



West Kirby Farmers' Market



News

Next market - Saturday 26th October 2019 9am-1pm



Say it with Biscuits - "I'll have some spooky Halloween biscuits." (see picture, above!)

Veggie Fayre - "Our October specials are pumpkin & caramelised onion with sage tart, and a crumbly Lancashire cheese & home made fresh figgy sauce tart (yummy scrummy!). We will also have our tasty beetroot hummus and a variety of vegan pies and pasties"

Chocolate Cellar - "This month we will have our halloween treats with skull lollies, halloween chocolate shapes and autumnal truffles. We're going for a nutty theme with our hazelnut crunch, spiced pecan and rum & chestnut chocolates."

Pen y Lan Pork - The launch of the very popular Christmas Sausage this month - Orange, cranberry & chestnut. Mike has also been perfecting his homemade pork pies with a hint of jelly. And there will be more sausage rolls.



Flaming Bean Coffee Roastery - "We'll be bringing the first of our home-blended teas - Earl Grey and Rose & Cardamom."

Little Eye Bakery - "We'll be making a crusty light corn and wheat loaf as our autumn special, alongside our usual range of 9 sourdough loaves, including fruit, nut and cheese breads. There are still a couple of places on our November 2nd bread course in West Kirby - details on [our website](#)."

Fieldcrest Garden - Back this month with their range of herbs and edible flower plants for you to grow on. "Autumn fruits have been brilliant this year so I am putting on our website a recipe for Pelargonium, Blackberry and Apple Pies. www.fieldcrest.co.uk."

Funky Flapjacks - "I won't be at the market this week because at long last I have a NEW HIP! However I am planning to be there next month even if I cannot bake as much as usual so I look forward to seeing you all then."

Foodie Diary Dates

Monday 28th Octobe
Kids half term cooking
(See page 5)

Saturday 2nd November
Sourdough Bread
[With Little Eye Bakery](#)

Saturday 2nd Nov 7 to 9pm
Tapper's Gin Tasting
(See page 4)

Sunday 3rd Nov 10am to 2pm
Wallasey Food & Makers Fair
The Mosslands School

Saturday 9th Nov 9am to 1pm
Wirral Farmers' Market
New Ferry Village Hall

Wednesday 13th Nov 6pm
Kick Start Christmas
with The Chocolate Cellar
(See page 3)

Saturday 16th November
Beekeeping Taster Course
Ask at the market honey stall!

Sat 16th Nov 10am to 3pm
Heswall Farmers' Market
Ch. of Good Shepherd Parish Hall

Saturday 23rd Nov 9am - 1pm
West Kirby Farmers' Market
St Andrew's Church Hall
4th Saturday every month

Sat 30th Nov 10.30 to 1pm
Christmas Wreath Making
with Fieldcrest Garden
(See page 3)

Sign up to get our once monthly market reminder and newsletter

<http://eepurl.com/duUv-L>

NEW from Flaming Bean Coffee Roasters – home blended teas

Flaming Bean plan to introduce a range of different blends over the coming months, and the first two of these – **Earl Grey** and **Rose & Cardamom** – are available to purchase now.

Sri Lanka is known for producing some of the finest teas in the world, so as Steve and Karen from Flaming Bean Coffee had been considering introducing a range of teas to their offering, they took the opportunity to visit a couple of tea factories and plantations whilst they were holidaying in Sri Lanka.

Tea was introduced to Sri Lanka by a British citizen, James Taylor. He planted 20 acres of tea plants in Kandy and the surrounding area, and is known as the tea pioneer of Ceylon. Sri Lanka is now the 4th biggest tea producer and the 3rd largest exporter of tea in the world. Ceylon tea is grown at varying altitudes (high, mid and low) and its these altitudes along with the climate, temperature, sun and soil that makes each tea so unique in character, taste and style.



“The 150 year old Sri Lankan tea industry still follows traditional methods of handpicking and hand processing and we were taken through each step of the process as we watched the workers.

“Only the very tips of the tea plants are picked, and these grow back quickly, about every 6-9 days, and with each plant lasting for 50 years, that is an awful lot of tea produced!



“The tea is broken down and rolled as part of the process and the smaller the bits, the stronger the tea. The smallest bits are known as 'dust' and are what usually ends up in teabags.

“All the different types of tea you can get, all come from the same plants, they are just processed slightly differently. So green tea comes from the same bush as black tea! The most expensive type of tea is the white tea which is made from the tips/buds of the plants rather than the leaves.

“We got to taste all the different teas produced by the factory before we made our selections to purchase. “

Start or Finish by Nigel, of Wirral Countryside Bees

For some beekeepers October is the start of a new year, others see removing the honey crop in September and feeding their bees for winter as the end of the beekeeping year, with the start coming in early spring. When I first started beekeeping I went with the latter, but as my number of hives has increased I find myself busy working with them or for them all through the year.

Since last month a lot of my time has been devoted to extracting honey. The super frames are placed one at a time on the heated uncapping tray, the wax seal is removed with an uncapping knife which drops onto the sloping heated surface and melts, running down to the collection pot.

The uncapped frames are then placed into the extractor which spins the honey out, the honey is then filtered twice and stored in honey buckets prior to jarring up, any unsealed or partially sealed frames are returned to the hive and placed in a super box beneath the brood box.

On the few dry days we've had this month I have carried out a very quick check to make sure the hives

have a laying queen, the hives are in good order with no splits or holes to let in bad weather, remove queen excluders, fit mouse guards and feed with Ambrosia liquid bee syrup, which they think is the best thing since stinging the beekeeper.

Another very important winter season task is the beginners course which starts with the taster session on Saturday 16th November 10:00 at Christ Church hall Barnston CH61 1BW. The main theory course starts on the 18th January 2020. Gift cards are available.

A beekeeper is not just a keeper of bees but is also a botanist, meteorologist, joiner, local historian, detective, diplomat, weightlifter, engineer, geographer and an object of curiosity to the general public.





Join us at Fieldcrest in late November and December in our festive garden room, to create a lovely individual wreath for your door or table using fresh foliage, cones and berries from our garden. All materials provided.

Dates: Our initial dates are now full, so we are adding some more !! Saturday, November 30th morning, Saturday, December 17th morning.

Please contact me if you would like to come but can't make these dates as I can organise other dates if needed. Group bookings of 5 + are welcome. See website for details www.fieldcrestgarden.co.uk

You are invited to...

*Kick Start Christmas with The Chocolate Cellar
Plus Chilly Stuff, Flaming Bean Coffee, Boysenberry, Edge & Son
and a range of independent artists.*

13th November 2019 from 6pm in New Ferry #discovernewferry.

We are delighted to announce that we will be holding our Chocolate Cellar open evening again to "kick start Christmas". This year we are inviting people to come to New Ferry and #discovernewferry.

Even before the gas explosion New Ferry had become a bit of a ghost town with very little footfall. After the gas explosion it was seen by many as an eyesore and there has been much talk about regeneration of the area. We took on a unit in February in New Ferry and love being part of the community. There are many amazing creative independent businesses in New Ferry and we would love you to come along on 13th November between 6 and 8pm and discover New Ferry.

We will have mulled wine and mince pies and will have our full Christmas offering available to order. We will also have invited Tim from Chilly stuff and Flaming Bean Coffee.

Becky's Sewing Boutique have a range of independent artists in their store showcasing their handmade gifts. The School of Art will be showcasing their Art Christmas

hampers, Gifts collections and party and corporate packages available to take Christmas orders on the night. We will have a range of Christmas art activities available for customers to come and be creative. Hot chocolate will be on hand for customers.

Boysenberry will be offering home bakes, Christmas gift ideas, foodie hampers and artisan gifts. They will be showcasing their Christmas offerings/ with samples and warm spiced apple juice and taking orders for the Christmas period. They will also have Hesketh handmade showcasing his Wirral produced wooden artisan products.

Edge's will be showcasing their Christmas Festive fair to include their local free range poultry and Butcher's Wife products for taste and some classic and interesting joints for the holiday period. The Butcher's Wife shall be there to help with advice on how to prepare the best Christmas feast ever.

Please come along and witness the New Ferry community working together. #DISCOVERNEWFERRY

Online promo code for Bongo's Chilli Pickles

Apologies all round that we are not at the market this month, we were given an unexpected weekend away to London and grabbed the holiday with both hands!

We will be back next month in time to stock up for Christmas but if you're stuck in the meantime here's a little discount code for you: enter WESTKIRBY10 at checkout on our website and get 10% off at checkout orders over £10.

Offer is valid from 22 to 27 October at www.bongosrockandrollpickles.co.uk/shop



Tappers Gin Tastings

Wirral's very own independent gin distillery, Tappers Gin, is opening its doors to visitors for the next gin tasting at their intimate speakeasy Tasting Room on **Saturday 2nd November**.

"A Winter Warmer" will feature four G&Ts including their seasonal gins for autumn (Falling Leaves Gin) and winter (Wintergreen Gin). Light bites are also provided as part of the ticket price.

If you can't make it, their final gin tasting of the year will take place on **Saturday 14th December**: "The Festive Spirit" includes the very special Christmas limited edition – Figgy Pudding Gin – in the line-up.

Gin tastings start off with a brief tour of the Distillery so it's also a chance to have a sneak peek behind the scenes and see where the magic happens. Tickets are priced at £25 for four G&Ts and a selection of light bites, and are available to buy online at www.tickettailor.com/events/tappersgin



Wirral Beekeepers Association - Theory Course 2020

To be held at Christ Church hall, Barnston, CH61 1BW
- On Saturday mornings 10.00-12.00.

The full course, theory and practical, is constructed around the BBKA guide to beekeeping £18.99, which is provided free to students paying the full course fee of £90.00. For Students who already have some beekeeping experience, or who may be taking their basic assessment this year, the practical course is available separately at £50.00.

Free taster session - 16 November

Session one - 18 January; **Session two** - 8 February; **Session three** - 15 February; **Session four** - 29 February; **Session five** - 21 March

As inspecting a bee hive is weather and temperature dependent, dates and times for the five practical sessions will be arranged accordingly during April, May and June.

Bees, tools and equipment and bee suits can be purchased through the branch.

To book a place please contact: Nigel Brierley:
pnigelbrierley@gmail.com 07547200622
Marshall Pugh (Master Beekeeper): marshallpugh@hotmail.com



PYO PUMPKINS



Benty Farm Tearooms in Thurstaston is holding its annual **PICK YOUR OWN PUMPKIN** event - fun for all the family!

They grow an extensive range of pumpkins and squashes in many colours and sizes...

Keep a look out on social media for more information or give them a call if you have any questions - 0151 648 2746.

*Open 7 days a week until
Thursday 31st October 9 - 4:30pm!*



Go and Talk Turkey with Tony

If you're looking for a local, high-welfare free-range turkey for Christmas, then go and have a chat to Tony, the local butcher at Hinton's on Banks Road. He went to visit Traditional Wirral Turkeys and liked what he saw!

Traditional Wirral Turkeys have been producing top quality local free range turkeys for over 40 years, at their farm in Childer Thornton.

All their turkeys are naturally home reared, foraging in natural vegetation and grass and eating a diet containing at least 70% cereal with no animal protein or other growth promoters. Grown slowly to full maturity and prime condition, hung for 2 weeks for a fuller flavour to produce the ultimate Christmas turkey.



Wirral White

The 1940's saw the popularity of white Turkeys growing and the traditional breeds all but died out. White Turkeys are usually associated with more intensive production but their Wirral Whites are reared alongside their Wirral Blacks & Bronzes.

Wirral Black & Bronze

Today with the resurgence in the quest for traditional foods and flavours the Black has made a successful comeback. It has black feathers, dark shanks and loves to range and forage naturally. Distinctive by its black pens on pearly skin the Wirral Black, when hung, provides the speciality gamey flavour alternative to the White Turkey.

Order from:

R Hinton & Son (Butchers)

97 Banks Road, West Kirby, CH48 0RB

Tel: 0151 625 5605

real food kitchen

We're always on the look out for small independent food businesses who, like us, prioritise sustainability and community, and here's a real cracker!

Real Food Kitchen in Neston brings together fresh local food in their café, bar and shop, with a supper club, cookery workshops and activities.

Just a few of their upcoming events:

- **Kids half term cooking** - Monday 28th October
Spooky Halloween healthy cooking, 6 years and up.
- **Winter soup & stew class** - Tuesday 26th November -
- **Mexican Bonfire supper club** - 9th November
- **Vegan Supper club** - 16th November
- **Vegan Christmas nut Roast and Vegan Gravy** Tuesday 10th December "Come and join us to make a seasonal Vegan Nut Roast with Rich Gravy to take home with you at the end of the evening. You will either freeze for Christmas day or replicate it yourself with the recipe and knowledge from the evening."

To book contact real food kitchen. Tel: 0151 336 7538

Email: realfoodkitchen365@gmail.com

Take a look at their website for a better view of what they do! www.realfoodkitchen365.com



Mary Berry and Claudia Winkleman
are searching for passionate and
talented cooks for the new series of
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BRITAIN'S BEST
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We want to hear from cooks of all ages and
abilities who serve up amazing dishes for the
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Applicants must be aged 18 or over.

KEO films **BRITAIN'S BEST HOME COOK**

New Home and New Name for Zero-waste Shop



Shop owner Sharon Hall (centre) with her daughter Eleanor (left) and Elizabeth Gadsdon (The Little Collector - Wirral) outside the new shop

West Wirral's first and only zero-waste shop has now moved to the centre of Hoylake. Together with a new home, the shop now has a new name – **The Hoylake Pantry**.

The shop is run by Sharon Hall and daughter Eleanor, and provides a wide range of product which is weighed loose into customers' own containers, or paper bags and donated jars available in the shop. With Christmas almost here, the shop also offers customers the chance to buy unusual and imaginative gifts, all plastic-free. Sharon said:

"I am truly humbled by the way so many people, not only in Wirral, but beyond, have fully embraced this way of shopping. My parents say they remember shops only selling products loose – no packaging, let alone plastic. So, the phrase 'back to the future' truly applies here."

The Hoylake Pantry can be found at 7 The Row, Hoylake, CH47 3BB. Customer parking is available at the front and rear of the shop. Access is via either Melrose Avenue or Charles Road. Opening hours are 10 am to 5 pm Tuesday to Saturday, but 10 am to 6.30 every Thursday until Christmas.

Deli 1386

Meet the Wine Maker

Saturday 7th December, 7pm start

@ Sweet Pea Cafe, Tickets £25



There will be four wines to taste, three tinto & one branco. There will be offers on those wines on the evening so you can stock up on your favourite for the forthcoming seasonal celebrations.

We are very excited to say we have one of our wine-makers coming to West Kirby. On Saturday 7th December you can meet Snr Luciano Vilhena Pereira, a highly respected wine-maker from the Douro valley & taste his wines.

Snr Pereira's credentials are impressive. He grew up in family of awarded wine producers in the north of Portugal. Towards the end of career in 2001 he became a winemaker in the Douro valley. He was involved in achieving Denomination of Origin (DO) status for the region & was president of Instituto dos Vinhos do Douro e Porto between 2008-2011. He is a member of several confrarias for regional produce including the prestigious Confraria do Vinho do Porto.

As you can tell from this small excerpt of Snr Pereira's accreditations this will be an incredible opportunity to meet, ask questions & listen to a highly respected wine-maker, as you, of course, taste his wine!

In addition to the exclusive opportunity to meet Snr Pereira you will also be served some traditional Portuguese food to compliment the wine. To end the evening in a fitting Portuguese manner we will taste a 20 year old tawny port.

Tickets are £25 per person. If you'd like to join us get in touch by email (info@deli1386.co.uk) or pop into the shop. Places are limited so get in touch soon to reserve yours. A deposit of £10 per person will be needed.



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

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.

"In 2018, we experienced our busiest year "so we thought!" With a 35% increase in the number of people attending our Foodbank. At the end of September 2019, we were already up by 16% on 2018, feeding and supporting over 12,000 people, including 4,000 children.

"We are indebted to the people of Wirral, who continue to give so generously with food and financial donations. An incredible 103 tons of food was donated between January and September 2019, 25 tons more than last year. This generosity also extends to our 300+ volunteers, who give of their time freely to support the work of the Foodbank. It is only through this continued support that we can meet the increasing demand placed upon the Foodbank.

"We have been attending West Kirby Farmers' market for many years, and your generosity has been overwhelming. We are running the Community Café again in October and look forward to seeing you there.

"Wirral is the peninsula that continues to give. Thank you to you all for your support in 2019."

How else 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 0151 638 7090 or more info at 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 Meat
Tinned Vegetables
(including potatoes)
Pasta /Curry Sauce
Tinned Rice Pudding
Tinned Fruit
Instant Mash
Squash / Juice
Tinned Custard

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 22, 38, 80, 82, 437 to West Kirby (tell us if you know of any changes to this!)

...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 23rd November 2019
***Sat 21st December 2019...**

*Not the usual 4th Sat!

**admin@westkirbyfarmersmarket.co.uk • www.westkirbyfarmersmarket.co.uk
0151 625 0608 • [@wkfarmersmarket](https://www.instagram.com/wkfarmersmarket) •**