



Newsletter 25th October 2014

West Kirby Farmers' Market
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25th October Market Specials

Pen-y-Lan Pork - We'll have our first batch of Christmas sausages - Free range Gloucester Old Spot pork with chestnuts, whiskey, orange & cranberries. There will be Welsh belly pork strips on the menu too.

Aunty's Kitchen

Saag Chicken - boneless chicken cooked with spinach

Tadka Dal - our home-style yellow lentils

Chocolate Cellar - We have been experimenting with treacle, and on Saturday will be bringing our soft treacle toffee truffles as well as our very popular Whiskey and Gunpowder truffles. We hope to have some salted caramel macarons.

Yasmin Limbert - Mincemeat tart; chilli beef pies and spiced pumpkin & chorizo pies.

Veggie Fayre - We went sweet chestnut foraging on Sunday and I am now roasting them to go in a nut roast with fresh ginger, curry and pumpkin grown at my local farm shop. We will also have our gluten free quinoa bake with Scorchio - hottest of the hot chilli peppers, from Ian the chillimeister at Hoylake Allotments. Also other seasonal produce.

Eponine Patisserie - We're making marshmallow ghosts (perfect for halloween parties or marauding trick or treaters), and our new witches hats - a spiced cookie brim topped with soft mallow and coated in chocolate. We will also have bonfire caramels with treacle and spices, a seasonal spiced pumpkin cheesecake, giant choux buns with caramelised pears, and a new sticky toffee patisserie.

Hemingway's - Our Red Wine Jus returns for Autumn. Made with a full bodied French wine reduced with shallots and cranberries. Suitable for vegetarians, just heat and use. Or for meat add to roast meat juices after skimming the fat off, to make great tasting gravy. Will freeze... try!

Bryn Cocyn Organics - Apples - Ribston Pippin (19th century favourite), plus Rajka, Resi & Bramley. Welsh Black beef and bargain frozen lamb.

Find Inspiration In Food - 3 tasters available to try this Saturday; Boozy Damson Jelly, Red Currant Jelly and Lemon Marmalade. Pen Y Lan Pork will have a taster of my Spiced Apple Sauce to try with his sausages.



Seasonal recipe - Savoy Cabbage Pie

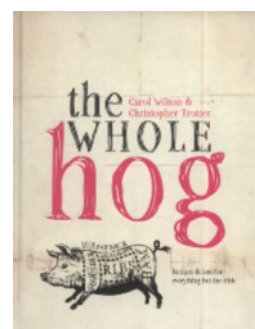
- 1 Savoy cabbage, trimmed and roughly shredded
- 2 tbsp butter
- 1 onion, chopped
- 250 g bacon, chopped
- 1 bay leaf
- salt and pepper
- 6 eggs
- 175 ml milk
- 1 pinch grated nutmeg
- 75 g grated cheese

Heat the oven to 200°C (180° fan), gas 6. Grease an ovenproof pie dish about 30cm diameter.

Cook the shredded cabbage in salted, boiling water until the leaves are tender, but not too soft, then drain well. Melt the butter in a large frying pan over medium-high heat and gently cook the onions, bacon and bay leaf until the onions are soft and the bacon is cooked. Add the cabbage and continue cooking for 3 minutes. Remove the bay leaf and season the cabbage mixture with salt & pepper.

Beat together the eggs, milk, nutmeg, parmesan cheese, salt and pepper. Spoon the cabbage mixture into the pie dish and pour the egg mixture over the top. Bake for about 30 minutes, until the eggs have set and the top is golden brown. Serve immediately.

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



Visit Chocolate Cellar HQ for Mulled Wine & Mince Pies



As we approach the Christmas Season, Chocolate Cellar have arranged their annual mulled wine and mince pie evening, on 12th November from 7pm at The Chocolate Cellar HQ in School Lane, Bidston Village.

It's a great opportunity to preview and order their special Christmas selection. Alright Petal and The Beady Gecko will

be there, and Carla Pownall Pottery, also in School Lane, Bidston Village, will be opening her studio and gallery doors for the evening. It is free to attend.

WKFM's monthly e-newsletter brings you news from producers, seasonal recipes, special offers, and other local food news. 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.



Pumpkins Galore!

This month sees early dark nights arriving and Halloween approaching and over at Lattitude they're holding a pumpkin carving workshop to celebrate. This year Small Steps nursery are joining in with the fun and their little ghosts and ghouls are decorating pumpkins. The finished pumpkins will be displayed at West Kirby Farmers' Market this month, where a winner will be chosen to win a Halloween market goody bag.

Enrol for a Food Hygiene Level 2 course on Monday 24th November at Laycroft Farm Shop in Barnston (CH61 1BT). This runs from approx 9.30 am to 3.30 pm (times to be confirmed). The cost is £50 +VAT and Laycroft are offering to include lunch for an additional £4. Contact Nicky - 0151 342 7449 / laycroft@talktalk.net

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. carer's 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

Local Food Roots

A film celebrating the UK local food movement

"Food really matters; how you eat; how you shop, crucially affects how the world is."

Sheila Dillon, The Food Programme, BBC Radio 4



Friday 24th October, 7.30pm
St Bridget's Centre, West Kirby
Film show and discussion

Plus optional Singalong at 8.30pm
with Homegrown Bananas

Bring along any spare food produce to share
Email ttwk.food@gmail.com for further details

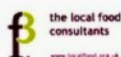
localfoodfilm.org.uk

✉ film@localfoodfilm.org.uk

f Local Food Roots

t LocalFoodRoots

A co-production by f3 and Sprout films
Written by Joy Carey
Running time: 35 minutes



YOU CAN'T
BUY HAPPINESS,
BUT
YOU CAN
BUY LOCAL
AND THAT'S KIND OF
THE SAME THING.



www.farmerspal.com

Market dates

4th Saturday every month,
9am - 1pm

Saturday 22nd November
Sat 20th Dec (3rd Sat!)

Get there on foot or by bike:
400 metres from West Kirby
railway station, on Meols Drive
(towards Hoylake).

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: Park on Meols Drive
and in town centre; church hall car
park reserved for Blue Badge parking.



WALLASEY FOOD FAIR



There's a great new monthly
producers' market
Wallasey Food Fair

It's on the first Sunday of every
month at
St Mary's Catholic College,
Wallasey Village CH45 3LN

The next one will be
Sunday 2nd November
10am to 2pm

For more details:
wirralfood.wix.com/wallaseyfoodfair
07510105549
events@themaplecakery.co.uk

The Real Food Cookery Club



Community Cookery Club Event

Facebook—The Real Food Cookery Club

Email us — realfoodclub@aol.com

Phone— 0794 115 4073 Susan and Mo



Batch Cook of North African Squash
and Chick Pea Stew and side of
Jewelled Couscous.

Join us for our first 'batch cook' meeting. We will spend 2 hours cooking and having fun in a friendly, supportive environment. All abilities are very welcome including absolute beginners. Cookery club recipes are meat free and therefore suitable for all backgrounds.

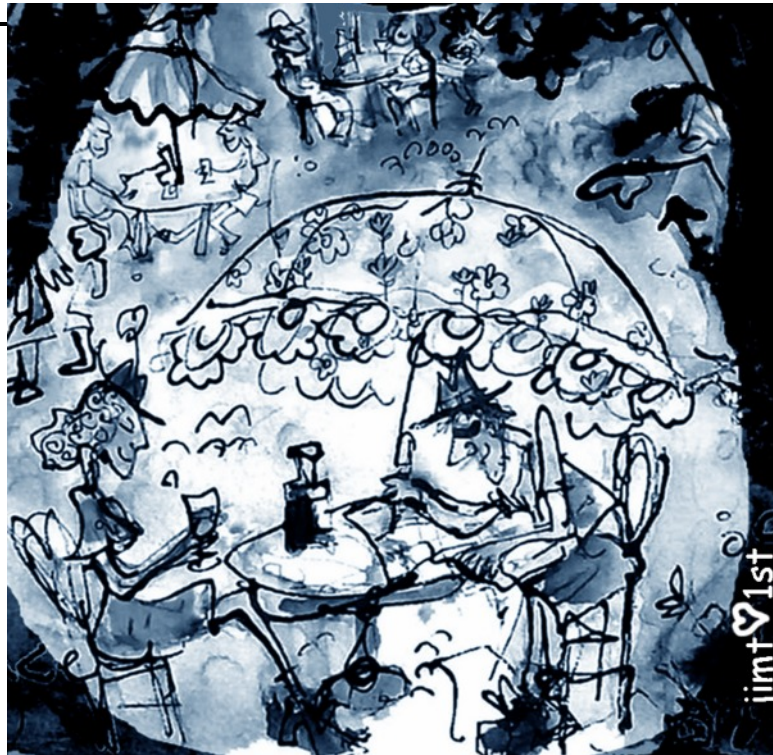
We provide all your ingredients, equipment needed, packaging for your food and of course support and assistance as required. Each person will take approx 10 meals home with them for their family, friends or freezer. We are a 'not for profit' club and any surplus will be used to support the club's activities and to subsidise future events. *Only £30 per session to be paid prior to event.*

Places are limited to 8 people per session so do book early.

**Sunday 30th November 2pm until 4pm at
St Bridget's Church Centre, St Bridget's Lane, West Kirby**

WEST KIRBY WINE CHALLENGE

15th November at St Bridget's Centre, West Kirby
Start 7.30



Do you know your Asti from your Alba? It doesn't matter. Just read this and come along!

Whether you consider yourself a wine buff, or wine duff, THE WEST KIRBY BLIND TASTING WINE CHALLENGE is a bit of fun (for all except the team named, 'CHAMPIONS 2014') to be enjoyed by those participants wishing to taste some award-winning wines made by predominantly specialist small estates from some of the great wine regions of the world (not an industrial supermarket wine in sight). Wine knowledge prior to the event is, surprisingly, not essential, as all the information required will be supplied on the tasting sheet. The competition is multiple-choice, so pins are available, if required.

It's amazing in wine tastings, how very often the self-declared, "wine expert" has been trumped by the more humble contestant with nothing more to offer than a decent sense of smell. So don't think you'll be out of your vinous depth; everyone is welcome and in with a chance of the ultimate accolade:

'THE WEST KIRBY "BLIND TASTING" WINE CHAMPIONS 2014'

How about entering a team from of another sphere of activity; book group; football team or walking group? Maybe enlist a team of neighbours (selection on the basis of them being either good eggs, or with a good olfactory system*) Teams can be made up from 4-8 persons. Or just come along and make a few friends? Attractive prizes for the winners! In the event of a tie there will be a "spit off"!

* Decent sense of smell.

FORMER ODDBINS BUYER, DAVID LARGE, WILL BE ENSURING FAIR PLAY

Tickets £9 per person (including cheese and biscuits plus tasting of 7 wines) from Lattitude, Dee Lane; the Parish Office, St Bridget's Centre (open weekdays 08.30 – 11.30) or e-mail: office@stbridgetschurch.org.uk.

In Aid of St Bridget's Centre and West Kirby Christmas Lights Fund