



# Newsletter 22nd November 2014

West Kirby Farmers' Market  
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## Market Producer News

**Little Eye Bakery** - We will be selling a new light and nutty buckwheat loaf, and taking orders for our Christmas Stollen, with a sample on display.

**Bryn Cocyn Organics** - This month's apple varieties: Eaters - Adam's Pearmain, Ashmead's Kernel, Resi & perhaps Rosemary Russet. Cookers - King Edward V11. Fresh, Welsh Black, entirely grass-fed beef, frozen bargain lamb.

**Mary's Homemade Cakes** - Sloe gin and damson gin. I am also making damson gin jam with the leftover boozy fruit. I'll have apple cakes (with local apples from Saughall), home made mincemeat and if I have time, some Christmas puddings.

**Aunty's Kitchen** - Maa Ki Daal - (black lentils), Nawaabi Chicken - (chicken curry made with coriander & green chilli), Keralan style curry made with organic squash & coconut milk; Masala Gobi - (spiced roasted cauliflower). And we will of course have our samosas and sweet potato rolls with chilli & coriander.

**Chocolate Cellar** - Our current flavours are Hot Toddy (whiskey and lemon), Santa's Pies (chocolate, fondant and mincemeat - suitable for vegetarians), Heartwarmer (orange and mulled wine spices) - we will also have our ever popular salted caramel bars and truffles!

**Yasmin Limbert** - Mincemeat Bakewell Tart, Morello Cherry & Almond Tart, Turkey Stuffing & Cranberry Pie, Fig & Goats Cheese Quiche. Returning this month is the very popular Chocolate Salami, a perfect small gift for Christmas. **I'll be missing the December market, but the Chocolate Salami will keep well until Christmas.**



### Welcome to Billy-the-Fish!

Billy has been a professional local fisherman and sea fish retailer for 28 years. ALL the fish he sells is freshly caught off the North Wales coast, and will therefore vary according to season. This month's catch is likely to include sole, plaice & cod, and hopefully a few sea bass and grey mullet due to the mild autumn. He'll also be fishing for local crabs and shrimps and selling them ready peeled / dressed.



**Funky Flapjacks** - Come and try some of our Christmas treats - including mincemeat shortbread and mini Xmas loaf cakes, along with all our usual (or unusual!) goodies.

**Pen-y-lan Pork** - The Christmas sausages will be back after the huge success of last month. We have another batch of ham hocks ready from our Oxford Sandy Black pigs. Come early if you want to include them in the 'Any 3 items for £10.00' offer. We'll also have 20 traditional pork pies and 20 black pudding pork pies - back on the menu for the next two months.

**Find Inspiration in Food** - We have five tasters this week - Pumpkin Chutney, Cranberry Sauce with Port, Summer Fruits Extra Jam with Brandy, Fruit Jelly, and Orange & Ginger Sauce (ideal over Christmas Pudding). I will also have a good selection of 3 jar gift sets for only £10.50. These consist of 3 x 227g jars of your choice in a jute gift bag and complimentary tag.

**Veggie Fayre** - I'll be bringing the first of our Christmas nut roasts and a slow roasted chickpea pie.

**Backford Belles** - We are getting festive so we will have our full range of Christmas ice creams with us. Christmas Pudding, Irish Belles, Chloe's Chocolate Orange, Lemon & Amaretti, Turkish Delight, Brandy Custard and White Chocolate & Cranberry!

# It's our 2nd Birthday



To celebrate we'll have a **birthday market voucher give-away!** Just drop in for a free ticket for our rolling raffle of market vouchers, with draws every half hour throughout the morning.

## Thanks to all our supporters!

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

- **Helped support local farmers** - Bryn Cocyn organics, Acres Farm ice creams, Dolwen Farm meats, Pen-y-Lan Pork sausages, Bourne's Cheshire cheeses, Tiresford Farm cheese & yoghurts, John Jones Market Garden fruit & veg, Crosslea Farm eggs, Grange Farm Red Poll beef.
- **Provided a platform for new local businesses** - Aunty's Kitchen (Oxton), Funky Flapjacks (West Kirby).
- **Helped other small local businesses to expand** - paté makers Truly Scrumptious (Chester), Find Inspiration in Food (Hooton), Flaming Bean coffee roasters (Neston), and West Kirby-based Little Eye Bakery, Wirral Countryside Bees and Yasmin Limbert.
- **Helped a local educational cooperative** which meets weekly in Hoylake, to learn about running their own business (Popcorn Popcorn) and having a stall.
- **Welcomed a not-for-profit community cookery club**, aiming to bring people together to learn how to cook family meals with 'real' seasonal ingredients. (The Real Food Cookery Club).
- **Helped raise £2,500** for 12 local community groups and charities - 2nd West Kirby Sea Scouts, The Wings Project, Project Trust, Hoylake Cottage, 1st Newton Scout Group, Gilroy Allotment Society, St Andrew's Church, Marie Curie, 1st Newton Scout Group, Wirral Holistic Centre, Girlguiding West, Wirral Food Bank .

**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, all the local people who come to shop at the market.**

### Wanted - Assistant for Bread Classes

Our busy sourdough bread classes are booked into February - we need an energetic and responsible assistant to help with the running of the class, lunch prep, baking off the bread, and clearing and washing up. Could suit an A level student. Classes on Saturdays, in West Kirby. Email [info@littleye.org.uk](mailto:info@littleye.org.uk) if interested.

## Seasonal Recipe

From Carol Wilson

### Leek and goats' cheese puff pastry tart

- 500 g puff pastry
- 2 tbsp olive oil
- 6 leeks, thinly sliced
- 200 g goats' cheese, crumbled
- 300 ml single cream
- 2 large eggs
- 2 large egg yolks
- black pepper
- grated nutmeg
- 1 pinch salt

Heat the oven to 200°C (180° fan) gas 6.

Line a baking tray with non-stick baking paper.

Roll out the pastry and cut out a 24 x 36 cm rectangle. Lift onto the baking tray. Using the tip of a sharp knife, mark a border inside about 1.5 cm from the edge.

Heat the oil in a frying pan and cook the leeks for about 10 minutes, until soft but not coloured. Remove from the pan with a slotted spoon and spoon over the pastry base. Scatter the cheese over the leeks.

Whisk together the cream, eggs and egg yolks.

Season with pepper, nutmeg, and salt.

Pour over the cheese and leeks.

Bake for 20-25 minutes until the filling is set and golden. Serve warm.

## Market dates

4th Saturday every month,  
9am - 1pm

Sat 20th December 2014 (3<sup>rd</sup> Sat)  
Sat 24th January 2015  
Sat 28th February 2015  
Sat 28th March 2015...

### 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 38, 77, 437 to West Kirby

By train: Services every 15 minutes into West Kirby station.

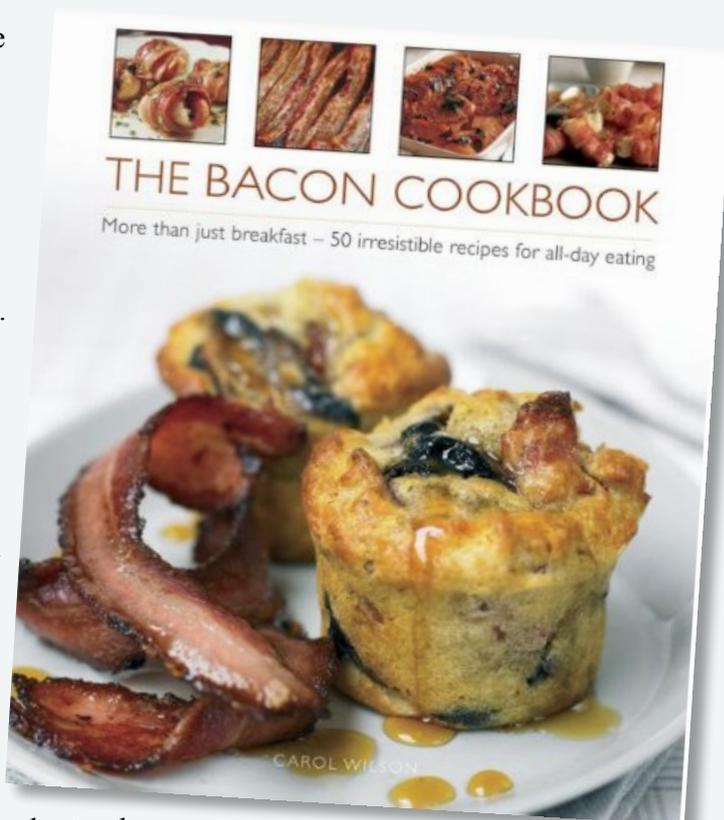
By car: Parking for the market is not easy. Park on Meols Drive and in the town centre; and for blue badge parking only, in the Church Hall car park.

**Carol Wilson's new cookbook: *The Bacon Cookbook: More Than Just Breakfast - 50 Irresistible Recipes for All-day Eating* published by Lorenz Books (30th October 2014).**

Crispy, salty, smoky and truly irresistible - celebrate one of our best-loved comfort foods. It features an enticing collection of mouthwatering dishes including Pork and Bacon Rillettes, Leek and Bacon Tart, Mackerel with Nutty Bacon Stuffing, and Bacon, Brie and Fresh Date Muffins.

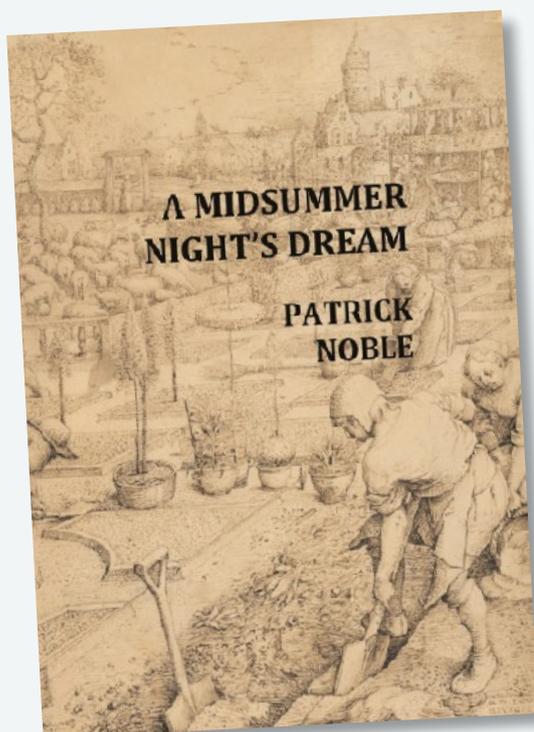
The introduction discusses bacon's history, the different international styles of bacon and how to buy and store it. It includes over 300 glorious photographs, showing key techniques and a perfect image of each finished dish. Complete nutritional information is given for every recipe to help with dietary planning.

Who can resist the allure of bacon, sizzling slowly in a pan? Whether starring as the main ingredient or to add a distinctive finishing touch, this wonderful book will show just how versatile and indispensable bacon is in the kitchen. Use it to pep up hearty soups and casseroles, wrap it around chestnuts or halloumi cheese for a moreish appetizer, enliven side dishes with a generous sprinkling of crispy crunchy bacon bits, or add that perfect salty taste to breads and pies. With fabulous photographs of each finished dish and easy to understand instructions, this book proves that bacon really is the ideal addition to any meal.



# Local Homegrown Books

**Patrick's new book, *A Midsummer Night's Dream* is hot from the wonderful Smokehouse Press (30th October 2014) [www.smokehousepress.co.uk/patrick.htm](http://www.smokehousepress.co.uk/patrick.htm)**



*"Could we dream of a better world? Do we have the imagination to link happiness to places, people closely to our planet? These are epic times, and Patrick Noble sets out how to explore the routes to conviviality we may have forgotten we desire. Creating greener economies will take remarkable effort. Here, then, are some brave solutions." Professor Jules Pretty, author of *The Edge of Extinction*, *This Luminous Coast*, *Earth Only Endures* & many others.*

*"For Noble, (today's economic) system is a fantasy which only the reckless use of accumulated energy reserves makes possible. As our profligacy reaps its harvest of collapsing infrastructure, we shall need, urgently, to recover the skills which writers like H. J. Massingham, or advocates of self-sufficiency like John Seymour, celebrated. And we shall need to make a civilised transition to a convivial society in which we learn the problems and pleasures of dealing with an often recalcitrant natural world."*

*"Patrick Noble's writings preserve the organic movement's authentic radical spirit" – Dr Philip Conford, author of *The Development of the Organic Network*.*

350 pages, £12.50 plus postage & packing, or a special market price of £8.50 direct from Patrick (of Bryn Cocyn Organics).

## A Chocolatey Christmas with Chocolate Cellar

We are madly preparing for Christmas and our online shop has been updated with our latest Christmas Selection. Our chocolate penguins seem to be very popular!! The online shop is available on [www.thechocolatecellar.co.uk/store](http://www.thechocolatecellar.co.uk/store). Orders can be placed online and then collected from the next farmers market on 20th December.



As our truffles are always made fresh and without artificial preservatives we recommend that they are pre ordered for collection at the December market.

Our current flavours are Hot Toddy (whiskey and lemon), Heartwarmer (orange and mulled wine spices), Santa's Pies (chocolate, fondant and mincemeat – suitable for vegetarians).

Aine is one of our new members of staff and will be making her first appearance in West Kirby. She is looking forward to meeting everyone.

You can also buy:

- Our chocolate truffles from Eden Florist in West Kirby,
- Hot Chocolates at The Little Deli and also the Quirky Little Coffee Shop in Hoylake,
- A selection of our chocolates at Claremont Farm.



## THE MOOS OF THE WORLD

Huw Rowlands (Rowlands Red Poll beef) has a monthly newsletter - *The Moos Of The World*, with info about what's happening on the farm and further afield...

### GRANGE FARM LOCAL PRODUCE FAIR

All are welcome at our local produce fair which takes place every Saturday from 09:00 to 16:00. As well as our own Red Poll beef, there are free range organic eggs, jams and preserves from Find Inspiration In Food, honey produced on the farm, Jane's Cakestand (specialising in gluten free cakes and fantastic fudge), Jane's Handmade Bread, Chorlton Cheese, and produce from Trafford Mill Kitchen Garden. We are happy to take orders and deliver free of charge locally. You can also order online via Chester Food Assembly [www.thefoodassembly.com](http://www.thefoodassembly.com) And collect your purchases from Telfords Warehouse in Chester on a Monday evening.

**Neston Market PRESENTS**

**FARMERS' & FOOD MAKERS' MARKET**

1st Saturday OF EVERY MONTH

**10AM - 2PM**

MARKET SQUARE, NESTON, WIRRAL

NEW TRADERS WELCOME  
To be a part of the market please contact the town manager on:  
[tc@nestontowncouncil.org.uk](mailto:tc@nestontowncouncil.org.uk)  
Or call: 0151 353 1056

FUTURE FARMERS' MARKET DATES:  
SATURDAY 1ST NOV 2014  
6TH DEC 2014  
7TH FEB 2015  
7TH MARCH 2015

[WWW.DISCOVERNESTON.CO.UK/MARKET](http://WWW.DISCOVERNESTON.CO.UK/MARKET)

### Neston Town Council launched a new Farmers' and Food Makers' Market in Neston earlier this month.

"We recognised the need to support local food producers and businesses and the opportunity to bring their fresh local produce to Neston.

"Neston has a well established royal chartered weekly Friday Market but as a historic market town it's right that we have more markets in the town centre. The inaugural Farmers' and Food Makers' Market was a great success.

"We look forward to Saturday 6th December when it will be back as part of a 'Love a Local Christmas' Festive Shopping Day in Neston. This event is part of a new local shopping campaign, 'Come in, We're local!' to support local businesses, encourage and promote the benefits of shopping locally."

The market will be every first Saturday of the month from 10am til 2pm, at the Market Square, Neston.

If you require any further information about the market please visit [www.discoverneston.co.uk/market](http://www.discoverneston.co.uk/market). For traders who would like to take part in this special event or future markets please contact the Town Centre Manager Katy Pierce on [tcm@nestontowncouncil.org.uk](mailto:tcm@nestontowncouncil.org.uk) or call 0151 353 1056.

Email us at [admin@westkirbyfarmersmarket.co.uk](mailto:admin@westkirbyfarmersmarket.co.uk) if you'd like to get our West Kirby monthly market e-newsletter.

We promise not to pass on your contact details.