

West Kirby **Farmers**⁴ Market



ransition town

Next market - Saturday 26th September 2015

Producer

News

The Chocolate Cellar: "We will have a selection of our chilli chocolate bars with us again, as well as our winter warming hot chocolates and salted caramel truffles."

Bryn Cocyn: "We'll have lots of home-grown organic 26th Sept veg and new season organic apples - Discovery and Tydeman's Early Worcester this month."

Mary's Cakes: Mary's son, Franco will be coming to the market this week as Mary is running a Macmillan Coffee Morning at Gladstone Village Hall Burton 10am -2pm. There will be a raffle and live music. (See the flyer on page 3). Franco will bring Rhubarb Vodka and Strawberry Rum Shrub as well as Mary's scones baked at 6am!

Truly Scrumptious: "This month why not try our smoked salmon pate on a freshly toasted bagel! Delicious! You can taste all our pates before you buy, and you won't be disappointed, they are all very tasty."

Billy-the-fish: Billy can't make the market this month, but don't dash off to the supermarket! - take a look at page 4 of this newsletter for a great recommendation for fresh local fish.

Rowlands Red Poll: Fresh rare-breed home-reared Red Poll beef and beef pies made with chunks of lean steak. Find Inspiration in Food: "I have two offers on this Market. Two of my normal range jars for £6 and two end of line/shorter than 6 month BBE jars for £4. Allowing customers new and

> old to collectively pick up 4 x227g jars for a tenner!!"

Veggie Fayre: "I am bring my sweet potato & quinoa bake which is really quite tasty, vegan and gluten-free. I also have it as a sort of sausage

roll and am making a gluten free version of that. We will have the veggie scotch eggs and tiffin eggs, beetroot hummus, and fresh coriander, chilli & lime hummus."

Crosslea Farm: "I'll have a special offer of half a dozen ex-large and a half dozen large eggs for £3.30."

Funky Flapjacks: "After being in Italy for two weeks I am looking forward to trying out some of the ingredients I found while I was there - one of which was potato flour - as yet not quite sure what to make with it ! I have a couple of large courgettes for this month and a squash for next month's market - all home grown by the family, (who are intrigued at the idea of using them in cakes rather than just as veg!) I also bought a large tray of apples - not so easy to carry in a borrowed bicycle - especially as when I was crossing the railway line the bell sounded for the arrival of the train!"

If you like what we do, subscribe to our newsletter - ttwk.food@gmail.com Follow on Twitter / join our Facebook group / tell your friends

Oct. Diary Dates

See more details on the Farmers' Market website

Saturday 3rd Oct 9am to 1pm **NESTON FARMERS' MARKET**

Sunday 4th Oct 9.30-4.30pm WILD MUSHROOM DAY at Ness Gardens

Sunday 4th Oct 10am to 2pm WALLASEY FOOD FAIR

Saturday 10th Oct 9am to 1pm WIRRAL FARMERS' MARKET

Sunday 11th Oct 10am-3pm **HOYLAKE FOOD FAIR** At Hoylake Parade

Tuesday 13th Oct 1-4pm **BREAD MAKING** at Ness Gardens

Saturday 17th Oct 9am to 1pm **HESWALL FARMERS' MARKET**

Sat/Sun 17/18th Oct 9.30-3pm **INTRO. TO GLUTEN-FREE BREAD** at Claremont Farm

Saturday 24th Oct 9am to 1pm WEST KIRBY FARMERS' MARKET 4th Saturday of every month

Sunday 25th Oct 10.30-2pm WEST KIRBY FUNGUS FORAY (See ad on page 2 of newsletter)

Sunday 25th Oct 11-1pm DABBLE WORKSHOP 2-5pm CREATIVE WORKSHOP With The Chocolate Cellar



Vegan and Vegetarian Dishes

Rachel and Ella Williams, mother and daughter, have joined forces to offer two homemade vegan and or vegetarian dishes at the West Kirby Farmers Market.

"On September 26th we will be offering a Middle Eastern Spicy Bean and Aubergine stew – full of authentic and exotic flavours and a Butternut Squash Thai Coconut Curry. "Both dishes will be ready to taste piping hot and if you think they are as tasty as we do you can buy your own delicious ready packed meals to take away and enjoy at home."

Veggies will be supplied by local allotment growers and suppliers.

Each dish costs £4.50

For specific requests or more information, contact:

Rachel Williams M: 07881 741 254. T: 0151 909 2560 E: rachel@rachieb.co.uk

West Kirby Fungus Foray



Barn Dance For Willar bowona

Saturday 26th September, 2015

at Wirral Art Centre (Old Unitarian Church) 29 BrookField gardens, West Kirby, With Live Music From

CALICO, SHINDIG and Friends

6:30 to 10 pm, With easy-to Follow dance-calling and a

Harvest Supper (vegan/veggie and meaty varieties) Home-Made Foods and a taste of our own Wirral-Made apple Delights

TicKets £10:00—e-Mail: pdellWand@HotMail.com to reserve

Pay bar With Local beer, craft cider,

(Free parking over the road at WestKirby Concourse)





Wirral Pomona is a community group Which harvests surplus local apples to turn into julice and cider.





SEASONAL RECIPE from Kathryn Whitehill

Braised Sausages with Apples



This is a real autumnal warmer, using that winning combination of pork and apples. The sausages and apples work together to make delicious softly braised dish. It's one of my favourite recipes and comes from a food writer called Jenny Baker. My advice for this recipe is use the very best sausages that you can buy. It makes all the difference.

Ingredients:

10ml oil 1 tablespoon of butter 6 pork sausages 500g eating apples, peeled, cored and sliced 1 teaspoon brown sugar A small pinch of cinnamon Tiny amount of water if required

Instructions:

Heat oil and butter in a frying pan. Brown the sausages all over in the oil butter mixture.

Add the apples, sugar and cinnamon. When apples is lightly browned put everything into an ovenproof bowl, cover and put into oven for 20-25 minutes or until sausages are cooked through.

This dish is very rich and to my mind needs a bitter vegetable as an accompaniment. I like to use steamed spring greens or kale, which I dress in the butter from the cooking dish, to which I add a tiny amount of nutmeg. I might also add half a crunchy skinned baked potato if I know I'll be feeding my rugby playing nephews.

Hemingway's homemade red pesto makes a great snack or starter Toast a fresh baguette, spread red pesto with extra cheese of your choice... Maybe add ham or bacon if you so wish... Toast again, then enjoy... It's a lovely accompaniment alongside soup.

Hoylake Local Food Fair



Featuring The Great Hoylake Bake-off! #GHBO

Food demos by Melissa Fairhurst of Fresh Start Health

Sunday 11th October 10am - 3pm Hoylake Parade Community Centre Hoyle Road, Wirral CH47 3AG - admission free

gill@hoylakeparade.com 0151 632 2889 www.hoylakeparade.com



NEW! Pie Friday in West Kirby

West Kirby based **Wirral Pie Co.** will be doing a small batch of pies each Friday for **Deli 1386** (the new delicatessen in front of West Kirby station).



Chorizo & Butternut - a tomato chorizo sauce with chunks of roasted butternut squash.

This week you can buy:

- Chorizo & Butternut - Potato & Leek (made with Caraway pastry)

- Sweet Potato, Spinach & Goats' Cheese



Don't forget that you have Hoylake Fisheries on your doorstep EVERY shopping day!

Hoylake Fisheries is a long-established traditional fish shop, having been trading in Hoylake for over 15 years now.

They have fresh fish delivered daily from their suppliers, and lots of local fish in season - Sea Bass, Dover Sole, Plaice, Hoylake Flukes, etc as well as local shrimps - freshly cooked, peeled and ready to eat. They sell local eggs and, when in season (June / July), they stock local Samphire. Take a walk down Market Street and have a look, or give them a ring to find out what fish they have in today.

They're lovely people and are always pleased to give you recipes and tips for making the best of great seasonal fish. They love putting together a dressed salmon or other special dish for a special occasion too - Take a look at their lovely seafood platter (below).

106 Market Street, Hoylake / 0151 632 2469 / Follow on Facebook



Bongo's, the Prince & the Tarantula!

This month has been an amazing one for Bongo's. As most of you know, we've been going for less than a year but making friends and converting folks to the way of Bongo's! This month has been an interesting one as Mrs Bongo ate a tarantula for charity (deceased of course - no bushtucker trials for this chilli lady!), we got 2nd best stall of Nantwich Food Festival (with over 40,000 visitors) and we were granted an audience with HRH The Duke of York, who had a Firework Jerk from us - so does this mean we're now by royal appointment?

So... cast your minds back to the beginning of the month, which found us at the excellent Nantwich Food And Drink Festival. Mrs Bongo was asked to take part in a Critter Chomp Challenge in aid of charity and STUPIDLY agreed! Now just to clarify, this was not a bushtucker trial involving live creatures, as we do not condone that kind of behaviour.





This was to promote sustainable food sources in the world. Did you know that 80% of the world get their protein from eating insects? However, we in the Western world cannot even bring ourselves to look at this as a viable alternative to our usual food sources. Mrs B was one of 15 'volunteers' for the challenge and had to eat meal worms, locusts, weaver ants, crickets, grasshoppers and beetles...

She got to the final and her worst nightmare was exposed... a HUGE spider! Now, Mrs B was doing this to raise money for her local St Luke's hospice, who cared for one of her best friends during his final weeks, and despite being SEVERELY ARACHNOPHOBIC (to the point that she couldn't even get the spider out of the packaging) she managed to eat it and win the whole competition! We are pleased to announce that she raised £846.88 for St. Luke's Hospice in Cheshire, which she hopes will help other families going through the devastation that aggressive cancer brings on people. We asked her how it tasted and she said "The tarantula wasn't too bad because I had my trusty pot of X-Scream Chilli Crush with me but the beetles were disgusting! I can't believe I did it, I was shaking! At the end an anonymous gentleman, who clearly had been through the pain of loosing someone close, came up to me and handed me £100 from his own pocket for my charity. It was a very emotional moment. I'd like to thank everyone who sponsored me for St. Luke's - you have really made a difference." To read more go to: www.bongosrockandrollpickles.co.uk/blog/eatingtarantula

On a less challenging note we were invited to attend Pitch@Palace this month, run by HRH Duke Of York for start up businesses, to showcase northern artisan food start ups. It was a great occasion and we got to introduce the world of Bongo's to a HRH! The Duke came and chatted to Mrs B about chillis and even took a Firework Jerk home with him. We also made him laugh describing the lengths of care with which we go to whilst chopping our chillis!!!!! So all you Firework Jerk Fans out there can be part of an exclusive club that even includes a HRH! For more info go to: www.bongosrockandrollpickles.co.uk/blog/hrhdukeofyork

We can't wait to see you all again this month at West Kirby Farmers' Market. It really is the most authentic artisan market around - we tend to save all our shopping until it's time to go to West Kirby and get our goods from there! Lets hope the sun shines and the rain holds off for us all.



We're also going to be at Hoylake Parade on 11th October - just in case you run out of our delicious Chilli Condiments!

We at Deli 1386 are taking the best of Portugal & Britain & combining them to create a wonderful foodie experience.

We are passionate about supporting smaller, artisan suppliers who care about delivering truly excellent products to consumers. With this in mind we endeavour to find the best the UK & Portugal has to offer.

Located in the heart of West Kirby we specialise in Portuguese goods. We offer an excellent range of cheeses ranging from the mild & buttery Flor Do Vale to Terrincho a beautiful sheeps cheese coated in paprika & O Melhor Quieijo do Mundo a unique sheeps cheese from Serra da Estrela the highest mountain range in Portugal, which has been produced since the 1800s.

Our cured meats from Portugal include chourico, salpicao & presunto which is similar to Iberian ham, perfect with risotto, pasta, as a taipas or simply as a snack!

To complement our cheeses & meats we have a fine selection of wines, ports & liqueurs from Portugal including full bodied reds from Alentejo & the famous Vinho Verde, a light & refreshing white wine which delivers a prickle of fizz.

Freshly baked bread is available daily, as well as the famous pastel de nata (Portuguese custard tart).

To complement the Portuguese goods we have an excellent range of products from the UK including local cheeses such as Bourne's Cheshire & Burt's Blue. We have cider from Somerset & condiments from the Lake District as well as sparkling wine from the award winning Camel Valley, perfect for that special occasion.

Looking for a special present?

Bespoke hampers, gift vouchers & unique cork & hand-painted ceramics are available. Feel free to contact us via the website, Facebook, Twitter or ask in-store for more details.

We always aim to put our customers first & feedback is important to us so why not visit us, try our products & let us know what you think.

27 Grange Road, West Kirby, CH48 4DZ (next to train station)

Opening hours:

- Mon 10-6pm
- Tues-Sat 930-6pm
- Sun 10-3pm (seasonal)

Tel no: 0151 345 6906

Facebook: www.facebook.com/Deli1386

Twitter: @deli1386

Website: www.deli1386.co.uk











EVENT: Better Food - Better Connected

Thursday 1st October, 1pm-4pm

Committee Room 2 Wallasey Town Hall 51 Brighton Street CH44 8ED



Better Food Wirral is a network for growers, producers, retailers, community organisations, 'foodies' and anyone else who cares about what we eat and the impact of food on our lives.

At the Better Food Wirral Launch event in April 2014 we asked the question, "How can we change the local food system for a happier, fairer and and healthier Wirral." You told us about lots of great work already happening; from food banks, to allotments to incredible edible movements. Put simply, there is lots of amazing work going on.

However, you also fed back that all too often people feel like they are operating in isolation. You asked us to help you set up an informal network, a way to help like-minded people connect, create 'good change' and promote the great work going on.

Better Food - Better Connected is a free, half-day session to explore how we can:

- Help food growers, producers, retailers and social enterprises who are passionate about food culture to connect and create a 'better food' movement.
- Promote the great work already happening, through smart use of PR, communciations and by creating a strong brand.
- Introduce the idea of a regular forum to allow members of the network to lobby for positive change, mobilise resources and work collectively to improve Wirral's food culture.

Please RSVP to matthew.donnelly@hegroup.org.uk or call on 0151 237 2686 for further details.

Theatre on the Plot Raising Agents

Sunday 27th September 1pm

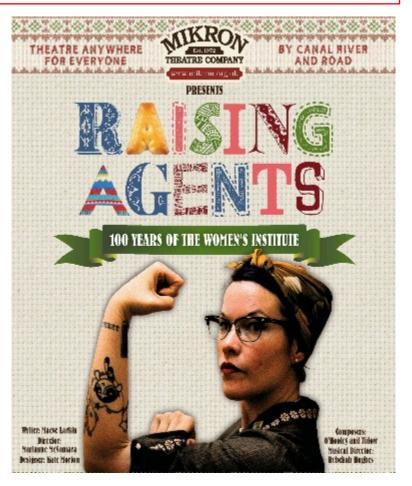
Mikron Touring Company returns to West Kirby with *Raising Agents*- a hilarious musical romp through 100 years of the Women's Institute

Bunnington WI is a bit down-at-heel. Dwindling membership means they can barely afford the hall, let alone a decent speaker. So when a PR guru becomes a member, the women are glad of new blood. Initially...

Gilroy Community Allotment Site Gilroy Rd, West Kirby CH48 6DG. All welcome.

Tea & homemade cake will be served! Please bring a garden chair to sit on. Suggested donation $\pounds 12/\pounds 10$ concessions.

ttwk.food@gmail.com - 625 0608. www.mikron.org.uk





West Kirby – Flood Awareness Day

The Environment Agency will be at West Kirby Library on Saturday 26th September from 10am till 3pm

Come and speak to us about flood risk in West Kirby. Find out whether or not you live in an area at risk of flooding and if you are eligible to sign up for free flood warnings. Get help and advice on what to do before, during and after a flood.

For further information contact Claire Nicholls on 01925 542434 or email claire.nicholls@environment-agency.gov.uk

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 October 2015 Sat 28th November 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.

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