

West Kirby Farmers' Market



News

Next market - 9am to 1pm Saturday 28th October 2017



Billy the Fish - "I'll bring extra shrimps this week, as they sell out so quickly."

H.S.Bourne - "As well as our usual farmhouse Cheshire cheeses, we'll have our own raw milk."

Abyssinia Kitchen - "At this month's market we will have our seasonal Pumpkin Duba Wot Stew, served with Azifa green lentil salad. A great vegetarian vegan dish, that can be enjoyed this Autumn."

Cityveg - Fresh Wirral-grown microveg.



Yasmin Limbert - "My Spooktacular Halloween pies shall be a Butternut & Pumpkin Seed Homity and an Spiced Orange Bakewell."

Pen y Lan Pork - "I will be cooking off this years Christmas Sausages for you to try!! They're a tasty combination free range Gloucester Old Spot & Saddleback pork, with cranberry and rosemary to help you get in to that festive spirit (even though it is a little on the early side)."



Hemingway's Pasta - "It's a very busy time for us right now, so gnocchi will only be made to order (hemingways.pasta@yahoo.co.uk). Vegan red pesto is also available but come early."

Brun Cocyn - Organic fresh beef, frozen lamb, spuds (loose or sacked), carrots, onions, squash, kale, chard, cabbage & apples - Adam's Pearmain, Rajka, Resi...

Truly Scrumptious - "We've a new paté at market this week - Magnificent Moroccan Paté - made with butter beans and harissa to give that Middle Eastern edgy flavour."



Veggie Fayre - "It's pumpkin time so our special this week is a savoury pumpkin pie."

Chocolate Cellar - "We will be bringing along our latest truffles. One of these is the espresso martini using their Indian Mysore Bengal Chimp coffee beans. We will also have our raspberry & pink peppercorn bars in dark chocolate, and some chocolate skulls."



Cottage Garden Bees - "There will be Heather honey on sale this month, cut comb (straight from the hive), and 227g jars (filtered first)."

Funky Flapjacks - "What wind and rain! This makes it a perfect time for some sweet treats to cheer ourselves up. This month the Spicy Pumpkin Cake is going to be the star, so come along for a taste."

Bongo's - can't come this month but they will be back next month with their Christmas Chilli goodies!



A big market welcome this month to Cityveg

Cityveg sells a range of fresh homegrown microgreens (sometimes known as microherbs). These are essentially seedlings of edible vegetables and herbs, such as pea shoots, radish, broccoli, red chard and many others.

This is a farm with a difference, growing within an urban setting, on vacant plots or gardens and utilising space that would have normally been unproductive. Located in the heart of the Wirral, this means they can reduce food miles and maintain the freshness and taste of the produce.

"By using 100% natural, organic methods we aim to make a lasting change to local food production, to be more environmentally sustainable and socially responsible."

If you'd like to try these but can't make the market, Cityveg currently supply Greens of Oxtown with their microgreen mixes, delivered once a week on Thursday mornings.

To find out more visit their website cityveg.co.uk



Garlicky shrimp pasta

A quick, simple & delicious recipe to enjoy local brown shrimps - at their best fresh from the market this week.

400g linguine
30g unsalted butter
2 tbsp olive oil
100g fresh local shrimps
4 garlic cloves
1 lemon
Handful fresh chives

- Cook the pasta in a large pan of water. Drain, but keep about a ladleful of the cooking water to one side.

- While the pasta is cooking, heat the butter and oil together in a frying pan. Once the butter starts to foam, add the shrimps and crushed garlic. Cook for about 2 minutes, until the garlic smells lovely(!), then add the lemon zest and juice.

- Stir in the pasta and the reserved cooking water, and let them cook together for a minute for the flavours to mingle. Then add in the chopped chives before serving. (serves 4)



There's a Pressing Engagement...

...at West Kirby Farmers' Market this week. Hosted by Wirral Pomona Community Cider making Group and Wirral Tree Wardens

You bring any surplus apples, your curiosity or the strength in your arms. We bring our presses and scratters to turn all sort of apples and pears, windfalls, quinces, sorbs, hips, haws, elderberries and crabs into juice and cider.

Together we'll make something wonderful for a free taste. If you also bring a very clean bottle, you can take away a little of what we press. There's free advice on apple trees, juice, cider-making and perhaps, if asked nicely, a song or story or two about wild boars and apples.

We'll have some tickets for our December 1st Barn Dance with Cider at the West Kirby Arts Centre, with delicious live music, a pay-bar, some seasonal drinks based on our cider (or non-alcoholic apple juice) foot-tapping apple pies and other local delicacies to delight the toes and ears.



November Diary Dates

Sunday 5th Nov 10am to 2pm

Wallasey Food & Makers' Fair

First Sunday of every month
At The Mosslands School

Tuesday 7th Nov 6 to 9pm
Soups and Stews Workshop*

Wed 8th Nov 7 to 9pm
Chocolate Cellar Christmas Evening
(see pg. 4 of the newsletter)

Sat 11th Nov 9am to 1pm
Wirral Farmers' Market
Second Saturday of every month
At New Ferry Village Hall

Sat 11th Nov 10am - 4pm
Indian Cookery with Soma*

Thursday 16th Nov 10am to 2pm
Vegetarian/Vegan Cooking Workshop*

Sat 18th Nov 10am to 2pm
Heswall Farmers' Market
Third Saturday of every month
At Church of Good Shepherd Hall

Sat 18th Nov 10am - 4pm
Indian Cookery with Soma*

Thursday 23rd Nov 6 to 9pm
A Balanced Wellness Demonstration Evening*

Saturday 25th Nov 9am - 1pm
West Kirby Farmers' Market
4th Saturday of every month
At St Andrew's Church Hall
Graham Road

*At Claremont Farm Cookery School

October Beekeeping from Nigel, of Wirral Countryside Bees

Our granddaughter has tasted her first honey, this month, which met with her approval. Breakfast cereal which was starting to be refused, now, with the addition of some honey, disappears with a smile.

There will be some heather honey on sale this month, cut comb, which comes straight from the hive and 227g jars which is filtered first.

The bees have all been fed with ambrosia syrup this autumn, which saves me a great deal of time and the bees love it.

Other autumn jobs have included, checking to see each hive has a queen, fitting mouse guards across the hive entrance, starting the winter varroa treatment and making sure the hive is water tight, the bees will use propolis to seal up any small holes or cracks, to keep out draughts. They keep the nest area at 26-28°C when it's broodless and at 35°C when containing brood, whatever the outside temperature.

Hives that were in exposed positions have been brought back to the apiary at Mill Hill.



You are invited to...

The Chocolate Cellar Mulled Wine & Mince Pie Evening

8th November 2017

From 18:30

24 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 as well as luscious scents from Glowhush Candles.

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.



Here's introducing the final tippie in Tappers range of seasonal gin -

Falling Leaves

Made in West Kirby with a hedgerow harvest of British botanicals including bilberries, elderberries, rose hips, blackcurrant leaves, ground ivy and fennel for a lightly spiced taste of Autumn.

tappersgin.com



Deli 1386

Winter Sampling Evenings Winter Drinks Sampling

- Come & join us!

Next Date for your diary

- Friday 3rd November

We've had a few unseasonal (though very much welcomed!) milder days recently but it seems the Autumn / Winter season is here. To 'celebrate' we've decided to have a winter drinks sampling for our November first Friday. On the menu will be a heavier fruity Alentejo red, a couple of full-bodied smooth Douro wines & even a Portuguese brandy / aguardente to warm you up! As usual there will be a selection of nibbles to accompany the wines.



If you'd like to join us then contact us to reserve your places. info@deli1386.co.uk
Tickets are £7.50 per person & as always we'll be holding the sampling in the shop so its advisable to book to avoid disappointment :)



We'd love to see you there!

PS Unfortunately we won't have an open fire & woolly socks are optional.

Deli 1386 Monthly Newsletter

Deli 1386 (in front of West Kirby station) sends out a monthly newsletter with details of promotions, news and events. Here are some highlights from the Oct newsletter, but there's more to read if you sign up - at www.deli1386.co.uk/sign-up

Meanwhile, over in Heswall

*Heswall Farmers' Market isn't a carbon copy of West Kirby - they have lots of different stalls there on the **3rd Saturday of every month**. So, it's definitely worth a visit. One interesting new stall next month (18th Nov.) is:*



our cultural history, using recipes from a time when many people depended on our wild bounty for survival.

"This isn't to say that wild food tastes bad and is only fit as a last resort! There are some of the tastiest, most versatile and dependable foods on offer if you know where to look and how to prepare.

"Come and taste some for yourself, there will be unusual concoctions like hawthorn ketchup, healthy substitutes like dandelion coffee and lots of preserves and winter warmer-uppers on our stall."

Living Leasowe

"We are a small up and coming business dedicated to improving natural well-being and gathering ingredients using the principles of honourable harvest; never take from the first one you see, as it may also be the last and always give something back.

"Based in Leasowe on the North Wirral coast we source our ingredients from hedgerows, gardens and the coast, making the most of what is available from season to season.

"These ingredients are often packed with vital nutrients missing in modern fruit and vegetable varieties, they offer our bodies a chance to regain some scarce minerals essential in maintaining everything from our immune systems to healthy joints. They also give us a glimpse into



"Alongside our food we are also planning to provide workshops, walks and talks to communities and individuals hoping to learn more about foraging, wildlife identification, wildlife gardening, fruit and veg growing and natural crafts such as charcoal and basket making, re-engaging people with the natural world in the process.

"As a growing business we are also looking to rent a piece of land on which to grow more ingredients and materials, provide a platform for workshops and develop a small nursery area for more rare local wild food plants so we can collect seed and propagate back to where they belong, if you can help us with this please come to our stall on the 18th November or email us at livingleasowe@gmail.com or call 07562955337"



Take a look at hubbub.org.uk and meet the happy Halloween alternative to food waste, the #PumpkinRescue

Question: What's scarier than witches, ghosts and ghouls at Halloween?

Answer (and no, surprisingly for Hubbub this isn't a joke): The 18,000 tonnes of edible pumpkin that ends up in the bin each year. That's the same weight as 1,500 double decker buses! Spine chilling stuff eh?

HUBBUB's Pumpkin Rescue uses everyone's favourite spooky staple as a prop to talk about the edible food we throw away and the easy steps we can take to eat it instead. It's a real celebration of food that challenges preconceptions, teaches new skills and has some fun along the way.

There are lots of delicious ways to eat your pumpkin, and for inspiration, the HUBBUB website has a few recipes kindly gifted to the campaign by top chefs.

Recipes include: Thai pumpkin curry, pumpkin mulled wine, pumpkin gnocchi, simple pumpkin pasta sauce, pumpkin pie smoothie, roasted pumpkin seeds, chocolate & pumpkin pie, and lots more recipes - at hubbub.org.uk/Pages/Category/halloween

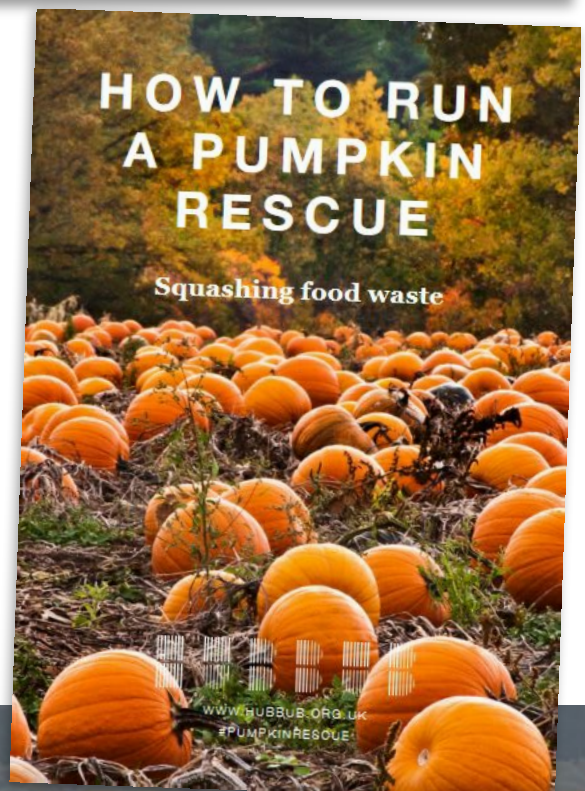


HUBBUB has created a 'How To' guide on run your own #PumpkinRescue. Whether you want to host an intimate lunch with your family, a carve and eat class for your colleagues, or a giant pumpkin festival.

www.hubbub.org.uk/pumpkin-rescue

HUBBUB don't just campaign to save pumpkins, their website has a food blog, and a *Food Ideas Bank*, looking at tried and tested food campaigns for holidays, Christmas, community food fridges and more. Each campaign comes with a complete step by step guide, shares learnings from their experience, and offers their support to get started on a campaign of your own.

<https://www.hubbub.org.uk/Blogs/food-blog>



At the market café this month...

The Friends of Grange Hill are delighted to once again have the opportunity to provide refreshments, and in turn the chance to raise some much needed funds for the group's projects.

Restoration of Garden of Remembrance

In the spring of 2017, Trustees and members of FofGH went to the National Arboretum in Staffordshire in order to secure some ideas on how best we could provide a guide to Garden / Landscape Architects who in turn would draw up plans for the restoration and improvements to the Garden of Remembrance adjoining the Hoylake & District War Memorial. We also seek to provide a wheel chair friendly pathway.



In August, together with our chosen designer, Steve Renshaw we held a meeting with Council Officers and two of our Ward Councillors in order to present the draft proposals. These were accepted in principle, and it was agreed that we would carry out a consultation process during September and October to seek other ideas for plants or features that might be included in the final plan if suitable, and if within our budget. We are now almost through this period, but *wish to invite all of you attending the market to consider the plans and add any views or thoughts you may have.*

In the meantime I hope you will appreciate some of the images from our last volunteer day when we were preparing the Garden of Remembrance for this years Remembrance Sunday service, which is on Sunday 12th November.

Finally if you would simply like to add your support for both the proposed design and or the provision of a waste bin in the Garden of Remembrance, there is a petition in the cafe bar area.

Thank you for your time.

Derek Longman, Chairman FofGH



Why not come and...

... have a go at playing the organ at St Andrew's, or climb the spiral staircase and have a look round this mighty machine.

This month the church will be open from 10:30 on market morning, and there will be some informal organ playing in which listeners can hear the newly refurbished bass pipes, now sounding louder and clearer.

With no fixed music programme, there is a chance to take a closer look. Built ninety years ago by acclaimed Liverpool organ builders Rushworth and Dreaper, the organ has almost 2,000 pipes. It really is a magnificent instrument.

Later on the Saturday, at 7:30pm there will be a recital by Roger Fisher, who was the organist at Chester Cathedral for 30 years. This will include 'Pomp and Circumstance March No 4' by Elgar and 'Toccata and Fugue in D Minor' by Bach.

Saint Andrew's Parish Church
Meols Drive, West Kirby
(corner of Graham Road)



Autumn Recital

by

Roger Fisher

**International Recitalist and
former Organist of Chester Cathedral**

**Saturday 28th October
at 7.30pm**

Hear and See!

Live Video Relay from the Console

**Admission £7 (incl refreshments)
accompanied under 16s free**

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 25th Nov 2017
Sat 23rd Dec 2017...

admin@westkirbyfarmersmarket.co.uk • www.westkirbyfarmersmarket.co.uk
0151 625 0608 • @wkfarmersmarket • facebook.com/groups/westkirbyfarmersmarket