



# Newsletter 23rd November 2013

West Kirby Farmers' Market  
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## Honey, Lemon & Mustard Chicken

4 chicken breasts or legs  
olive oil  
salt and pepper  
2 tsp paprika  
6 tbsp Dijon mustard  
200 ml clear honey  
1 lemon, juice

1. Heat the oven to 180°C (160°C fan), Gas 4
2. Lightly brush the chicken with oil and season with salt and pepper. Place in a baking dish and cook for 20 minutes. Drain off the fat and juices.
3. Mix together the paprika, mustard, honey and lemon juice.
4. Pour the mustard mixture over the chicken and cook for 15-20 minutes until the chicken is cooked through.

## Movember at the market

There's cold weather forecast for the next few days, so a drop of hot soup at the market might be just what you need. Visit Ian, of Souperlicious at his outside stall and choose from three great homemade & seasonal soups - Butternut Squash Chilli & Ginger, Creamy Leek & Potato or Honey Roast Carrot. They all freeze beautifully, and the Leek & Potato makes a great base sauce for pies, pasta & bakes to use up roast dinner leftovers. This month Ian is supporting Movember with 10p from each sale going to Pancreatic Cancer.



## It's our first Birthday . . .

In our first busy but wonderful year of great local food, we've:

- **Helped support local farmers** - Bryn Cocyn organics, Acres Farm ice creams, Dolwen Farm meats, Friars Park Farm lamb, Pen-y-Lan Pork sausages, Bourne's Cheshire cheeses, Tiresford Farm cheese & yoghurts, John Jones Market Garden fruit & veg, Crosslea Farm eggs and Weatheroak Farm ostrich.



- **Provided a platform for new local businesses** -

Anju's Indian Cuisine of Hoylake, Eponine Patisserie (Greasby), paté makers Truly Scrumptious (Chester), Momo Cooking (Oxton).

- **Helped other small local businesses to expand** - Tasty Bakes of Hoylake, Flaming Bean coffee roasters (Neston), Souperlicious (Chester), and West Kirby-based Little Eye Bakery, Wirral Countryside Bees and Yasmin Limbert.

**Our sincere thanks go to our loyal local producers, our enthusiastic volunteers and the support from St Andrew's Church, Graham Road neighbours, local retailers, various voluntary groups and, of course, the local people who come to shop at the market.**



## Just a Momo

Keshav and Philippa hold 'Momo Making' classes where they teach participants how to make traditional Nepalese dumplings, pickle and soup. The classes are small, fun and friendly, and everyone gets involved. They play some Nepalese music, and generally share as much as possible about the people, culture and customs of Nepal. The cost is £30 per person, and this includes

a meal and a glass of beer / wine at the end and a starter spice and recipe pack to take away. You can join a group in an open class, or they are happy to run exclusive classes for groups of friends, family or colleagues. The next course date is Thursday 28th November, 6-9pm at Claremont Farm. Gift vouchers are also available if you want to buy a class as a Christmas present. For more information look on their website [www.momocooking.co.uk](http://www.momocooking.co.uk)



## 23rd November Market Specials

**Bryn Cocyn** - Organic apples, apple juice, seasonal veg, grass-fed Welsh Black beef & lamb.

**Yasmin Limbert** - Turkey, Stuffing & Cranberry pies and Chocolate Salami (pictured).

**Pen-y-Lan** - Christmas Sausage (Home-reared Gloucester Old Spot pork sausage with cranberries, orange, whisky & chestnut).

**Veggie Fayre** - Caramelised Onion, Roasted Squash & Gorgonzola Pasty, and Corn & Marigold Fritters (will donate 10% of profits to Philippines Disaster Relief Fund this month).

**Backford Belles** - Jersey ice creams - Irish Belles, Lemon & Amaretti, Chloe's Chocolate Orange, Christmas Pudding, Brandy Custard, Turkish Delight & new this year White Chocolate & Cranberry.



## Market dates

4th Saturday every month, 9am - 1pm

Saturday 23rd November  
Sat 21st Dec (3rd Sat!)  
Saturday 25th January . . .

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.



## Buy birthday raffle tickets!

Three prizes of market vouchers

£50, £30, £20

Proceeds to help install a lift at Hoylake Parade.

## Have market tea & cake with the 2nd WK Sea Scouts

In the last 70 years, 2nd West Kirby Sea Scouts has provided nautical training for over 1,000 young people (6-18yrs) learning about the sea, but more importantly, about themselves, working with others and how to make a constructive and rewarding contribution to society. Our many volunteers give time and energy to support them - currently 100 in the group.

There is huge enthusiasm for water sports locally, and scouting provides the opportunity. Sailing & kayaking teach awareness of the environment, physical dexterity and developing technique as well as the courage to face challenges - all powerful ways of building confidence and maturity in a setting where gender, physical differences & special needs count for far less.

We're now fundraising for new boats. Recently we've boosted numbers taking to the water 3-fold. Our scouts compete, and are now winning, at national level. We need more capable, higher performance boats to maintain young people's interest and progress, and support senior scouts as they demonstrate the skills and experience needed to become qualified instructors.



# The Little Deli

42a Market St, Hoylake CH47 2AF. Tel: 0151 345 5510

If you're keen to buy local food and support small independent businesses, go down to Market Street in Hoylake and visit The Little Deli.

Opened in April 2012 by local resident Sarah Johnson, Little Deli sources from a wide range of local farmers, bakers and suppliers, to bring the very best local produce possible. They have a wide range of cheeses, many from award-winning producers and - being a Deli - you can try before you buy. As well as fresh homemade sandwiches, soups and picnics, you can buy freshly roast chickens, and a range of home cooked Little Deli ready meals, and Little Belly meals (made using recipes from a well-known diet). They also offer a comprehensive outside catering service to suit all occasions.

## 10% off

at

# The Little Deli

With this voucher before the end of November 2013