



West Kirby Farmers' Market



News

Next market - Saturday 24th October 2015



Billy-the-Fish - "I'll be there this week with dressed crab, shrimp, cod, plaice, hake, halibut, wild salmon, grey mullet, and perhaps a few lobsters."

Veggie Fayre - "How about a nice pumpkin, carrot and potato pie? Also making aubergine and courgette quiche with black olives from the market and a layer of brie."

Chocolate Cellar - "We will have our seasonal black forest fruit truffles, our hazelnut and coffee truffles and our award winning pecan nut and cinnamon truffles to celebrate the arrival of autumn. We will also have our chocolate skulls on a stick for a little Halloween treat. On 11th November we will be holding our Christmas Open Evening at Chocolate Cellar HQ (see ad on back page)."

Funky Flapjacks - "Autumn is definitely here now and the colours of the trees are fantastic. This will be the last month for the rhubarb shortbread and the strawberry and almond cake has disappeared along with the summer! Spicy pumpkin cake (with the pumpkin I carefully carried back from Italy with us) is now on the menu along with another surprise cake - even I don't know which yet!"

Yasmin Limbert - "I'm back! And I shall have new Chocolate & Pear Bakewell tarts and a new range of Homity Pies including a Chicken & Tarragon as well as a Sweet Potato & Chorizo."

Little Eye - "This month we will make some seasonal spiced pumpkin loaves, with roast pumpkin, seeds and coriander, smoked paprika and fennel. Next month we will be celebrating 5 years of Little Eye Bakery with a sweet bun special!"



**At the
market
on 24th
October ...**

Denbigh Brewery - Alyn will be taking orders for Christmas Beer - either in barrels 72 pints or 36 pints, or in PolyPins 36 pints or 18 pints - from as little as £1 per pint. Beer in PolyPins (like big wine boxes) will last and keep its condition for 10 to 14 days so can tide you over Christmas and New Year. Also, there will be discount on bottle orders of 12 or more.

Pen y Lan Pork - Mike will have sausage rolls, a wide selection of sausages, ham hocks, and possibly the CHRISTMAS SAUSAGES (orange & cranberry) may be making a guest appearance!!! Watch this space.

Wirral Countryside Bees - "I will have for sale, the first of this years cut comb heather honey. Produced by the girls (bees) whilst on their holidays."

Ollie's Orchard - "We are launching a number of new varieties such as Ingrid Marie which is a delicate but sweet juice from Denmark (propagated in 1910 from Cox's Orange Pippin and Guldburg). We are also proud to introduce a new development in our range which is an early season blend, encompassing the sharpest apple we grow called Grenadier which is balanced with the sweetest early season Discovery apples which produce, in our opinion, an exceptional juice not too dissimilar to George Cave.

Samples will be available at the weekend to tickle your tastebuds!!!"



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

A very warm market welcome to : CHILLI GOURMETS

Heswall resident Jane Fern has taken her passion for chilli growing to a whole new level. We're delighted that she will be joining us this month with her new business Chilli Gourmets.



"I got my first allotment 25 years ago now and have been growing fruit and vegetables ever since. That was in Shoreham-By-Sea Sussex, but I have also grown in gardens in Manchester and Shropshire before moving to the Wirral five years ago. I studied horticulture for a couple of years at Brighton Technical College in the 1990's, but left without taking the exams. My back garden is now my allotment where I grow a few vegetables and salad crops etc.. in raised beds.

"My fascination with chillies has only taken hold over the last three years; last year I grew 100 plants in my back garden, conservatory etc.. I only moved into my poly tunnel six months ago, it has been a big learning curve in what has not been good year for chilli growing in the UK, but thankfully quite successful for my first year of commercial growing!

"Obviously chilli growing in the UK is highly seasonal so I have also been busy developing a range of products to capture their fresh flavours whilst they are at their peak.

"There are so many wonderful varieties rarely seen in the UK I felt I wanted to share them with everyone! So now I specialise in growing rare and unusual chilli peppers from all over the world. There are so many stunningly beautiful varieties of chilli that exist with a huge diversity of colours, textures, flavours and aromas that can be used to cook many different and interesting dishes.

"The essence of my business, whether it is the chillies I am growing or products I make with them, is that it is all about "freshness" & "flavour", I grow chillies to eat not just for heat!

"All my chillies are chosen carefully for their beauty and also their aromas and flavours not just their piquancy. I see chillies as a culinary ingredient something that can add some unique dimensions and textures to food."

Have No Fear !

Not all chillies are fearsomely hot - their heat varies vastly depending on the type of chilli & the way it is used.

If you like a grind of black pepper on your food then there is no reason that you would not enjoy many of the milder to medium hot chillies.

With Kathryn Whitehill



Roasted Butternut Squash Soup

When the weather turning a bit chillier a warming soup is just what's required. This recipe is my dad's favourite and I make it for him at least once a week during autumn and winter. It's easy to make and as I roast the squash with the skin on, there's no time wasted peeling it. In addition to a large saucepan you will need a blender and a sieve. When the blended soup is sieved it has a beautiful, velvety texture, which adds to its deliciousness.

Serves about 4 people

Ingredients

- 2 tablespoons of oil, I use rape seed oil
- 1 butternut squash, approx. 1.5kg
- 1 teaspoon ground cinnamon (optional)
- 1.5 litres chicken or vegetable stock
- 300g onions, sliced
- Small bunch of fresh thyme
- Bay leaf
- Salt and pepper to season
- Parsley or coriander and sour cream to garnish (optional)

Instructions

1. Heat oven to 180 C. Chop butternut squash, leaving the skin on, remove seeds.
2. Place chopped butternut squash on a baking tray, cover with the oil. Season with salt and pepper and place in the oven for 25-30 minutes, or until the pieces are lightly roasted. If you are adding cinnamon add it to the squash before it goes into the oven.
3. When butternut squash is a light brown colour remove from oven and place in a medium saucepan with the onions.
4. Add the stock, bay leaf and thyme and bring to the boil, then cover with a lid, turn heat down and simmer gently for 20 minutes. Remove the thyme and bay leaf.



5. When onions are tender pour all of the soup into a sturdy jug. Pour 1/3 of the soup into the blender. Blend, then slowly add the rest of the soup. Be careful to add the soup slowly as you don't want the hot soup to explode out of the blender into your face.

6. If you are using a stick blender you can leave the soup in the pan to blend it, but you will need the jug later when you sieve it.

7. When fully blended pass the soup through a sieve into the pan. This step removes the skin and gives you a velvety, smooth soup.

8. Place the soup back onto a low simmer for a short time to intensify flavours further. When it reaches the desired consistency serve.

Season to your own taste. Garnish with sour cream and parsley or coriander if you so desire.



A Little Eye opener - on sourdough bread classes

Little Eye Bakery bread-making classes

At St Bridget's Centre, West Kirby:

Dec 5th - Christmas class

(including a spiced, fruit-rich loaf)

Feb 6th and March 5th 2016 - Start It Up

with more dates to come & vouchers available.

What people like most about the class is that it's informal, they get a chance to handle different doughs, work with other people who enjoy baking – and to learn to make nutritious, tasty and varied breads – by hand, from scratch, with no additives and no mystery!

John and Paul came on our very first class in October 2012

*"For us, the bread course changed our way of life
– we make bread every week and
haven't bought a supermarket loaf since."*



Making your own bread can be a real eye-opener as well as producing great fresh food. For the last three years we have run a monthly Start-It-Up class – we get a good mix of men and women, beginners and improvers, and old and young. And the biggest word in our feedback is ENJOYABLE. And here's some other feedback we have had:

"Lots of books make sourdough bread-making sound difficult – you make it simple!"

"I enjoyed the informal approach and was pleased to be part of a small group. I learnt a huge amount and found your passion and enthusiasm inspiring. Although there was much info covered in the day, repeating the process a few times helped me to get the hang of the basics, and I feel confident in making my own sourdough loaves at home. I was delighted to be given a starter, as I think I'd have felt nervous about starting from scratch. And coming home with three delicious loaves (and they really are delicious!) and baking the fruit bread the next morning was wonderful, a real treat. The fruit bread didn't last the day, just too damn tasty!"

You seemed to manage the diverse range of experience in the group brilliantly. I didn't feel left behind being a total beginner."



- We make 4 unique sourdough loaves to take away (one of them to bake at home)

- We have a morning of talking, and dough-making and shaping

- After all the work you need a good lunch –and you get one, with freshly made vegetable soup, cheese, salads and of course bread baked specially for the occasion

- And then it's time for the baking and going through recipes

- And taking home the starter

Our starter has been going for 23 years and counting! People are often worried that looking after a starter culture will be difficult – well, it's a lot harder to kill than a houseplant, and will happily sit in the fridge for a month without any attention at all. But it thrives on a little care and attention (flour and water) and will soon be bubbling away.



Small, informal groups mean that everyone gets a chance to make their own bread.



Ollie and David on the ovens, and Deborah bringing the first batch of loaves to the table

People come on the class to improve their skills – or send friends and partners as a present:

"you have also encouraged me to be a bit more adventurous, rather than following a recipe slavishly to the letter so once I am comfortable with the basics I will try a bit more of my own thing."

"I am delighted that Sid attended your baking day. He absolutely loved the day and found it very beneficial. He also said how good it was to meet you and your wife. So all in all a great success as a birthday gift and the bread was amazing. I will recommend it to all our friends."

"Relaxed, friendly – an excellent way to learn. The family-team involvement in the day made it informal and not too commercial or institutional like some courses."



Ring us 0151 625 9221 or email info@littleeye.org.uk or browse on the www.littleeyebakery.blogspot.com
Book single or group places, or come with a friend

Nov. Diary Dates

Details on the [Market website](#)

Sunday 1st Nov 10am to 2pm
WALLASEY FOOD FAIR

Saturday 7th November 9-1pm
NESTON FARMERS' MARKET

Tues 10th November 1-4pm
COMFORT FOOD at Ness Gardens

Thursday 12th Nov 6-9pm
NEPALESE COOKING COURSE

Saturday 14th Nov 9am to 1pm
WIRRAL FARMERS' MARKET

Sunday 15th Nov 10am-4pm
CHEESE MAKING DAY
with Guy Dimelow

Sunday 15th Nov - 11 am to 1pm
DABBLE WORKSHOP
with Chocolate Cellar

Sunday 15th Nov - 2pm to 5pm
CREATIVE WORKSHOP
With Chocolate Cellar

Saturday 21st Nov 9am to 1pm
HESWALL FARMERS' MARKET

Sat 21st Nov 9.30am-2.30pm
NEPALESE COOKING COURSE

Saturday 28th Nov 9am to 1pm
WEST KIRBY FARMERS' MARKET
4th Saturday every month



After last year's success we would like to you all carve some lovely pumpkins to enter the

Lattetude Pumpkin Competition

Simply carve or decorate a pumpkin, individually or as a team, and **drop it into Lattetude no later than 4pm on Friday 23rd October.**

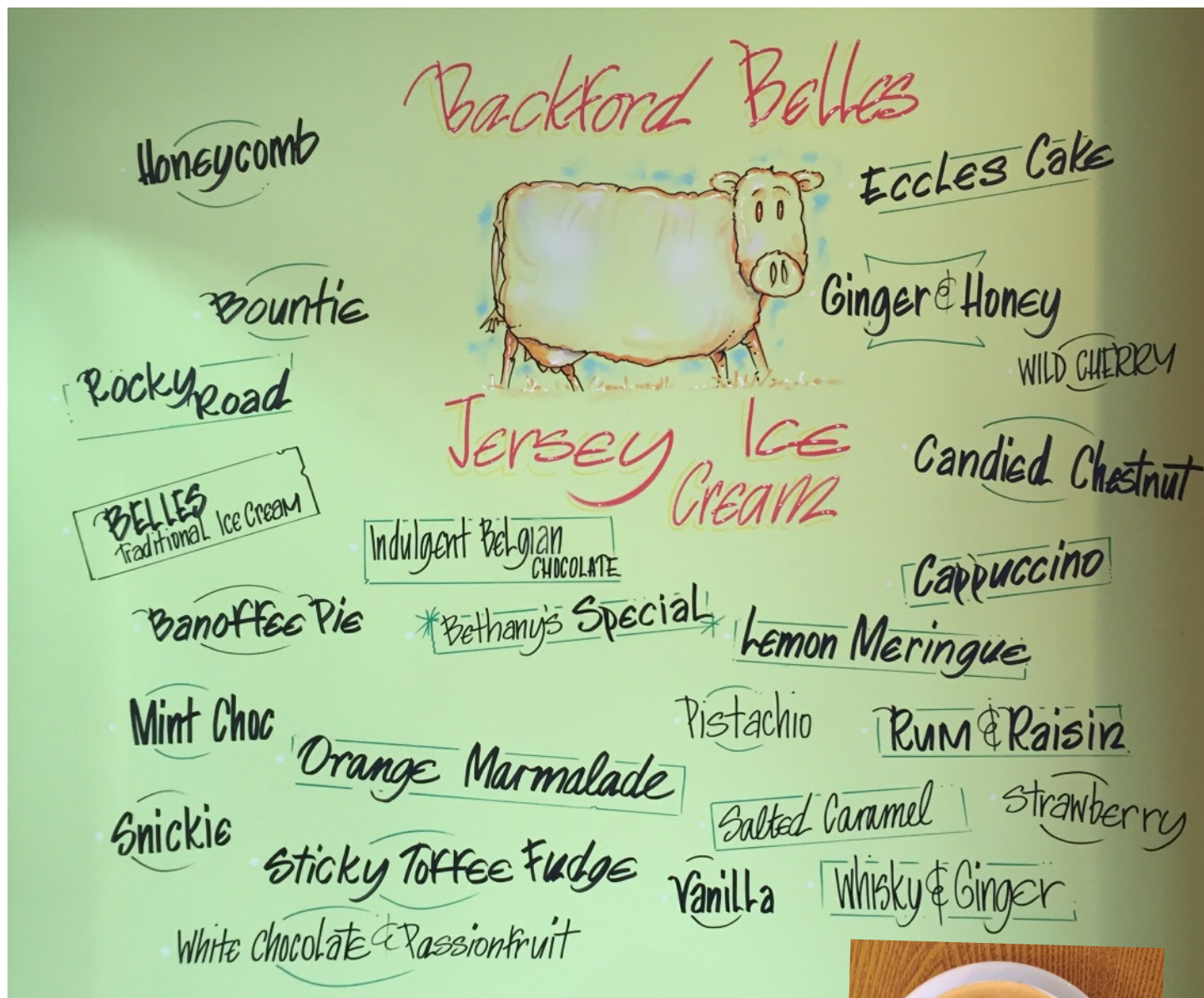
We will take them to be displayed at West Kirby Farmers' Market on Saturday 24th October for viewing and judging.

The best ones will win a market goody bag and be on show at Lattetude before Halloween.



Back in West Kirby - Backford Belles - at Rubens

Do you remember those consistently excellent Backford Belles ice creams which used to be at the market? Milk from a family-run farm with a small herd of Jersey cows just outside Chester, made into ice cream on the farm and sold direct by the farmer.



Well, the great news is that you can now buy Backford Belles ice creams in West Kirby from Rubens Ice Cream Parlour in Banks Road. They have a huge variety of ice creams and sorbets all made by Backford Belles. Take a look at this picture of their ice cream board!

Rubens Ice Cream is one of the great small independent cafés in West Kirby who do their best to support the local economy by buying local.

"At Rubens Ice Cream, we pride ourselves on locally sourcing as much as possible."

Rubens' coffee is roasted in Birkenhead, at Adams and Russell. They source the best quality beans from Colombia for Rubens' own unique blend.

The milk and cream that they use for their crepes, waffles and pancakes comes from Moreton Dairies.

Time to revisit your favourite Backford Belles ice cream flavours!



Ollie's Orchard - 'The Big Pick' for Charity

We had a fabulous weekend at Ollie's Orchard this month, raising money for local mums running the London Marathon for North West Cancer Research.

We were overwhelmed by the generosity of the local community supporting such a worthwhile cause funding research into different forms of Cancer.



We picked just over six tonnes of apples on the day and ensured that the girls had their quota of exercise for the Marathon.

For those with a more curious eye, the apples in the background are *Jonagored* which are scheduled to be picked in two weeks time. They make an exceptional juice which will be ready just in time for the November market.

What to do with spare apples: apple juice, cider & more.

*News from
Pomona Apple & Cider Making Group*

We've been invited to bring along our cider press, scratters and machinery to Brotherton Park, in Dibbinsdale on Saturday 24 October at 10am-4pm.

Come along, bring spare apples from your garden if you have any, turn the handles of our traditional scratters and presses and take home some fresh juice (please remember to bring VERY CLEAN, sealable bottles!).

We'll also show how to make cider, perry, apple wine and a range of non-alcoholic drinks, talk about pruning, grafting and other ways to look after trees in community orchards and gardens.



Travelling Light

Lantern Peace Parade

Links Armistice Day with
St Martin's Day

Lighting up our world with
Peace and Sharing

11th November
5.30 p.m.
Coronation Gardens
West Kirby

Please bring your lantern
and a mug for a hot drink

For more information contact
Hara on 632 3261 & 07790 643216

**transition town
West Kirby**

It's time to make a lantern!

Whether you are a novice or an old hand at this craft there are a number of workshops in the day or evening to get your hands...sticky! Please come and join us!

The Wirral Arts Centre, Brookfield Gardens:

- Fridays 16th/23rd/30th Oct 7-9pm and
- Wednesdays 21st Oct/ 4th Nov. 11am-1pm

The URC Church, Meols Drive:

- Tuesdays 20th/27th Oct and 4th Nov. 10.30am-1pm

West Kirby Library:

- Wednesday 28th Oct. 11am-2pm

Congratulations to ...

Natalie & Chris of Eponine Patisserie & Chocolaterie for winning International Chocolate Awards and a BBC Good Food Bursary Award for "producers of excellent British speciality foods".

"After missing last month's market, we're making a triumphant return in October. Whilst away, we have won two International Chocolate Awards - our House Blend Hot Chocolate took a Silver award, and our Gianduia Hot Chocolate won Gold! We also received a BBC Good Food Bursary Award for "producers of excellent British speciality

foods", and so will be exhibiting at the flagship BBC Good Food Show Winter at the Birmingham NEC from 26-29th November. Keep an eye on our Twitter (@EponinePatiss) and Facebook (/eponinepatisserie) for a chance to win a pair of tickets to visit the show.



Whilst we were delighted to receive the award, it unfortunately means that we will also be missing November's West Kirby Farmers' Market. Worry not, as our full range of Christmas gift ideas will be available on our online shop (www.eponinepatisserie.co.uk/shop), and a selection will be available at Whitmore and White Food Hall and

Wine Merchants in Heswall throughout the festive season. We will be back for the West Kirby Christmas market on 19th December for last minute shoppers, and you can also pre-order any of our Christmas products including our award winning hot chocolates for collection at the Christmas market."



good food
SHOW WINTER
**Producers
Bursary
Awards**

AWARDED TO PRODUCERS OF EXCELLENT BRITISH SPECIALITY FOODS



Momma Bongo Steps In To Spice Up Your Halloween!

Don't be scared.....Just because Momma Bongo was born on Halloween doesn't make her able to perform magic.....or does it?

To celebrate this year's All Hallows Eve we decided to present The Chilli Lovers Gift Box made by Momma Bongo herself and full of magical ingredients! For £15 you get 1 x ChilliJAMjaro Chilli Jam, 1 x Chillimanjaro Indian Pickle, 1 x XScream Chilli Crush and 1 x Firework Jerk (normal RRP £16.70) and we've even wrapped it up for you! If you're organised and thinking of Christmas then these make an excellent present to put away for the chilli lover in your life as we now have 9 months shelf life on all our products. So if you'd like to bag a box get there early as we have very limited stock, we look forward to seeing you on Saturday 24th in our usual spot!



Deli 1386, just in front of West Kirby Station, is now going to be stocking Hemingway's delicious homemade pesto - the Green Pesto with basil and mixed nuts, the Red Pesto with sundried tomatoes, coriander & garlic. No need to wait until the next market!



Christmas at School Lane

Annual mince pie and mulled wine evening



Kim Krafts

Carla Pownall

Date: 11th November 2015

Time: 19:00

24 and 36 School Lane, Bidston
Village, Wirral, CH43 7RQ

Our annual mince pie and mulled wine evening is a great kick start to your christmas shopping. We throw open the doors to **Chocolate Cellar HQ** and invite you to come and preview our Christmas selection and pre order your goodies. This year we are joined by the wonderful **Alright Petal** and amazing **The Beady Gecko**.

We are also delighted that the fabulous **Carla Pownall Ceramics HQ**, just a few doors along from our HQ they will also be throwing their doors open to their gallery and studio and hosting **Kim Krafts** with stunning bespoke textile designs. A delightful evening not to be missed! Please do pass on this invite to anyone who may be interested. The evening is free to attend.

we're at...

St Andrew's Church Hall
Graham Road
West Kirby
Wirral CH48 5DE

Where, when & how to find West Kirby Farmers' Market...

on the...

4th Saturday every
month, 9am - 1pm
Sat 28th Nov 2015
Sat 19th Dec 2015...

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.

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