1pm



Hemingway's pesto - "I'll have the last of this year's wild garlic pesto. If gnocchi wanted please send an order - hemingways.pasta@yahoo.co.uk"



Woodfield Nursery - "My small veg plants this month include - cabbage, black kale, salad leaves, runner beans, climbing French beans, courgettes, purple sprouting broccoli (for harvesting next Feb-April) and Brussel sprouts. Also six varieties of tomatoes from small, sweet plum/cherry types to large ones which are good for cooking."



Veggie Fayre - "We will have the beetroot burgers, both types of humus, Veggie Scotch eggs, a variety of vegan and veggie pies and pasties along with seasonal quiches."



Pen-y-Lan Pork - "We'll have a selection of pork pies, home cured cooked ham and the full array of sausages including a small batch of the new caramelised onion sausages."

Yasmin Limbert - "I'm hoping to have Chicken & Wild Garlic Homity Pies and Apricot Bakewell Tarts along with the usual bakes."

Funky Flapjacks - "Let's hope the weather at this week's market is better than last month! This month a favourite is returning - the Rhubarb Shortbread - along with all the other usual cakes and I hope that there will be something there for everyone. Please let me know if you would like me to reserve any cakes - wendyroberts61@gmail.com"

Perfect Samosa - "We'll have our homemade Chana Masala curry with delicious buttery texture and beautiful flavours. It is vegan and naturally free-from gluten. Warm it up and serve on a bed of fluffy rice, salad or a jacket potato. Also our delicious range of samosas are great starters alongside the Chana Masala Curry."

Foodie Diary Dates

Thurs 30th May 6:30 - 9:30pm
Slimming Well

With [The Cookery Nook](#)

Sat 1st June 10am to 2pm
Mezze & More

At Claremont Farm
With [Chilli Gourmets](#)

Sun 2nd June 10am to 2pm
Wallasey Food & Makers Fair
The Mosslands School

Sat 8th June 9am to 1pm
Wirral Farmers' Market
New Ferry Village Hall

Sat 15th June 10am to 3pm
Heswall Farmers' Market
Church of Good Shepherd
Parish Hall

Sat 15th June 10am -2pm
Greek Cookery
At St Bridget's Centre
With [Chilli Gourmets](#)

Sat 15th June 12 - 3:30
Italian Bakes
With [Ama La Vita](#)

Sat 22nd June 9am - 1pm
West Kirby Farmers' Market
St Andrew's Church Hall

30th June 10:30 - 4:30
Italian Cakes & Puddings
With [Ama La Vita](#)

Chilli Gourmet Greek Cookery Workshop

St Bridget's Centre, St Bridget's
Lane, West Kirby, CH48 3JT
Saturday 15th June
10.00am - 2.00pm

This workshop at St Bridget's Centre in West Kirby is by special request from some of my regular customers. Although I am obviously not Greek, at the age of 19 I did work in Santorini as a cook and learnt a lot about Greek cooking from the local families.

This workshop will begin with a hearty brunch of "Kagianas" a traditional Greek breakfast dish. We will make "Souflaki", and "Tzatziki", Stuffed vegetables,



"Spanakopita", and a "Stifado". Also a selection of salads and "Tomatokeftedes" little tomato fritters which are a favourite in Santorini. I will also show you how to make traditional Greek flatbread called "Lagana".

To book go to www.chilligourmets.uk
Or call Janey on 0151 348 4761, Mobile 07875 277770



Gold for Larkton 'Cheese with no name'

Many congratulations to Larkton Hall Farm, who've just won a Gold Award for their 'Cheese with no Name' at the Whitchurch Food & Drink Festival!

It's a mature cheese made from cows' milk mixed with 10% goats' milk which gives it a bit of a tangy taste.

One of our local food heroes, Anne uses milk fresh from the morning milking session on their farm in Cheshire. She uses equipment and traditional techniques both imported from Italy to produce award winning 'Alpine' cheeses, which she sells direct at the market.

They're beautiful cheeses, and you can taste the whole Larkton range at the market before you buy.

Only One So Far... by Nigel, of Wirral Countryside Bees

Swarms that is. With a bit of good fortune they took up residence in an empty hive in the apiary. The others which have been thinking about swarming, I have managed to prevent, mainly through a procedure called splitting. This is where I remove the frame containing the queen and adhering bees, plus a frame of nectar and pollen. These are then placed into a nucleus box (half size hive) before I move them at least three miles away - this prevents the

queen from returning to the original colony, and insures that the nucleus is fed continuously for approximately the next six weeks until it can support itself.

The first of Wirral Branch's apiary meetings being held at Ness Gardens last Saturday was also blighted by swarming bees. The owner of the hives went to inspect them on the previous Monday only to find sealed queen cells, they had both swarmed.



This left our demonstrator with a re-think and a quick change of plan. Hives containing virgin queens have to be left undisturbed for a minimum of three weeks, for mating to be successful.

Portugal Day Celebrations

Saturday 8th June,

from 5pm

It's that time of year again when we celebrate Portuguese style in West Kirby as we hold our annual Portugal Day event. From 5pm Susana will be grilling fresh sardines on the BBQ which you can enjoy with a glass of vinho, or chilled cerveja (or soft drink) for £7.50 per person.

Portugal Day is actually on the 10th of June but we celebrate on the closest Saturday. Portugal Day or Dia de

Camoes, de Portugal e das Comunidades Portuguesas - (Day of Camoes, Portugal & the Portuguese communities) is the time when the Portuguese delve back to the days of the navigators, commemorating the death of celebrated poet Luis de Camoes who died on 10th June 1580.

Camoes wrote the Lusiadas an epic poem that celebrates the country's history & achievements particularly in the 16th century. It's part of the legend that he was shipwrecked off present day Vietnam & kept his epic poem dry by swimming with one arm above the water...hmm.



True or not its a great opportunity to celebrate all things Portuguese, so come along & join us!

If you'd like to join us let us know by email info@deli1386.co.uk to book your places or call into the shop. It's best to book as seats will be limited. We'd love to see you there!

Iberian Supper Club



Next Iberian Supper Club

Saturday 29th June - 7pm - Sweet Pea Cafe - £30pp

We had a private gathering for our supper club in May so we're back in June to invite you to join us for a celebration of all things Iberian. The menu is currently being worked on however if you want to dive in & save a place feel free to get in touch. £10 deposit per person - payable on booking.

Private Iberian Supper Club...

If you'd like a private Iberian Supper Club for a group of friends or family, for a special occasion or just to enjoy a fabulous selection of Iberian dishes prepared just for you feel free to get in touch. Please note this needs a minimum of 12 people.



Portugal in Junho - Feasting, Festas & Fireworks

June is a time of feasting & celebration in Portugal. One notable festival is the 'Festas de Sao Joao do Porto' which is celebrated on the 23rd June, the longest day of the year. During this festival as well as the many BBQs round the city there are a few slightly odd traditions. For instance don't be surprised to get a leek touching your face(?) or a squeaky hammer hitting you head, they're considered signs of good luck! Or you could watch the locals jump over bonfires to ensure their future health & happiness. All in all it makes for a very interesting evening!

We don't intend to build any bonfires but we are firing up the BBQ for Portugal Day on 8th June. However, if you can't make this we have a large range of sardines & other canned fish to enjoy at home or as 'Portugal out of the Can' al fresco here at the shop. Served with Broa (Portuguese corn bread) & frequently accompanied by a glass of vinho, making a perfect lunch or mid-afternoon snack.



West Kirby
Rotary



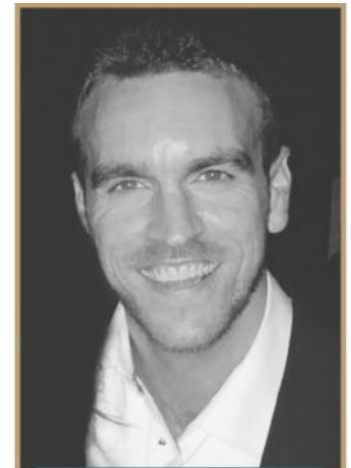
West Kirby Rotary Club, raising funds for the Tim Cogley Foundation

West Kirby Rotary Club is delighted to be back running the community café this month. A large selection of mouth-watering cakes and freshly cooked bacon butties will be on offer along with a fantastic selection of raffle prizes, as we aim to raise funds for the Tim Cogley Foundation.

Tim Cogley, an apparently fit and healthy 34-year-old local man, suffered a fatal heart attack whilst walking home after a night out with friends in Heswall in 2017. Despite showing no symptoms, Tim had a 75% cholesterol blockage of the left descending coronary artery.

The Tim Cogley Foundation was set up by family and friends in Tim's memory with the aim of increasing awareness of the need for coronary heart screening, particularly in the 18 to 40 age group and to offer opportunities for screening within Merseyside.

*For further details and information please visit
www.timcogleyfoundation*



TIM COGLEY

So, while you enjoy a delicious slice of cake and a cuppa, you can be assured that every single penny raised will go to the [Tim Cogley Foundation](#).

We look forward to seeing you there and if you would like to know more about our club and how we make a difference in the local community, our friendly members are available for a chat. Keep a look out for details of our activities on our social media channels or call us on 07788 651776 if you would like to pop along to one of our meetings.

You can find us on :

Facebook [West Kirby Rotary Club](#)

Twitter [@WestKirbyRotary](#)

or visit our website westkirbyrotary.org

we're at...

St Andrew's Church Hall
Graham Road
West Kirby
Wirral CH48 5DE

**Where, when & how
to find West Kirby
Farmers' Market...**

on the...

4th Saturday every month,
9am - 1pm

Sat 22nd June 2019
Sat 27th July 2019...

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, 38, 80, 82, 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.

**admin@westkirbyfarmersmarket.co.uk • www.westkirbyfarmersmarket.co.uk
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