



# West Kirby Farmers' Market



# News

**Next market - 9am to 1pm Saturday 27th October 2018**



**Veggie Fayre** - "We are making a nice autumnal pie, roast pumpkin or butternut squash with caramelised red onions & feta. Trying to go plastic free, our idea is for people to bring their own small container for the hummus. I will bring some empty containers with lids this month and until it becomes the norm."



**Pen y Lan Pork** - "I will be making black pudding sausages and starting this years Christmas sausages. They're a tasty combination of free range Saddleback and Gloucester Old Spot pork, with cranberry and rosemary to help you get in to that festive spirit (even though it is a little on the early side!)."



**Crosslea Farm** - "We'll have a few dozen double yolkers this month but come early!"



**Dolwen Farm** - "We will have mutton for sale as well as the usual meats, and we'll be taking turkey, duck and goose orders for Christmas."

**Little Eye Bakery** - "Following a recent trip to Italy I will be making some semolina bread inspired by the Altamura breads of southern Italy."

**Funky Flapjacks** - "Hopefully the sunny days we have had recently have cheered everyone up. At the moment the local fruit and vegetables are fantastic and I am baking the Spicy Pumpkin cakes along with the usual bakes. I have also been making some gingerbread bats for Halloween so please come and see me on Saturday and treat yourself to something very healthy!!"

## Nov. Diary Dates

Sunday 4th Nov 10am to 2pm

**Wallasey Food & Makers' Fair**

At The Mosslands School



Sat 10th Nov 9am to 1pm

**Wirral Farmers' Market**

At New Ferry Village Hall



Fri 16th Nov 6.30 pm

**Cakes and Bakes Workshop**

At The Cookery Nook

(see below)



Sat 17th Nov 10am to 2pm

**Heswall Farmers' Market**

Church of Good Shepherd Hall



**Saturday 24th Nov 9am - 1pm**

**West Kirby Farmers' Market**

At St Andrew's Church Hall

**Don't forget you can order  
white and bronze  
free-range Wirral Turkeys  
From Hinton's Butchers  
97 Banks Road  
West Kirby CH48 0RB  
Tel: 0151 625 5605**

## New Cookery workshops in Oxton Village - The Cookery Nook

See page 4 of this newsletter for information about a new Wirral based cookery school.

Take a look at their [Instagram](#) page to see all the fun that's been going on! Their next class is a *Cakes and Bakes* workshop running on Friday 16th November, 6.30pm (with a few spaces left!) and there are plans afoot to run some Christmas sessions in November/December. To be the first to find out, follow them on [Facebook](#).

## November Wine Sampling Bonfire Warmers

- Friday 2nd November, 6.30 - 8pm

The bonfire festivities are nearly upon us so we thought we'd offer you the chance to try a selection of our drinks that are sure to warm you up during those chilly evenings watching the fireworks.

On the evening you can choose 'Licor Beirao', a traditional digestif from Lousa in northern Portugal. Produced by the J. Carranca Redondo distillery since 1929 it is made from a secret recipe of 13 botanicals passed down through three generations of the same family. It is delicate on the nose & has notes of cinnamon & other spices on the palate. A perfect accompaniment to those chilly evenings by the bonfire.

We'll also offer a few of our heavier reds from the Alentejo, & Lisbon regions. The blend of indigenous grapes in these wines showcases the variety Portuguese wine has to offer, from the solid full bodied aragonez, to the fruity castelao, to the king of portuguese grapes touriga nacional which delivers distinctive, dark, concentrated wines. However, it's not going to be all about the reds we'll also have a selection of chilled whites & a rosé available.



As always we'll have a selection of cheeses & other nibbles available to enjoy with the wine. If you want to buy a bottle (or two) of drinks sampled they will be offered at a discount on the evening.

Join us on Friday 2nd November when you can try 3 different wines, with accompanying nibbles. Tickets are £7.50 (payable up-front) & you can arrive from 6.30pm finishing about 8pm. If you'd like to join us feel free to contact us to reserve your places or email [info@deli1386.co.uk](mailto:info@deli1386.co.uk) & tell us how many are coming. 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 (in front of West Kirby station) sends out a monthly newsletter with details of promotions, news and events. Here are some highlights from the last one, but there's more to read if you sign up - at [www.deli1386.co.uk/sign-up](http://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 stall next month (Saturday 17<sup>th</sup> November) is:

### Little Pig Preserves

Little Pig Preserves jams and chutneys are produced on a farm in Cheshire. Quirky names, amazing quality and delicious flavours will keep you smiling and make your toasts and sandwiches exciting! New chutneys and jams for Christmas gifts and hampers: Christmas Cracker Cranberry Chutney, Damsons in Distress and Autumn Days jams and much more.





# Make the most of your pumpkin

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

**Answer:** The ghoultly 15 million pumpkins that are binned every Halloween.

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 gifted to the campaign by top chefs.](https://www.hubbub.org.uk/Blogs/food-)



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->

## October Calmness from Nigel, of Wirral Countryside Bees



On days when the weather has been calm and warm, I have visited my apiaries regularly to complete winter checks.

Some of the queens have been a little slow to restart egg laying after the late summer break, which normally occurs during August. The queen starts to lay eggs which will produce what we call winter bees, these bees are extremely important as they carry the colony through the winter to next March.

When I found a few colonies at the end of September containing queens, but no eggs, calmness went out of the window. Once it was regained I gave the offending colonies some ambrosia liquid feed, which is ready for them to eat and a firm favourite of theirs.

I left them alone for two weeks, when I checked again, mid-October, we had eggs and brood at all stages of development including some sealed brood. Panic over!



## Customer Testimonials

"What a fabulous experience, I would love to come back again" –  
Lynn R, Heswall

"Fantastic evening at The Cookery Nook with a group of friends. Relaxed atmosphere, lots of fun and new things learned. So well planned and organised, can't wait to come again. Thank you for a wonderful experience."  
Dr J Walkling, Heswall.

**Booking enquiries  
welcome**

Cost from £45  
per person



The Cookery Nook, Oxton  
Village, Wirral, CH43 6TZ

# The Cookery Nook

*Eat well, live well*

## COOKERY WORKSHOPS IN THE HEART OF OXTON VILLAGE

- Fancy an afternoon or evening out with a difference?
  - Looking for a teambuilding event?
  - Special birthday celebration?
- Like to learn a new skill or improve your cooking ability?

Our workshops could be just what you are looking for. We make a variety of tasty food, some with a healthy twist and some downright sinful!

### Choose a theme:

Seasonal — Soups and starters — Entertaining  
Cupcake Decorating — Baking — Christmas and  
much more. We provide all the ingredients. Cook  
and take home or eat in our dining room. All diets  
catered for.

[www.the-cookery-nook.com](http://www.the-cookery-nook.com)

Belinda Johnson  07866 738565

# 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](http://wirral.foodbank.org.uk)



***"The items we most need at the moment are listed below. Please help local people in crisis by donating any of these to the market this month for our collection point."***

***Thank you!***

***Tinned Soup  
Packet Soup  
Tinned Carrots  
Tinned Peas  
Tinned Sweetcorn  
Jam  
Fruit Squash***

## 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 24th Nov 2018  
**Sat 22nd Dec 2018...**

## 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.

[admin@westkirbyfarmersmarket.co.uk](mailto:admin@westkirbyfarmersmarket.co.uk) • [www.westkirbyfarmersmarket.co.uk](http://www.westkirbyfarmersmarket.co.uk)  
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