



West Kirby Farmers' Market



News

Next market - Saturday 24th September 2016



Ollie's Orchard - Homegrown Cheshire apples - Saint Edmund's Pippin, Discovery, Bramley (cooker), Howgate Wonder (cooker) and James Grieve (a cooker or eater).



Funky Flapjacks - "This month sees the last of the rhubarb shortbread, but the pear & ginger cake and the dairy free chocolate cake have made a welcome return. As always please phone if you would like me to reserve anything."

Crosslea Farm - "We'll have some double-yolkers this month - but come early as they sell out very quickly."



Bryn Cocyn Organics - "We'll have Welsh lamb, Welsh Black beef, veg & apples (Tydeman's Early Worcester & Merton Beauty) - Like everything that we sell they're all home grown, and all certified organic."

Flaming Bean - "For market this week we're roasting Panamanian Palmira Estate coffee - a single estate Rainforest Alliance coffee with a sweet, nutty flavour."

Chilli Gourmet - "I'll have a new product - Jumping Jack Jerk Sauce - a great marinade for homemade Jerk Chicken."

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Veggie Fayre - We're making Shropshire-grown quinoa & sweet potato rolls using Heswall-grown chillies from Chilli Gourmet!"



Abyssinia Kitchen - Traditional Ethiopian Chicken Wot Stew and Lentil Wot Stew with Injera Sourdough flatbreads.

Oct Diary Dates

See more details on the [Farmers' Market website](#)

Saturday 1st October 9am to 1pm

NESTON FARMERS' MARKET

Saturday 1st October 1-7pm

* INDIAN COOKERY WITH SOMA

Sunday 2nd October 9.30am-4pm

WILD MUSHROOM DAY

Jesper Launder @ Ness Gardens

Sunday 2nd October 10am to 2pm

WALLASEY FOOD FAIR

Saturday 8th Oct 9am to 1pm

WIRRAL FARMERS' MARKET

Saturday 15th Oct 10am to 3pm

HESWALL FARMERS' MARKET

Saturday 22nd Oct 9am to 1pm

WEST KIRBY FARMERS' MARKET

At St Andrew's Church Hall

Fourth Saturday of every month

Sat 22nd Oct 9.30am - 2.30pm

*FULL DAY NEPALESE COOKERY

Sun 23rd Oct 10.30am to ~ 3pm

FUNGUS FORAY

A guided walk on Caldy Hill with herbalist Jesper Launder. Numbers limited, to book email ttwk.food@gmail.com

*At Claremont Farm Kitchen

There is a special introductory offer for this month only, spend £10.00 or more and get a bottle of Chilli Gourmet's **Jumping Jack Jerk Sauce** FREE. Jane will also be handing out a feedback form with each bottle and anyone who fills it in and brings it to the October market will get 10% off any Chilli Gourmet purchase at that market.

Fair Trade Coffees

Flaming Bean Coffee Roastery

Panama Palmira Estate (A Rainforest Alliance coffee)



This coffee comes to you from the world-renowned Hacienda La Esmeralda in Panama, and this particular coffee comes from the Palmira Estate.

The Hacienda producers put the same care and attention in to producing high quality speciality coffee across all of their offerings, and this is a particularly good example of a Catuai bean with large even-sized beans and delicious flavour with notes of toasted nuts, chocolate, vanilla, and a tea-like sweetness. This coffee has enough sweetness to stand on its own without milk, and that is the best way to really enjoy the delightful flavours of this coffee which has a wine-like quality in that you'll be identifying more complex and nuanced flavours each time you slurp. But if you do take milk, you'll notice that it emphasises the nutty notes well.

As well as it's particularly good coffee, we love Hacienda La Esmeralda for its commitment to social values. The estate sees its workers, which can be up to 300 people during the harvest period, as an essential part

of producing high quality coffee. If the workers aren't looked after, they aren't able to do their job properly and therefore the coffee will suffer. Education and childcare is a key component of how they look after their people - providing daycare and education for all the workers' children and also ensuring that they are well fed with high nutrition food - something that is often overlooked in migrant harvesting families.

Workers are paid a fair wage and months after the harvest is over and the workers have returned home, at a time when their money is drying up

because the harvesting season is long over, the estate pays a bonus to the former season's workers depending on the prices fetched for the coffee they picked. This helps to keep the workers in good health and well-being ready for the next season.



Local Ginterest



The WK team - Joe, Tom, Laura-Jane & Simon (L-R)

W&W WHITMORE & WHITE
Independent Food Hall & Wine Merchants

"The gin production scene is booming here in the North West, so don't miss our very first West Kirby gin tasting! We'll take a tour of all the best local gins, including Wirral Gin, Tappers Gin, Liverpool Gin, Hunters Cheshire Gin, Brecon Gin and Forest Gin, all served alongside a tasting selection of our delicious food."

Thursday 29th September at 7:30pm

Whitmore & White, 3 Banks Road, CH48 4HD

www.whitmoreandwhite.co.uk/gin-tasting-west-kirby

NEW - For the Chilli Gourmets Amongst You

The chilli harvesting has now begun in earnest, so Chilli Gourmet will have a selection of fresh chillies for sale at this month's market. There are also still some beautiful chilli plants for sale that are perfect for windowsill growing.



This market will see the new

Jumping Jack Jerk Sauce

Jamaican Jerk sauces and marinades are traditionally made with Scotch Bonnet chillies but Jane has chosen to make hers with another Jamaican chilli; a habanero, called - funnily enough - "*Jamiacan Jerk*"!! It is a pretty yellowy orange chilli, sadly the colour gets lost in this sauce as the allspice and other spices that are essential in a true Jerk sauce make it rather dark, the down side of not using any artificial colour or preservatives!

"As with all my products, I use freshly ground spices which IMHO make all the difference to the flavour, with the exception of turmeric and paprika I never use powdered spices."

The new sauce will be for sale at £2.90 for a 120ml bottle - easily enough to marinade, for example, chicken for four people.

News

Deli 1386 will be closed for a few days (Monday 3rd October to Friday 7th, back open Saturday 8th) whilst we travel to Portugal 'foraging'.

But the good news is after visiting some fantastic producers & travelling to the Douro valley we will have some exciting new wines & food for you to try on the next tasting day - the 14th October.



Winter Sampling Evenings

Our winter wine sampling evenings are going to be a little different as the weather means we'll have to get cosy in the shop itself. Since places will be limited, we're going to hold weekly rather than monthly evenings up to Christmas. So 6.30pm to 8pm every Friday, tickets £7.50 each. Here's what's coming up so you can book your places now! www.deli1386.co.uk

OCTOBER DATES FOR YOUR DIARY:

Friday 14th October - Portugal Discovery trip - enjoy a selection of food & wine from our trip.

Friday 21st October - Cheese Night - a cheese lovers evening with a glass of wine & Portuguese liqueur

Friday 28th October - Port evening - starting the Port season with a selection of fine ports & cheese to accompany - tickets £18 each

End of Summer Sale... Wines

To mark the end of Summer (though the weather is still glorious :) we thought we'd have a sale on some of our wines. You can save 25% on a fabulous selection of them.



Harvest Update

Ollie's Orchard are now entering their busiest time in the Orchard having harvested the early variety apples and starting to pick the mid season varieties.

For this month's market, they will be bringing two dessert/eating apples, the first is their earliest russet apple called *Saint Edmund's Pippin* which isn't the prettiest of varieties but what it lacks in looks it certainly makes up for in flavour. This is an exceptional apple which won a RHS award in 1993.

They will also be bringing along their *Discovery* apples which will be the last opportunity to buy them fresh this season.

You'll also find the following culinary apples on the stall:

- Bramley,
- Howgate Wonder, and
- James Grieve (a cooker or eater).

"Rob and I were delighted to have our photograph taken with the famous french chef (Jean Christophe Novelli) at the Nantwich Food and Drink Festival which was a complete success. We were keen for Jean Christophe to taste our award winning Ashmead's Kernel Juice and were pleased when he picked up a bottle in recognition!"



September Beekeeping from Nigel, of Wirral Countryside Bees

This month I am a Jack-of-all-trades. The list of bee tasks seems endless, and I often say to myself "I will never get it all done!"

In September honey supers have to be removed from the hives, the frames uncapped and the honey extracted, a sticky and messy job which most beekeepers dislike doing.

Once extracted the honey runs by gravity through two stainless steel filters into tubs for storage.

The frames for cut comb honey are a little easier, they are placed one side down on a stainless steel tray and the wax comb is cut out of the wooden frame, cut into

pieces and put into the plastic tubs you see on the stall.

The extracted frames are put back into the supers and placed back on their respective hives for the bees to clean up, they will remove every drop of honey from the comb and repair any damage to the wax, and after three or four days they are as good as new and ready for storage until March next year.

Next, I check all the hives to see how many stores are in the brood box. They need fifty pounds of stores to see them through the winter, and any shortfall is made up with a sugar syrup solution or a ready, made up feed which saves the bees some work.

The honey will have now drained out of the cappings and the wax is

melted down, filtered and poured into plastic tubs until set.

The hives on the Heather moors now need to return, before the weather turns cold.

Another major and most welcome addition, was the arrival of our first grandchild. Born on 9th September - Robyn, 6lb 10oz.





Now the weather is turning a little colder my mind always turns to warming stews. This was my favourite stew as I was growing up, but I really struggled to cook it the way my mother had cooked it. As my mother died before I became interested in cooking such things as an Irish stew, she wasn't on hand to guide me and it took me until the last two years to get the recipe just as my mother had made it. One of the major changes I made from traditional recipes is to use a leaner cut of lamb. I have no idea whether my mother used a lean cut. I suspect not, but I find that using a leaner cut gives the stew a cleaner taste, which I prefer. Of course it may be that you prefer a different cut, which is fine.

Irish Stew

Serves 6

Preparation time: 15 minutes

Cooking time: Up to 3 hours

Ingredients

2 medium onions, sliced

650g floury potatoes, medium sized cubes

400g swede, medium cubes

250g carrots

150g turnip, medium cubes

1 stick of celery, sliced into chunks

500g lamb, leg steak or neck fillet, cubed

½ teaspoon dried mixed herbs

1 bay leaf (optional)

500mls chicken stock

200g waxy potatoes, chopped into large cubes.



Instructions

Add the first ten ingredients to a large saucepan and bring to the boil. Once the stew is boiling, turn down to simmer and leave to cook for approximately two hours. By this time the floury potatoes will have largely disintegrated and act as a thickener for the stew. Add the waxy potatoes, bring back to the boil and simmer for a further 40 minutes. Add salt and pepper to own taste. Serve with pickled red cabbage or pickled beetroot.

This Halloween event at Claremont Farm is booking up very quickly!

Amazing activities for Halloween from Wirral's own Claremont Farm, Squidges Bakery, The Chocolate Cellar, Alright Petal and local author, Charles Lea.

"The session will begin with children picking their own pumpkin at Claremont Farm. They will then bring this pumpkin in to the farm shop and be taught to carve the pumpkin with Maria from Alright Petal. They will make chocolate goodies with Bala from The Chocolate Cellar, hear spooky stories from Charlie at Read Now Write Now, enjoy delicious cookies and milk from Katie at Squidges and get creative with our spooky photobooth and creative crafts."

Tickets available on Eventbrite

- but be very quick!



Food For Real Film Festival 23-24 September

AUTUMN

Two days of fruit-themed film fun, with activities for all the family, celebrating the new season in L8 and Baltic Quarter



FRIDAY

Harvest Garden Lunch

Venue ... Grapes Community Food Garden, Windsor St, L8 1XE (next door to Toxteth TV)
Time Friday 23rd - Noon till 2pm
Come and taste the harvest at this warm, welcoming community garden with eating, drinking and seed saving. Especially for early years - come and meet Puppet Mouse for Tiny Tales and Harvest Adventures! Growers - bring your best produce for a prize in our 'Harvest Beauties' competition!
No need to book, just turn up!

The Fruit Hunters

Documentary Film
Yung Chang / Canada / 2012 / Cert PG / 95mins
Venue ... Liverpool Life Sciences UTC, 41 Greenland Street, Baltic Quarter, Liverpool, L1 0BS
Time Friday 23rd - 6.30pm
Accompany some serious fruit obsessives on a historical and cultural journey across the globe as we discover a whole new side to the fruit we eat... and the fruit we don't!
+Longest Day
Tim Brunsden / UK / 2016 / Cert U / 7mins
Summer solstice captured as enjoyed by many in Princes Park.
Part of Scalarama, a celebration of cinema.
Booking required.

Fruit Auction

Venue ... Liverpool Life Sciences UTC
Time Friday 23rd - 8.30pm
Bid on a banana, compete for a clementine...this autumnal auction is set to be a raucously fruity affair! All proceeds are going to the **Refugee Community Kitchen** who make 2000 hot meals in Calais & Dunkirk every day. Get in touch to donate homegrown or produced fruit, veg, jams and chutneys for auction.
refugeecommunitykitchen.com
No need to book, just turn up!

SATURDAY

Equinox Dawn Breakfast and Yoga

Venue ... Under the big oak tree in Princes Park, near Devonshire Rd / Belvedere Rd gate.
Time Saturday 24th - 7.02am till 10am
Have an outdoor stretch in the park with Caspar on this day of balance then enjoy a healthy autumnal breakfast.
No need to book, just turn up!



L8 Fruit Hunt and big cook-up!

Venue ... Saturday 24th - 9am till 2pm.
Meet at the big oak tree in Princes Park (see opposite)
We're going on a fruit hunt! Get your wellies on and join Gemma for an autumn forage to uncover the secret fruits of the forest, park and street, finishing at John Archer Hall for jam making and lots more with the Squash team. Autumn lunch provided.
Booking required.

Toxteth Food Central Hard Hat Tours

Venue ... Meet at John Archer Hall, 68 Upper Hill St, L8 1YR
Time Saturday 24th - 11am, 1pm & 2.30pm
Opening in early 2017 TFC will be an exciting community food hub housing a shop, kitchen garden, cafe and training space. Join members of this Community Design Team for a hard hat tour of this eco-tastic new building. Plus short food film screenings.
Booking required.

For booking & info, visit foodforreal.co.uk or call 0151 7077897. @foodforrealfest

South Wirral **FOOD ASSEMBLY**

opens its doors



Thursday 1st September 2016 was the official opening of South Wirral Food Assembly.

10 local food producers and many people, both members of the new Food Assembly and those curious about what South Wirral Food Assembly has to offer, assembled at the Woodcote House Hotel, Hooton, for the opening which took the form of a pop-up farmers market and combined a collection for pre-ordered food & produce.

There were stalls selling produce & offering tasting samples of Artisan Breads and baked goods from Bar Llaeth, gluten free & vegetarian baked goods from Deligorgeous & Julia's Cakes, beef from Grange Farm, pork from Oakbank Farm, Vegetables from Bridge Community Farms, coffee from Flaming Bean Coffee Roastery, chilli sauces & jams from Chilli Gourmets, fruit juices & ciders from Ollies Orchard and cheese from Little Sutton Market Deli, run by Adele & Steve Hewitt, who are the hosts that have arranged South Wirral Food Assembly.

The range of products & producers is increasing – there are 15 local producers included in the 2nd sale which is open until 2.00 am on Tuesday, with yoghurts, loose leaf teas, free range eggs, local butter and locally milled flour and Spanish sauces & meal kits among the expanding range. More local producers are in the process of having their food businesses validated to ensure they meet the standards required by the Food Assembly.

After the sale closes the food producers harvest, bake & prepare the food ready for the members to collect their orders between 6.30 & 8.00 pm on Thursday from the Woodcote Hotel, Hooton.

The Food Assembly supports local businesses who use sustainable practices and is a local initiative that brings people together to buy fresh food directly from local farmers and food-makers – it combines the best aspects of online shopping and farmers' markets, and has previously been featured on BBC Countryfile and in The Guardian.



By choosing to buy local, shoppers can support the community of Wirral & Cheshire food makers and farmers, as for every £1 spent through South Wirral Food Assembly, 90p stays in the local economy. It also ensures your money reaches the right people; food producers keep over 80% of sales for every product sold, compared to 15%-25% through supermarkets. There is less food waste as all the food is ordered in advance.



Food for the South Wirral Assembly travels an average distance of less than 15 miles, while the national average for all British Assemblies is 22 miles, significantly less than the 600 miles the food in an average supermarket has travelled.



The South Wirral Food Assembly weekly online marketplace opens each Thursday after the previous assembly & collection. The venue for the collection each week is the Woodcote House Hotel, on Hooton Road in Hooton, close to M53 Junction 5 & the park & ride railway station. The Woodcote Hotel is a community-spirited hotel & restaurant, kindly offered free of charge to South Wirral Food Assembly by the McFerran family who own & run it.

See the links below for more information on the Food Assembly. Membership applications can be made here:

<https://foodassembly.com/en/assemblies/7809>

WEST KIRBY'S DARKSIDE

Tappers Gin is the local family business behind Darkside
- an artisan compounded gin produced by hand from start to finish in West Kirby.

Compounded gin is different to distilled gin: it involves steeping (i.e. infusing) botanicals carefully over time in a neutral base spirit, to a very precise recipe.

Darkside is flavoured with eight botanicals all inspired by the local, coastal, area, including red clover, chickweed and sea beet. These give it a warming, herbal flavour and smooth, dry, finish.

The gin's name is a cheeky nod to the affectionate local rivalry between Wirral and Liverpool with day trippers crossing over the River Mersey to the 'dark side'. Darkside is a small batch gin - there are only 28 bottles in a batch, and each one is individually wax sealed, labelled, and numbered by hand.



Dr Steve Tapril, the Master Compounder who developed Darkside gin, was born and raised in West Kirby and has lived here for most of his life. He works at the University of Liverpool by day and in the evenings and weekends is busy at work with Tappers Gin.

He created Darkside after a year of experimenting with the recipe and is set to release a new seasonal gin later this month. For Steve, gin is a passion, a hobby, and now a second full-time job wrapped up in one! His family assist him with the day-to-day running of the business and have been a huge support with getting Tappers Gin off the ground.



You can find Tappers Gin by the glass in plenty of local, select venues including the West Kirby Tap, Viking Pub & Bakehouse, Wro Bar & Lounge, Milan, The Ship Inn, The Quadrant, and Fraiche. Over in Liverpool, Tappers Gin can be found in The Art School, MacKenzie's Whisky Bar and the Belvedere Arms among others. Full availability is on the Tappers Gin website at www.tappersgin.com

Bottles are also available to buy from Whitmore & White in West Kirby and Heswall, and from the Homebrew Bottle Shop in Oxton Village. Tappers Gin will also be retailing online in the coming weeks via the website.

Tappers is active on social media and likes to use these channels to show people how Darkside is made and give them insight into the business: Twitter: [@tappersgin](https://www.twitter.com/tappersgin) Instagram: www.instagram.com/tappersgin and Facebook: www.facebook.com/tappersgin

WIRRAL POMONA COMMUNITY CIDER MAKING GROUP

Bring any spare ripe apples from your tree, (and your clean bottles with tops) to market this week, and take away apple juice freshly pressed by Wirral Pomona Juice and Cider Making Network.

"We founded Wirral Pomona Juice and Cider Making Network in 2014 to make the most of all the surplus apples and pears in our gardens and orchards.

"We made our own presses and scratters, mostly using recycled materials. Our first batches of juice and cider which were great - were made purely with apples and tasted fresh and full of apples, quite different from commercial ciders which have added sugars, glucose and fruits.

"The network is a not-for-profit organisation and encourages you and your neighbours with spare apples to collect them and bring them to community events. You can use our machinery to press the fruit and take away delicious fresh juice (remember to bring some very clean bottles with tight lids.)

"Our presses are also available for supervised loan from the end of August to early December at other events, so if you and your neighbours or local community group, rotary group, school, parent's group, etc. can gather all

your spare apples, we can show you how to press them and turn them into cider or juice for yourselves."

Meet Wirral
Pomona at West
Kirby Farmers'
Market on
September 24th to
find out more.



at West Kirby Art Centre, 29 Brookfield gardens, West Kirby,
(Old Unitarian Church) with live music from

Jo, Mikey, Charlie & Friends

6:30 to 10 pm, with easy-to follow dance-calling and a
harvest supper (vegan/veggie & meaty varieties) home-made foods
and a taste of our own Wirral-made apple Delights

and a tiny taste of our newest ciders



Barn Dance

(Or Cider Ceildh)

for Wirral Pomona

Saturday 24th September, 2016



Tickets £10:00 including Supper (£5 for 5-16yr olds)

Pay bar with local beer, craft cider, freshly-pressed juice

WIRRAL POMONA (free parking over the road at West Kirby
Concourse)



*e-mail pdellwand@hotmail.com to
reserve tickets

**Wirral Pomona helps local communities press
surplus apples into juice and cider.**

CAKE, COFFEE AND A GOOD GIGGLE

Name Macmillan Coffee Morning @ Monte Carlo Hoylake

Host Monte Carlo Hoylake

When 10:30AM on 30 September 2016

Where Monte Carlo
22-24 Market Street
Wirral
CH47 2AE

RSVP montecarlohoylake@hotmail.com

Other info Please Join us on 30th September 10.30pm - 3.30pm. £5.00 for a slice of cake and a coffee. All proceeds go to Macmillan. We are also hosting a raffle on the day many local business have come together to support us and have kindly supplied generous prizes. these include: Jill's Cookshop, Xtraverts, Hoylake Holistics, co-op, Black lodge, Trendy pooches, Rosie lee Tea rooms, nine leaves, Andre's, Quinn's, Peel Hey and many more.

The World's Biggest Coffee Morning is Macmillan's biggest fundraising event for people facing cancer. We ask people all over the UK to host their own Coffee Mornings and donations on the day are made to Macmillan. Last year alone we raised £25 million and this year we are aiming to raise even more.

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 22nd Oct 2016
Sat 26th Nov 2016...

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0151 625 0608 • [@wkfarmersmarket](https://www.facebook.com/groups/westkirbyfarmersmarket) • [facebook.com/groups/westkirbyfarmersmarket](https://www.facebook.com/groups/westkirbyfarmersmarket)