



Newsletter 26th October 2013

West Kirby Farmers' Market
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Baked pumpkin wedges with tomato salsa

1 small pumpkin, deseeded and cut into wedges
1 - 2 tbsp olive oil
salt & freshly ground black pepper

For the salsa:

2 tbsp olive oil
2 onions, chopped
1 small chilli, deseeded and finely chopped
100 ml vegetable stock
700 g canned chopped tomatoes
1/2 tsp sugar
2 tsp balsamic vinegar
salt and pepper

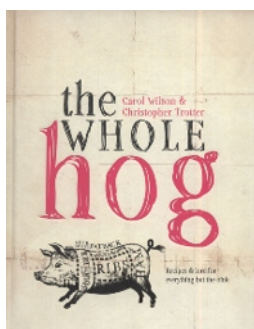
1 Heat the oven 180°C (160° fan) gas 4.

2 Put the pumpkin wedges on a baking tray and drizzle with oil. Season with salt and pepper. Bake for about 35 minutes until the pumpkin is tender.

3 For the salsa: heat the oil in a frying pan and cook the onions and chilli until soft but not browned. Add the remaining salsa ingredients and bring to a boil. Reduce the heat and simmer until thickened. Season to taste with salt and pepper. Spoon into a serving bowl and garnish with thyme.

4 Put the pumpkin wedges on a serving plate and serve with the salsa.

An original recipe for West Kirby Farmers Market by Carol Wilson, author of 'The Whole Hog (recipes & lore for everything but the oink)'.



New at the market this month. . .

Eponine Patisserie

New Wirral-based producers of continental patisserie, chocolates and confectionery. Chris and Natalie make classical and modern French patisserie, using artisanal methods and the finest natural ingredients which

are sourced locally wherever possible, (with no additives or preservatives).

Their range at the market will be from cheesecakes (picture left, of their Baked Vanilla Cheesecake with Apricot Glaze), to choux pastries, eclairs and mille feuille (Vanilla Mille Feuille, top picture).



Petros Produce - Cypriot Ari Petrou, will be bringing balsamic vinegar and olive oils and olives from his family farm and olive grove situated in the fertile valley of Psematismenos in southern Cyprus. The olive varieties include Kalamata and an indigenous Cypriot variety.

The Petros olive grove includes over 5,000 trees including 500 trees cloned from an 800 year old Olive tree. According to Ari, "Our olives are picked on the day and taken to the community village press in Psematismenos on that same day to be made into olive oil. They are picked at optimum maturity, harvested between October and January – ensuring the best quality."

Aunty's Kitchen - Anju is on holiday from the market this month, so we'll be joined by Wirral-based producers Aunty's Kitchen. You may already have seen them recently at Hoylake Food Fair with their fresh, modern take on spicy street food and snacks. Monica, Sabrina and Nitika,

three friends who grew up in a culture of good Indian family cooking, also offer catering for small events or dinner parties at home, providing a freshly prepared, delicious Indian menu.



WKFM's monthly e-newsletter, gives you news from producers, seasonal recipes, special offers (from the market and local retailers) and more. Email us at admin@westkirbyfarmersmarket.co.uk if you'd like to be added to the circulation list. We won't pass on your contact details.

26th October Market Specials

Truly Scrumptious - have 3 new pâtés this month, Sumptuous Salmon, Marvellous Mushroom & Lentil, and Classic Chicken Liver Pâté .

Special offer this month - 3 for £10.00.

Backford Belles - Sticky Toffee Apple Halloween Special ice cream

Think Seasonal & Local

We asked local cafés and restaurants to come up with recipes using local seasonal produce. This week at Lattetude you can order **Mushroom Stroganoff** and **Hedgerow Cheesecake** made by Oli - Lattetude's upcoming young chef. Oli may even give us the recipe to put on our website...



Market dates

4th Saturday every month,
9am - 1pm

Saturday 26th October
Saturday 23rd November
Sat 21st Dec (3rd Sat this time!)

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.

Bring food *TO* the market this month . . .

How does the foodbank work? Non-perishable food is donated by local people – schools, businesses, churches and individuals. Volunteers of all backgrounds help by packing, sorting and distributing the food. Every client is referred to the foodbank by a frontline care-professional such as a doctor or social worker. Foodbanks are for emergencies: to prevent dependency on them our clients are entitled to up to three consecutive foodbank vouchers. To help clients break out of poverty, we signpost clients to organisations able to resolve the underlying problem. Food parcels have been designed by dieticians to provide recipients with nutritional, balanced food for three days.

Who are the typical users of the Foodbank? Many foodbank clients are low income families hit by a crisis that is not their fault such as redundancy, reduced working hours or something as seemingly small as an unexpected bill. Others are victims of domestic violence, people experiencing benefit delay or facing debt problems or those hit by illness.

Case Study 1 - young man caring full time for elderly parent. Parent unfortunately dies, causing a considerable reduction of money coming into the house i.e. carers' allowance, pension, attendance allowance. Young man then finds himself in financial crisis. Whilst working with the Citizens Advice Bureau he was entitled to Food Bank Vouchers until benefits were in place and mortgage payment relief sorted.

Case study 2 - young family both parents working part-time. One parent falls sick and is only entitled to Statutory Sick Pay. The family falls into financial crisis whilst payments are sorted.

How can you help? Wirral Foodbank needs gifts of food, time and funds. All Libraries and several churches across Wirral have food collection points. Should anyone want to set up a collection point, contact the office on 0151 638 7090. More information at wirral.foodbank.org.uk



...Please help local people in crisis by bringing items from the list below to the market this month for the Wirral Foodbank collection point.

Thank you!

Milk (UHT or powdered)
Rice/Pasta
Tinned Meat/Fish/Veggies
Tinned Fruit/Spaghetti/Beans
Sugar (500g)
Fruit Juice (carton)
Soup / Pasta Sauces
Sponge Pudding (Tinned)
Tomatoes (Tinned)
Cereals/jam
Rice/Semolina Pudding (Tinned)
Tea Bags/Instant coffee
Instant Mash Potato
Cleaning materials/toilet rolls
Biscuits/snack bars
Toiletries/toothpaste
Baby food/nappies