



West Kirby Farmers' Market



News

Next market - Saturday 23rd September 2017



Little Eye Bakery - "We are back with our full range of sourdoughs, plus a new seeded 100% light rye. As always all Little Eye bread is made with organic flours and strictly vegan (except the cheese loaf of course). Our stotties come with a dough softened by kefir-fermented milk on the inside, with a crunchy coating of semolina. (Pictured) Our next baking workshop in October is full, but we are now booking for November 18th. Come and join us and learn how to do it yourself." info@littleye.org.uk



Chilli Stuff - "I'll be making fresh ginger, honeycomb and chocolate gelatos and new this month, a Japanese Green Tea gelato."

Funky Flapjacks - "The scent of autumn has arrived and with it some wonderful British fruit. Unfortunately this means that some are on their way out - this month will see the last of the rhubarb shortbread, however I will be replacing it with an 'autumnal' cake! Please do contact me if you would like anything reserved (07910 652 543)"

Find Inspiration in Food - "I have two new products this month. Another Ollie's Orchard inspired Apple & Mint Jelly plus a Red Tomato Chutney. Also I'm going continental in that I now accept EURO'S in payment. So any of my customers can use up their holiday change."

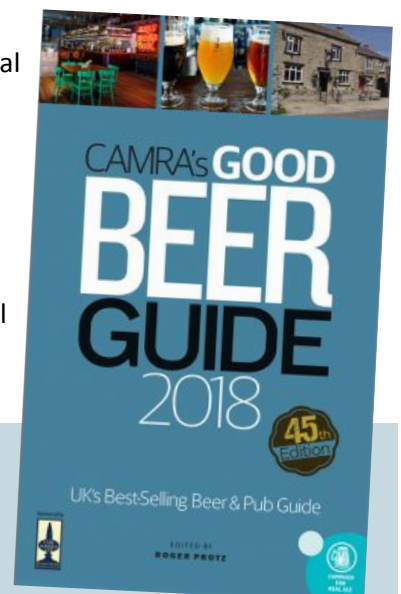


Hemingway's Pesto - "I will be making gnocchi - please ring if you would like to order some. Also I'll now be concentrating on our pesto so if you'd like sauces please order them" hemingways.pasta@yahoo.co.uk

Veggie Fayre - "Since autumn is here we will be making a cauliflower cheese tart as our monthly special."

Pen y Lan Pork - "The usual array of sausages & sausage rolls and the popular meatballs will be back, but no Mike! Never mind though, Mike's younger model (Tom, his son) and Keith his Dad will be standing in. Go gentle on them!"

Les & Julie of Britman Brewery are very pleased to announce that they have again made it into The Campaign for Real Ale (CAMRA)- Good Beer Guide for 2018 - That's four years running now! Yay!!



Rosehip Chocolate recipe from The Chocolate Cellar



On Saturday we were so very happy to be part of the Ness Gardens Garden Party – celebrating 70 years of Gardeners Question Time. As you may be able to tell from our logo, flowers and gardening are a big hobby of ours. So, imagine being asked to be part of this fabulous event!!

For our demo we chose to combine chocolate and flowers. The flowers were from Mrs B's edible flowers in



St Helens. We first spotted Lisa's flowers on the Low Down Liverpool and got rather excited about trying to match chocolate and flowers together. Lisa is so very passionate about her flowers and the care and attention she gives to these flowers is visible all around her flower farm. We had a lovely time discussing flavours and ideas and came up with a selection of truffles.

Thank you to all who came to watch our demo and as promised – here is the recipe:

Ingredients

- 40g rosehips – topped, tailed and chopped
- 120ml of double cream
- 150g milk chocolate
- rose petals to decorate

We chose to use Mrs B's Rosehips, however if this is not feasible for you and you are planning to gather your own, please be careful. Ensure that they have not been sprayed with any nasty chemicals and also ensure that they are not picked from a busy roadside where there is a lot of traffic. Look for plump, firm rosehips – make sure they haven't dried up.

Method:

- Heat the rosehips and the cream together until scalding hot
- Leave the mixture for at least 6 hours in a fridge (ideally overnight)
- Warm up the rosehip infusion and then strain off all of the rosehips – so that you are left with orange looking cream
- Leave to cool
- Melt the chocolate
- Add to the infused cream mixture and slowly tease the cream into the mixture
- Pour the ganache into a tray and leave to cool overnight
- Chop into bitesize squares and decorate with rose petals – using a little bit of molten chocolate to stick the rose petals on.

Enjoy!!



Bring apples TO market this month!

Wirral Pomona started three or so years ago, partly in reaction to the frequent comments that there were too many apple trees with fruit going to waste on the ground.

To keep the trees, reduce the waste but also to create a celebration whenever possible, Pomona made apple presses and scratters out of odd timber and bits of tractor to squeeze the apples into juice.

They'll bring their apple press to the Farmers' Market this Saturday and invite you to bring all your spare apples, cookers, eaters, windfalls, pears, quinces and crab-apples as well, and they'll help you chop, scrat, squidge and press to make tasty juice out of the mix of fruit.

If you have a very clean bottle you can take some of the juice away and the remainder gets turned into Pomona cider. It's always fun joining in and there's often music as well. When the cider's ready, there'll be a barn dance or two with live bands to celebrate - the next one is on November 25th at West Kirby Arts Centre. Come and meet them at the Farmers' Market and see what else they are doing to get better protection for our trees, woods and orchards."

Meet Wirral
Pomona at West
Kirby Farmers'
Market on
September 23rd
to find out more.

WIRRAL POMONA COMMUNITY CIDER MAKING GROUP



Getting Behind the Figures

Thursday 21 September at 19:30–21:00
Birkenhead Town Hall

Last year Wirral Food Bank took part in some research about the reasons why people have to use Foodbanks, who they are and some of the situations they're in. The research was done by Dr Rachel Loopstra from Oxford University.

She will be presenting her findings at a meeting to be held at Birkenhead Town Hall on Thursday 21 September at 7.30pm.

You are very welcome to come along to what will be a very interesting meeting.

Award Winning Chilli Gourmets

Many congratulations to Janey from Chilli Gourmets on winning a much deserved Great Taste award for her amazing Beetroot Relish!

Janey is passionate about growing chillies as well as producing fabulous products. To help get those creative juices flowing she has produced a really useful flyer full of interesting easy to follow suggestions on how to use the range. **Call into Deli1386 to pick one up & buy your favourite!**



PYO Pumpkins at Benty Farm Tearooms

Tucked away on Thurstaston Hill, this little gem of a tearoom offers a wide range of locally sourced seasonal food & refreshments in a location that overlooks the farmhouse and an area of natural beauty.

Everything is homemade and freshly prepared to order using as much quality local produce from around the Wirral as possible. There is a wide range of homemade cakes and freshly-baked fruit scones which are all made in-house by Charlotte.



In August 2016, their 'Butternut Squash & Orange Cake' even won a Great Taste Award, an event organised by the Guild of Fine Food, a acknowledged benchmark for fine food and drink.

This year they've planted a huge pumpkin patch which is open weekends and half term, so you can combine a family trip to choose your own pumpkin with homemade cake!

Visit the Benty Farm website for more information:
www.bentyfarmtearooms.co.uk

benty farm tearooms

pick your own pumpkins

OCTOBER 2017

ENQUIRE FOR MORE INFO!
07585556935 / CHARLOTTE@BENTYFARMTEAROOMS.CO.UK

Picking Dates:
9am-4:30pm

Saturday 7th & Sunday 8th October

Saturday 14th & Sunday 15th October

Saturday 21st & Sunday 22nd October

Half Term Week:
Wednesday 25th to Sunday 29th October

Prices from £2.50

CHINESE MOON FESTIVAL

TEA CEREMONY & TEA TASTING

Green: Lu Shan Cloud & Mist
White: Premium White Peony
Yellow: Small Yellow Tea (Rare!)

Black: Keemun

Mooncakes & Snacks

1st Oct 2017
18:00-20:00

Tea Parlour
23 Mathew Street

£20 per person
12 Seats Only

Tickets available on Eventbrite or www.teawhisperer.co.uk
Enquiry: tea@teawhisperer.co.uk



Terms and conditions: Tickets cannot be refunded once purchased. Tickets are non-transferable. You will not be responsible for exchanging the tickets or doing a refund. Please email tea@teawhisperer.co.uk for a refund.

Tea Ceremony & Tea Tasting

Beautiful, Serene and Inspiring

Discover the 'Way of Tea'.
Experience a traditional Chinese tea ceremony.
Taste the most refined ceremonial grade tea.
Hosted by Iris Qiu – Certified Tea Master.
Snacks served.

We offer individual and small group ceremonies, tastings, and education. Ideal for those keen to have a more intimate event or to learn about tea culture in greater depth.

Tea Workshop

The Tea Method

Release your inner tea master! Learn how to make and serve teas using traditional Chinese tea ware. Learn the traditional way of making tea to begin your first step along the "Way of Tea" and be prepared to perform tea ceremony.

Get to know the tea.
Understand the water.
5 golden keys of brewing.
Cover bowl or tea pot skills.
Hands on practice.

October Diary Dates

Sunday 1st Oct 9.30am to 4.30pm
Wild Mushroom Day at Ness Gardens

Sunday 1st October 10am to 2pm
Wallasey Food & Makers Fair

Sunday 1st October 6-8pm
Chinese Moon Festival Tea Ceremony & Tea Tasting

Thurs 5th Oct 10am - 2pm
Eating for Health, Prevention and Recovery*

Sat 7th Oct 10am - 4pm
Indian Cookery with Soma*

Sun 8th Oct 11am - 2pm
Creative Chocolate Making with The Chocolate Cellar*

10th Oct 6 - 9pm
Real Eating & Weight Loss Workshop*

Sat 14th October 9am to 1pm
Wirral Farmers' Market
Second Saturday of every month

Sat 14th Oct 10am - 4pm
Indian Cookery with Soma*

Thurs 19th Oct 9.30am - 1pm
Balanced Wellness Demonstration Morning*

Sat 21st Oct 10am to 2pm
Heswall Farmers' Market

Sat 21st Oct 10am - 2pm
Handling the Heat with Chilli Gourmet*

Saturday 28th Oct 9am - 1pm
West Kirby Farmers' Market
4th Saturday of every month

Sun 29th Oct 11am - 2pm
Cheese Making with Guy Dimelow*

*At Claremont Farm Cookery School

Winter Sampling Evenings 'Quinta de Mosteiro' Sampling

- Come & join us!

Next Date for your diary

- Friday 20th October

We met Eduardo from Quinta de Mosteiro back in July when he ran a wine tasting, taking us through 3 of his own family's beautiful wines. It was so well received we're giving you another chance to join us on Friday 20th October to meet with Eduardo & taste a selection of wonderful Douro wines from his family's quinta. This is a great opportunity to meet the owner of a quinta, ask questions about his family's wines, how he uses the distinctive Douro grapes & his experience growing in the spectacular Douro valley.

For those of you that missed it the last time here's a little bit of history about the quinta: The first reference to Quinta de Mosteiro dates from the 12th century, however production really took hold in the 16th century when the Cistercians of S. Joao de Tarouca took over. Always looking for the most fertile & beautiful spots in the Douro they developed their own methods of vine growing, choosing the best grapes for the terrain & making Quinta de Mosteiro amongst the biggest estates in the Douro at the time.

As Eduardo is here we'll be starting at 6.30 prompt tickets are just £7.50 each (payable up-front). If you'd like to join us feel free to contact us to reserve your places or click the button below & tell us how many are coming. As always we'll be holding the sampling in the shop so it's advisable to book to avoid disappointment :)



Email for 'Wine Sampling' Tickets - info@deli1386.co.uk



Neptune Brewery

Local brewery Neptune has added even more great beers to its range. Les has spread his wings with the rather aptly titled *Mutiny on the Bounty* a chocolate & coconut stout. At 5.8% it packs a punch but what's amazing is the coconut taste which is truly impressive. It has to be tried to be believed! Whilst *Weiss* is a tasty traditional wheat beer, made from malted wheat rather than barley giving a very unique flavour.

In addition to these new beers Neptune is moving its range of craft beers into cans. This helps to retain the flavour of the beer as it stops light from degrading it so you taste what the brewer intended.

Portuguese Supper Club

A very big thank you to everyone that came to our Portuguese Supper Club in the Nook cafe last Saturday evening. Susana cooked everything from scratch including crab soup, Bacalhau a Gomes de Sa & the very special Carne de Porto Alentejana to name a few.

Due to the evenings success we're hoping to do similar events in the future so watch this space...



Saturday 9th September @ 7pm
White Port & Fever Tree Tonic upon arrival
Sopa de Caranguejo Crab Soup
Carapauzinhos Fritos com Acorda
Small Mackerel with bread, garlic, coriander & olive oil
Tostinhas com Moho de Caranguejo White & Brown Crab on Toast
Bacalhau a Gomes de Sa Salt Cod cooked with potato, carrot & garlic, garnished with boiled egg & parsley
Main Course
Carne de Porto a Alentejana Pork & Clam Stew
Dessert
Baba de Camelo Caramel Mousse

Annual Portugal Foraging Trip...

We are over in Portugal for a few days in October looking for more fabulous produce for Christmas, so the shop will be closed from Monday 9th to Friday 13th October, and back open as usual on Saturday 14th.

September Beekeeping from Nigel, of Wirral Countryside Bees

Where have the last twelve months gone? Our granddaughter is now one year old, she will be having her first honey very soon.

This year the honey crop has been much better than last year, the only let down has been the showery weather since early August, but this doesn't seem to have had a detrimental effect on the heather crop, which has been very good. This week my bees will be coming home from the moors a little later than normal, but the last two weekends I have been busy, with a couple of exhibitions.

Firstly, on the 9th with Earth Fest and then on the 16th, with the Gardeners Question Time, 70th anniversary garden party at Ness gardens. These types of events require a great deal of preparation time, especially loading and unloading the Observation hive with bees.

My next tasks are to carry on extracting honey, followed by pressing out the Heather honey. Heather honey is thixotropic and can't be extracted in the centrifuge without specialist equipment. I do most of my extracting in the evening, when the bees are back in the hive, this makes it less exciting.

On dry days I will be out feeding the bees, this year they will be given Ambrosia liquid syrup which comes very close to natural bee nutrition. Unlike sugar syrup it is not susceptible to microbiological degradation or crystallisation, and the bees love it.



Take a few minutes out of your busy Saturday to enjoy the last Organ Recital of the Summer Series at St Andrew's

Chorale Preludes on 'Vater unser im Himmelreich'

- a **Samuel Scheidt** (1587-1654)
- b **Georg Bohm** (1661-1733)
- c **Johann Sebastian Bach** (1685-1750)

Johann Sebastian Bach (1685-1750)
Prelude and Fugue in C major BWV545

Samuel Sebastian Wesley (1810-1876)
Variations on an Air composed for Holsworthy Church Bells

Alfred Hollins (1865-1942)
Trumpet Minuet

Domenico Zipoli (1688-1726)
Partita

Johann Sebastian Bach (1685-1750)
Chorale Prelude on Liebster Jesu wir sind hier BWV 706
Prelude in E flat major BWV 552
Chorale Prelude on Erbarm' dich mein, O Herre Gott BWV 721

Théodore Salomé (1836-1896)
Marche Gothique Op. 48 No. 1

Louis Vierne (1870-1937)
Berceuse from 24 Pieces Op. 31

Charles Villiers Stanford (1852-1924)
Postlude in D minor

THE ORGAN APPEAL
THE SUMMER ORGAN RECITAL SERIES
The Fourth Saturday of each month
April ~ September
Coinciding with the West Kirby Farmers Market
From 10:30 am
Admission free
Donations to the Organ Appeal gratefully received
S. ANDREW, WEST KIRBY
The Parish Church of Saint Andrew, West Kirby, Meols Drive/Graham Road CH48 5DE
✉ revpeterwalsh@btconnect.com
THE ORGAN RESTORATION
Rushworth & Dreaper 1928, a three manual instrument with tubular pneumatic action

Look out for Wirral Cityveg!

A new addition to the local food scene on the Wirral, is Cityveg, an urban farming venture based on the model of Green City Acres in Canada.

Cityveg aims to use back gardens, rented from homeowners, to grow delicious salad crops for local distribution. In exchange for the use of the land, homeowners receive a basket of produce throughout the growing season. Not only does this save time in mowing the lawn it reduces their food costs, as well whilst providing Cityveg with a valuable growing space.

Whilst the hunt for suitable land is ongoing, Karl, the founder of Cityveg, is developing a range of microgreens to sell locally at farmers markets, farm shops and restaurants. You can already buy them at Claremont Farm.



But, what are microgreens (sometimes known as microherbs) I hear you ask? Well microgreens are essentially seedlings of edible vegetables and herbs. They are concentrated in nutrients, packed with intense flavours and can make a boring plate of food look amazing.

So what kind of microgreens can you expect from Cityveg? The most popular are pea shoots, but Karl likes to combine them with other herbs such as pak choi, mustard and broccoli to create a nice blend to supplement any meal.

Karl has spent most of his working life delivering community based projects for a housing association so really values how a local community can work together to make a difference to their neighbourhood. This venture is aiming to bring locally grown food that much closer to the residents of Wirral.



To find out more, or to let Karl know of suitable land he may be able to use, contact him

Mob: 07723 722 576

Email: info@cityveg.co.uk

Website: www.cityveg.co.uk

Twitter: [@cityveg](https://twitter.com/cityveg)



All the sales from the market café this week go to help the Friends of Grange Hill.

Grange Hill occupies the north-western end of the sandstone ridge which rises behind West Kirby. From its summit there are spectacular views of the River Dee to the Welsh hills beyond and across the Mersey Bay. The summit is capped by the War Memorial commemorating the service men who died in the two World Wars.

The Friends of Grange Hill are a registered charity (No. 1159802) community group recognised by the local council. Their aim is to help to bring the local community together and encourage a common aim to improve and protect the area.

They need people who are able to offer their time and effort to manage the hillside and also people who can fund-raise to meet the costs of equipment and insurance.

Stay for cake...

a cuppa...

and a bacon batch



The Friends of Grange Hill
www.fofgh.org.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 28th October 2017
Sat 25th November 2017...

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](https://www.facebook.com/groups/westkirbyfarmersmarket)