



West Kirby Farmers' Market News



Next market - Saturday 28th November 2015



RachieB - Spicy casserole dishes from the Middle East and Far East. Taste them hot at the market and then buy a 'take away' to enjoy at home. Suitable for vegetarians & vegans.

Dolwen Farm Shop - "We'll have home-reared mutton this week."

Chilli Gourmet - "A new range of crackers, oatcakes & other savoury biscuits to eat with cheese, all made with local ingredients." (See p. 3)

Veggie Fayre - Xmas nut roast (suitable for vegans) - a medley of nuts with cranberries soaked in brandy, this can be frozen!

Flaming Bean - New coffees - Veranera (Costa Rica); Nicaragua Santa Clara Estate; Sulawesi Toraja Kalosi; Burundi Gihere; and Rwanda Inzovu. The popular Christmas Blend will be available, and an old favourite, Malawi Mzuzu Geisha - an exquisite coffee well worth that little bit extra.

Funky Flapjacks - "'Tis the season to be jolly - or at least this is the time when I feel it should start. This month Mincemeat Shortbread returns, along with some rather nice Brandy & Cherry Tiffin and a Vegan Chocolate Cake to taste. Please let me know if there is anything you would like to order for next month."



Little Eye Bakery - "We've been going for 5 years now! To celebrate, we'll have Chelsea buns this month."

Yasmin Limbert - "Back by popular demand will be the Bombay Potato pie and to get you in the mood for Christmas a Mincemeat Bakewell."

Pen-y-Lan Pork - "After a busy week of filming with BBC Wales and radio broadcasts we can get back to doing what we enjoy the most - farmers markets and meeting the public. This Saturday we will have the magnificent Christmas Sausages and other interesting flavours; more sausage rolls as they are really popular; a few ham hocks and some of our home cured hams. To reserve any of these email

Mikeford01@googlemail.com."

Crosslea Farm - will have a limited supply of free range double yolkers £2.50 for a half-dozen and £4 for a whole dozen. Come early so as not to be disappointed!



Stay for cake, a cuppa and a bacon batch

All the sales from the market café this week go to fund the complementary therapy service at Claire House - providing complementary therapies for the children, parents, carers and staff of Claire House children's hospice.

A Flaming present!

If you're looking for something a little different to buy this Christmas, why not treat a loved one to a coffee roasting experience at the Flaming Bean roastery in Neston - these gift vouchers are available to order. Flaming Bean also have a range of hampers available for the coffee lover in your life, which include produce from other local suppliers.

For more details, ask at the market, or see their website www.flamingbeancoffee.co.uk

Don't forget that next month's market will be on the 19th December - a week earlier than usual!

**28th
November
Producer
News**



November 2015 is our 3rd Birthday!

So we thought we'd see what you've said...

"Market is fab, same price and so much better than supermarkets."

"Brilliant - love it! "

"I hope you go from strength to strength."

"Thank you! We love the Market."

*"Just never stop coming to West Kirby.
The Farmers' Market is wonderful and
I love visiting and buying there!"*

"Well done on the work you are putting in to promote and maintain a local market."

... see what we've done...

- **Supported local primary producers** - Bryn Cocyn organics, 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, Ollie's Orchard apple juices, Chilli Gourmet chillies, Y Cwt Mwg goats cheeses, Wirral Countryside Bees honey.

- **Supported local, seasonal sustainable fish** - Billy-the-fish.

- **Provided a platform for new local businesses** - Bongo's Rock 'n' Roll Pickles (Delamere), Chilli Gourmets (Heswall).

- **Supported other small local businesses** - paté makers Truly Scrumptious (Chester), Find Inspiration in Food (Hooton), Flaming Bean coffee roasters (Neston), and West Kirby-based Little Eye Bakery, 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.

- **Supported a local community cider group** - Pomona Cider and Juice-making Cooperative.

- **Helped raise £2,500** for local community groups and charities - The Dove Centre, 1st Newton Scout Group, Girlguiding West, 2nd West Kirby Sea Scouts, Hoylake Cottage, Gilroy Allotments, St Andrew's Church, Marie Curie, RASA and Wirral National Citizen Service.

- **Published monthly newsletters** with news of other local farmers' markets, seasonal recipes, cookery courses, sustainable food initiatives and local food retailers and restaurants.

...and thank all our supporters!

Our sincere thanks go to our loyal local producers; our enthusiastic volunteers who put out posters, help setting out and packing away the hall and defend the car park; the support from St Andrew's Church; Graham Road neighbours who put up with us; various voluntary groups who do the café; local retailers who work with us, and of course, all you local people who come to shop at the market.

December Diary Dates

Thurs 3rd Dec 6 to 9 pm

**MOMO COOKING AND
NEPALESE COOKERY**

Claremont Cookery School
www.momocooking.co.uk

Saturday 5th Dec 9 am to 1 pm

NESTON FARMERS' MARKET

Neston Market Square
First Saturday every month

Sunday 6th Dec 10 am to 2 pm

WALLASEY FOOD FAIR

St Mary's College, Wallasey
First Sunday every month

Tuesday 8th Dec 1 to 4 pm

**MULLED WINE AND
FESTIVE NIBBLES**

The chefs from Ness Garden Kitchen show you how to make some of their favourite festive nibbles and the most fantastic mulled wine.
www.nessgardens.org.uk

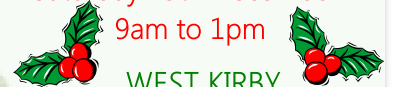
Saturday 12th Dec 9am to 1pm

WIRRAL FARMERS' MARKET

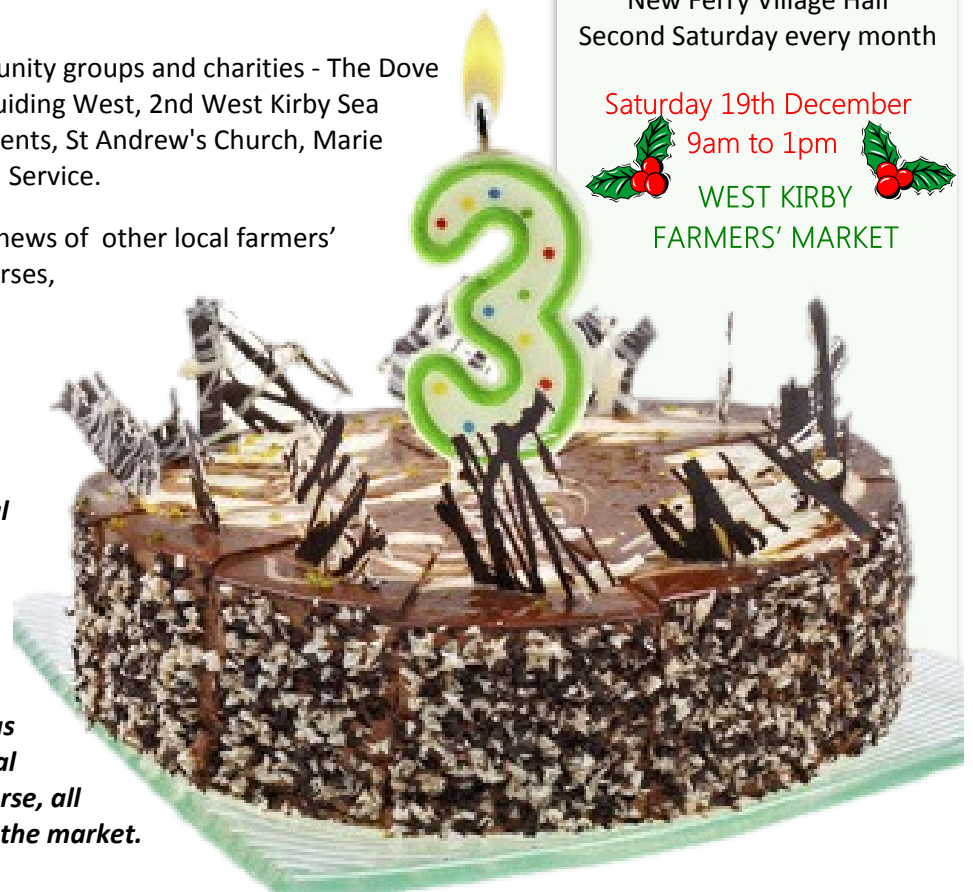
New Ferry Village Hall
Second Saturday every month

Saturday 19th December

9am to 1pm



**WEST KIRBY
FARMERS' MARKET**





Red Lentil and Bacon Soup

I make no apologies for a second soup recipe in as many months as I think the cold weather really demands warm, nourishing soups that can comfort us from inside out. I promise you this is the easiest soup recipe ever and I have even made this soup whilst camping. For this recipe I made a thicker soup, using quite a lot of lentils, but if you prefer a thinner soup reduce the amount of lentils as indicated. This soup can be changed to a vegetarian soup by using vegetable stock and cutting out the bacon. I use any bacon to hand, from lardons, back bacon and even streaky bacon to chunks from a ham hock. If you have boiled your own ham hock be sure to use the water as stock for the soup. It is absolutely delicious.

Ingredients

200 - 250g red lentils
1.5 litres hot ham/chicken/vegetable stock
1 large onion, chopped
2 medium carrots, finely chopped
1 celery stick, chopped
½ teaspoon dried mixed herbs (optional)
1 bay leaf
100g bacon
Salt and pepper to taste

Instructions

1. Place lentils in a medium saucepan and add all the ingredients apart from the bacon. Bring to the boil. As the soup boils, a type of scum will form on the top of it, which sounds disgusting but it's only a by-product of the lentils. You can skim this off with a spoon.
2. When the soup comes to the boil reduce and simmer for about 30 minutes. Stir occasionally to make sure the lentils don't stick to the bottom of the pan.
3. Whilst the soup is simmering away cook your bacon pieces. If you are using bacon from a ham hock add it to the soup about 5 minutes before the end of cooking.
4. When the lentils are very soft the soup is cooked. If you like a very smooth soup you could liquidise it now. However, if you prefer your soup chunky, just leave it as it is.
5. Add salt and pepper to taste and serve into bowls. Add the cooked bacon to the soup and serve.



Christmas Crackers?

Heswall-based Chilli Gourmets, have been busy developing a range of savoury crackers and biscuits using great local ingredients - Walk Mill flour, Charlie's Cheshire butter, Halen Môn sea salt, Cheshire rapeseed oil...

They've been going down a storm at The Cheese Shop in Chester, and Jane will be bringing them to sell at the market this month.

As well as some tasty new varieties...

- Fire Crackers! (A seeded wholewheat cracker)
- Nigella Seed & Fenugreek Crackers
- Rye & Fennel seed Crackers with a hint of Chilli
- Cheese & Chilli Shortbread

...there will be some traditional favourites:-

- Oatcakes
- Orford's Water Biscuits
- Digestive Biscuits
- Real Cream Crackers

What a great selection for our market range of Traditional Farmhouse and ripe Cheshire cheeses and goats cheeses.



Another Market Birthday this month!



Manny & Debs are celebrating the first birthday of Bongo's Rock & Roll Pickles, and what a year it's been!

Their homemade hot and spicy pickles seem to have captured the heart of the North West, with Critter Chomp Challenge, a prize at the Northwich Food Festival and a chance to Pitch @ the Palace to HRH Duke of York. They're stocked in Delis all over the place, and in demand at markets & fairs. Just this weekend they have Wallasey Christmas Night on the 26th, West Kirby Farmers' Market, Warrington Christmas Market and Frodsham Christmas Market on the 28th; and Knutsford Christmas Market on the 29th. Not to mention all the time chopping chillies!



Take a look at their blog for more goings on - www.bongosrockandrollpickles.co.uk/blog

All this attention is because they have a really good product! Not only can you eat both Millimanjaro and Chillimanjaro straight out of the jar but they also make a fantastically tasty curry. We thought it would be good to reproduce one of Bongo's own curry recipes here for you this month. The roasting, grinding, blending and frying of the spices is all done for you, so that this recipe is very easy to and you can pretend that you've spent hours grinding spices and slaving over a hot stove!

You will need:

- Meat or veg of your choice (we used chicken)
- 1-2 onions chopped
- 3cm cube of fresh ginger cut into thin strips
- Tin of good quality tomatoes
- Boiled eggs (optional but if you take our advice- DELICIOUS!)
- Chillimanjaro or Millimanjaro - depending on your preference of heat

Method:

- Chop up your onions and ginger - careful with your fingers of course!
- Chop up your meat.
- Gently cook off the onions until they are soft but NOT burnt.
- Add the ginger to the pan and cook gently too.
- Add your Millimanjaro (or Chillimanjaro if your feeling tough!) We used a whole jar.... it's too tasty not to!
- Fry everything up on a medium heat and you should start to smell the gorgeous spices!
- Add your chicken, meat or veg and fry up until the chicken is browned in the pan, careful not to burn it though!
- Add a tin of tomatoes, cover the pan and simmer on a med heat for 20-30 mins, make sure it doesn't dry out!
- Add in the boiled eggs... this will seem weird for some of you, but trust us- it's brilliant!
- Cover again for 5-10 mins to heat the eggs through
- Check your meat is thoroughly cooked through and serve....
- We served ours with some Of Bongo's saffron, cardamom and clove basmati rice.
- **And finally..... EAT & ENJOY!**



FOOD FOR THOUGHT : Stories to inspire you

We're currently hearing a lot about food waste, and about food poverty. Here is a project in Liverpool which makes the connection between doing something positive about these issues and developing a sense of community and willingness to help one another.

The Real Junk Food Project Liverpool intercepts food that would otherwise go to waste from supermarkets, restaurants, allotments and a number of other sources, and turns it into healthy, nutritious meals for those in need, on a pay-as-you-feel (PAYF) donation basis.



Here's what they want to do:

- Reduce food waste in the city and provide healthy meals for anyone who wants to eat it, by having a PAYF café and having a permanent site that people can come to.
- Spread the PAYF word and develop a model without an emphasis on financial payment. What can people do to help? Help cook? Give some time? Collect food? Wash windows? Do some DIY?
- Educate the public on how to reduce food waste. How much food did you throw away last week? How else could you have used it? Could somebody else have used it? Get in to schools and communities to educate people from the ground up so that they have the understanding and the power to make a difference.
- Reduce food waste on a national and global scale. There is a huge amount of food waste being created every day, and yet every day people are going hungry. We all have the power and a duty to change that.

If you can help, plans are afoot to:

Find a permanent site

Find passionate people who want to make a difference, and develop a volunteer network

Develop the Pay As You Feel (PAYF) model

Make contacts and connect with businesses who will support the PAYF concept

Estimated total UK
food and drink
waste is around

**15
million
tonnes**
per year

Keep in touch / get in touch:

*Volunteer, subscribe to email updates or
contact via website*

www.realjunkfoodliverpool.org

'Like' on Facebook

The-Real-Junk-Food-Project-Liverpool

Follow on Twitter @realjunkfoodLiv



Open Sat 10-5 and Sun 11-4
Corner of Shaw St and Everton Brow. L6 1HW

NEWS FROM ROWLANDS RED POLLS

We have a new farm shop coming next year!

At The Grange Farm in Mickle Trafford we sell our own beef and other produce from the farm, but the current set up is far from ideal, especially in the winter. So the next big project for us will be the establishment of a proper farm shop in one of the outbuildings in 2016.

It will be easily accessible with parking right next to it, and a greater range of fantastic local produce will be on offer.

If there is anything you would like to be able to procure, or you have any suggestions as to what we should stock, please let us know.



For more information, or to book a farm visit or buy Red Poll Beef, please contact:

Huw Rowlands on 07950 963526 or David Rowlands on 01244 300655,

email huw.rowlands145@btinternet.com or visit www.rowlandsredpolls.co.nr

You can follow us on Twitter @redpollbeef and find Rowlands' Red Polls on Facebook.

Wirral Earth Fest Climate Change Walk to Hilbre Island Sunday 29th November

Join thousands of people around the globe marching to demand action on climate change and clean Energy at the UN Paris Talks

Place: Dee Lane, West Kirby

When: 7am

Info: Avaaz.org or 625 4109



SANTA'S REINDEER TRAIL

Saturday 5th December 2015 • 12 noon – 2pm
Outside West Kirby Concourse

We need to help Santa! His reindeer have gone missing and he needs them very soon!

Starting at noon from the Reindeer Help Desk by West Kirby Concourse, follow the clues around the town to help find where Santa's Reindeer are hiding!

The Reindeer are in nine shops or cafes in West Kirby but we don't know which ones. Your job is to match the Reindeer to the shop and answer a riddle to receive a Christmas Treasure.

Finish at West Kirby Library and meet Santa to hand in your Reindeer Treasure Hunt Sheet.

Entry fee £5 per child.

Register in advance at www.wirralartscentre.org

Entry Forms on the day by West Kirby Concourse or in advance from Lattitude Café or Hannah's Café.



wirral arts centre
www.wirralartscentre.org

THE SECOND
BEST WEST KIRBY
CHRISTMAS EVER!!

Why you should bring apples to the market this month!

Wirral Pomona members will be crushing apples for juice and cider at the market this Saturday, 28th November from 9 am.

If you have any surplus apples from your trees, community gardens, from foraging or scrumping, please bring them along and we'll show you how to juice them.



Remember to bring a clean bottle with lid too and you can take some juice away with you.

Pomona is now in its second year of making local cider and juice from local apples. We came in August and got soaked in the rain - this time we're prepared! and in case you wondered, we use a mix of whatever type of apples people bring - even crab apples. The result is surprisingly fresh and tasty.



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 19th December 2015
Sat 23rd January 2016...

***3rd Saturday in December 2015**

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