



Newsletter 27th September 2014

West Kirby Farmers' Market
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27th September Market Specials

Huw Rowlands - LEAF Marque beef from Red Poll Cattle and steak pies.

Backford Belles - Our new seasonal Jersey ice cream - sticky toffee apple.

Veggie Fayre - I have beetroot for the hummus, courgettes for a quiche, onions for the savoury swirls and tomatoes for the spinach pies. I'll also be making a veggie sausage roll.

Find Inspiration in Food - Three tasters this week - English damson extra jam, crab apple jelly, and beetroot chutney. All AZFM products from Wirral & Cheshire.

Truly Scrumptious - our new paté, curried chickpea will be available to taste & buy this week.

The Real Cookery Club - Butterbean stroganoff (pictured); smokey bean and (veggie) sausage stew; French lentil casserole; North African squash & chickpea Stew.

Chocolate Cellar - We will be bring our new salted caramel truffles and bars to the market. We will also have our amaretto, tia maria, champagne, whiskey & gunpowder and raspberry rhapsody truffles.

Yasmin Limbert - I shall have scouse pies, keema curry pies, & apple strudel.

PopcornPopcorn - we have had a long summer break and are now back in business and have the flavours - salted, sweet, salt 'n' pepper, chili, and all new mixed popcorn.

Eponine - gourmet hand-made marshmallows, along with deliciously soft caramels and chewy, nutty nougat. We have also been whipping up lots of meringues, which we've baked into pecks, kisses and something a bit different; an indulgent blackcurrant & violet pavlova. Back by popular demand will be our giant macaron filled with praline cream, dark chocolate and salted caramel, and we have a brand new chocolate & orange patisserie in the works too!



Welcome to farmer Huw Rowlands, of The Grange, Mickle Trafford, with beef from his Red Poll herd.

The family has been farming at The Grange since 1947. Their main activity is the rearing of traditional breed Red Poll cattle, which they run as a beef suckler herd.

Huw is passionate about the quality of his product and the welfare of his animals. The animals are reared naturally - calving in the Spring and grazing grass in the meadows of the river Gowy. They are only treated with veterinary medicines when absolutely necessary. Slaughtering and butchering is done locally, and the beef is hung for a minimum of two & a half weeks.

Huw aims to farm in harmony with nature. He works closely with many organisations including Natural England and Cheshire Wildlife Trust, and the farm and beef are both Red Tractor assured and LEAF Marque accredited.

Christmas Chocolate-making Workshops

Chocolate Cellar Christmas chocolate-making workshops are now available online.

This workshop will focus on making your own Christmas chocolates to give as gifts. There will be a choice of making Christmas chocolate shapes and Christmas chocolate truffles, with guidance from Bala, our award winning chocolatier.

All items will be packaged beautifully to enable them to be given as Christmas Gifts. We envisage that each person will be able to take away 5 gift boxes of their own creations (truffles or the equivalent depending on what they chose to make).



The workshop lasts 4 hours and is limited to a maximum of 8 people per workshop. Pre-booking is essential. This is suitable for vegetarians, vegans and non-vegetarians too! Start time 10am at Siren, 54 Saint James Street Liverpool.

Our truffle boxes are now being stocked at Eden Floral Design, Banks Road, West Kirby – perfect combinations of flowers and chocolate to delight anyone ;)



**Crosslea Farm
Special market offer:
Buy half a dozen large
plus half a dozen
extra large eggs
for £3.30**

Get Real Food on your menu

The Real Food Cookery Club is a not-for-profit community cookery club, promoting healthy home-cooked real food for all the family.

Cookery Club sessions will share recipes and techniques to learn together how to use 'real' seasonal ingredients to make simple and wholesome home-cooked meals for family and freezer. For more information contact realfoodclub@aol.com

You'll find them along at the market this week, selling some of the food which you can learn to cook at the Cookery Club: Butterbean Stroganoff, Smokey Bean & Sausage Stew, French Lentil Casserole, North African squash & chickpea stew.



Seasonal Recipe

by Carol Wilson

BLACKBERRY TART

For the pastry:

225 g plain flour
100 g unsalted butter, softened
100 g icing sugar
4 egg yolks

For the filling:

600 ml double cream
1 vanilla pod, split lengthways
3 eggs
1 egg yolk
75 g sugar
350 g blackberries

For the glaze:

4 tbsp blackberry jelly
1 tbsp water

For the pastry: put all the ingredients into a mixing bowl and mix well with your hands to a soft dough. Shape into a ball, wrap in clingfilm and chill for 1 hour.

Heat the oven to 200°C (180° fan) gas 6. Lightly grease a 23cm flan dish or tin. Roll out the pastry on a floured surface and line the tin. Prick the pastry all over with a fork, line the pastry case with non-stick baking paper and fill with rice or dried beans. Bake for 15 minutes. Remove the paper and beans and bake for a further 10 minutes until golden and cooked through. Reduce the oven temperature to 150°C (130° fan) gas 2.

For the filling: heat the cream and vanilla pod in a pan and bring slowly to a boil. Remove from the heat and leave the vanilla to infuse until cool.

Remove the vanilla pod. Whisk the eggs, egg yolk and sugar until blended. Whisk in the cooled cream and pour into the pastry case. Bake for 30-40 minutes until just set. Remove from the oven and leave to cool.

Arrange the blackberries on top of the vanilla cream. For the glaze: warm the blackberry jelly with the water in a pan until melted. Brush over the blackberries.

Drop us an email if you would like to get this newsletter every month
admin@westkirbyfarmersmarket.co.uk



presents

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



This inspiring documentary chronicles the emergence of an innovative local food movement from a handful of pioneers battling against the odds in the early 90's to the diverse UK-wide movement of today. From the first organic box schemes to feeding cities and local food culture, we explore the diversity, motivations, challenges and opportunities and what this might mean for our future.

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

plus Singalong at 8.30pm
with Homegrown Bananas

If you have spare food produce
please bring along to share

ttwk.food@gmail.com for more details

localfoodfilm.org.uk

✉ film@localfood.org.uk

f Local Food Roots

LocalFoodRoots

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



Arts Centre/Old Chapel,
 29 Brookfield Gardens,
 West Kirby, CH48 1EL,
 Saturday 18th Oct,
 7pm to 10pm or so

Ceili? Barn Dance? Bal Rustique?
 Harvest Ball? a good night, what-
 ever you call it : live music & dance
 in good company

Free parking: Carpenters Lane (CH48
 7EX) or Wirral Concourse (CH48 5AA
 evening)

Admission by advance donation
 (about £5 per head.) Details:

[http://wirralpomona.wordpress.com/
 events](http://wirralpomona.wordpress.com/events)

Ceilis are for adults and
 children to join in.
 Want to learn a
 tune to play along?

We'll teach you &
 your children a
 tune or two from
 10 am-noon

Never done a set
 dance before? We'll
 show you how to!
 from 3-5 pm,
 both same day,
 same place:
 (Small additional
 donation for extra
 sessions, please!)



The
Apple
Cèlidh

To celebrate the Apple Harvest by **Wirral Pomona**,
 (community makers of apple juice/cider,) with music from
Calico Jo & Friends, Shindig & Ceilidh Core
 a Wirral Fringe event in support of Liverpool Irish Festival;
 One of the Orchard Network's Apple day events;
 Supporting Wirral Tree Wardens' promotion of Community Orchards

Wirral Pomona Community Cider & Juice Group

We are a group of Wirral residents who want to make the most of the abundance of fruit which grows in our gardens, orchards and parks. One way of using the thousands of apples and pears that drop each autumn is to make cider and perry. Thanks to Wirral Environmental Network we have access to a small scatter and fruit press which you might have seen in action at Wirral Earth Fest earlier this month (picture) We're now building bigger equipment with reclaimed oak.

HOW WILL IT WORK?

Our initial plan is to make use of windfalls by holding community events where people can press their own fruit and take away their juice to drink or for cider making. Longer term, the plan is to use some of the juices for sales and reinvest the profits to purchase more equipment and to expand the project.



WHY NOT JOIN US?

Willing helpers are always welcome and we will need as many hands as we can get to help us pick and squeeze fruit and bottle the juice. We are planning some events to encourage families to join in and thereby teach children a little more about where their food and drink REALLY comes from.

Come to our Apple Ceilidh on Saturday 18th October, look out our blog, sign up for our newsletter or follow us on Facebook for up-to-date information about events.

West Kirby Oktoberfest

17-19 October 2014
Westbourne Hall

36 Real Ales • 6 Ciders

Live entertainment, food and wine available all weekend

Friday & Saturday 4 - 10.30pm
Sunday 12 - 6pm

Tickets: £6

Available from:

www.westkirbyoktoberfest.eventbrite.co.uk (Small booking fee applies)

The White Lion, Grange Road, West Kirby

Lattitude, Dee Lane, West Kirby

and on the door on the weekend of the event

Sponsors: Peerless Brewery • Lattitude West Kirby

Catch up with more local producers...

Wallasey Food Fair

The first Sunday of every month, 10am - 2pm
St Mary's Catholic College, Wallasey Village, CH45 3LN
Tel 07510 105 549 / events@themaplecakery.co.uk
www.wirralfood.wix.com/wallaseyfoodfair

Wirral Farmers' Market

The second Saturday of every month 9am - 1pm
The biggest and best Farmers' Market around.
New Ferry Village Hall, Grove St, New Ferry, CH62 5AX
0151 643 1393 / info@wirralfarmersmarket.co.uk
www.wirralfarmersmarket.co.uk

The Chester Food Assembly

A new weekly pop-up, pre-order local food idea. The concept has blossomed in France in the few years since it started, where it now has 2,600 local producers listed. In the UK, Chester has been one of the first to get going.

The assembly organisers recruit local producers, who list their produce on the Food Assembly website. Shoppers can then browse the website, place their order and pay online. The pre-ordered food is brought along once a week to a fixed venue where shoppers can pick it up direct from the producer At Telford's Warehouse, Monday evenings in Chester.

For more information visit the Chester Food Assembly Facebook page or www.thefoodassembly.com

Hoylake Local Food Fair



Cooking Demos from Ross Gray
of Peninsula Dining Room

Fresh,
local,
quality
food,
direct
from the
producer



Sunday 12th October 10am - 3pm

Hoylake Parade Community Centre

Hoyle Road, Wirral CH47 3AG - admission free

more producers - more choice - more space

gill@hoylakeparade.com

0151 632 2889

www.hoylakeparade.com



Hoylake Parade Community Centre - Registered Charity No. 1143440