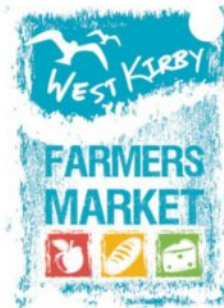




West Kirby Farmers' Market



News

Next market - Saturday 28th September 2019 9am-1pm



Little Eye Bakery - "We will be back with a full range of sourdoughs, including some autumn seed-breads - Alpine rye, and cheese, seed and pepper oatcakes. Our October bread-making class is full, but we have a new date for November 2nd, if you fancy coming along."

Flaming Bean Coffee Roastery - Flaming Bean are delighted to announce that they are adding a variety of teas to their product range. This week will see the first of those teas being launched, with further blends planned for the future.

Funky Flapjacks - "As many of you know I have been waiting to have a new hip but have had a couple of problems however I have a provisional date for the middle of October if all tests go ok - but this month I will see you. All the usual cakes will be there along with a seasonal treat (as yet to be chosen) please text if you would like me to reserve anything as all cakes can be frozen, hope to see you on Saturday."



At market this week



Veggie Fayre - "We have some lovely beans in the garden at home, so they will have to be made into a quiche with some strong cheese. I'll also be making Filo tarts made with courgette, tofu, sun dried tomato, spring onion and mushrooms."

Pen y Lan Pork - Mike will be back this Saturday with his full array of sausages including the extra Hot Pocket Rocket using Bongo's sauces, he has also been experimenting with the pork pies. He will have around 40 of his own homemade pork pies with a touch of jelly.

Say it with Biscuits - "We are bringing a large variety of iced biscuits to the stall. Birthday balloon biscuits, cute buttons, sweet homes and many more. We also make personalised party favours, come and see Montse at the stall for more details."

Online promo code for Bongo's Chilli Pickles

"Sorry we can't be with you at this month's market but if you want to order online here's a little discount for you, so you can still avail yourselves of our brand new Mangomanjaro Hot Mango Indian Pickle.

"Simply enter the code WESTKIRBY10 at checkout and you'll receive 10% off your total (orders over £13) and we'll post it to you!

"Offer valid from 24th Sept until 1st October, so plenty of time to use it.

"See you all in October as usual." Debs & Manny



Bring apples TO market this month!

Wirral Pomona started five 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.

WIRRAL POMONA

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 music to celebrate. 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.



COMMUNITY CIDER MAKING GROUP



Christmas Cake time at The Cookery Nook

Christmas Cake Making

*Saturday 2nd November and Saturday 9th November
At The Cookery Nook, Oxton Village*

We will also be making some other seasonal goodies and there is also a 'Bake-off' style session in the afternoon while the cakes are in the oven.
£65 per person including lunch.

Christmas Sugarcraft Demonstration Evening

Wednesday 4th December 7pm

At the Shrewsbury Lodge Hotel, Oxton

We are hosting a Christmas demonstration evening and will be joined by Karen Davies Sugarcraft. Ticket price £10 including a glass of Prosecco (£1 from each ticket will be donated to a local animal rescue).



Karen will be demonstrating her amazing moulds (check her out on Youtube). She is a highly respected UK cake designer, author and qualified teacher who has a world-wide reputation for her distinctive style. She has over 25 years experience at the forefront of the UK sugarcraft industry, leading the way in innovative designs and simple easy techniques. Her moulds are hand-made by Karen and her daughter Alice.

*For bookings, contact Belinda at The Cookery Nook
on 07866 738565.*

Successful? by Nigel, of Wirral Countryside Bees

Some of the hives have been to the moors over summer to collect heather honey. It's not been the best of weather this year for the plants to produce a good crop of nectar, but we keep our fingers crossed.

During a recent visit to Levisham (North Yorkshire) I have probably been successful with the help of the B&B owner in finding a site in the North Yorkshire Moors National Park - my last site near Goathland was just in the wrong position for the bees to get a good flow.

The honey harvest is about average, but not as good as last year which was exceptional.

All work is now around preparing the hives for winter. As each hive has the honey supers removed for extraction the colony is given a thorough inspection for any disease. Does the colony have a queen which is laying? Is the brood healthy? What level of stores (nectar and pollen) are in the hive? Once all the hives in an apiary have been checked I can then feed them as required, colonies have to be



fed in the evening and all together otherwise robbing can occur.

Another piece of success, after answering an advert in the Welsh beekeeper magazine offering an apiary site, I may have a queen mating apiary in North Wales, fingers crossed.

Deli 1386

Wine Sampling - Harvest Time

Friday 4th October from 6.30 - 8pm

The end of September into October (depending on the weather) is harvest time for the quintas in Portugal. It's a special but extremely busy time for winemakers, hand-picking the grapes they then have to decide how best to use them - wine or port, to age or not to age & if or how to blend the grapes. Blends are typical in Portuguese wine, arguably delivering a depth of flavour & consistency not always seen in single variety wines.

For this sampling we will have wines that reflect the skill of the winemakers in blending different grapes to achieve the perfect balance of flavours. There will be some bold but well-balanced reds & robust, flavoursome whites.

In addition to the wines you can choose to try 'Licor Beirao'. This is a traditional digestif from Lousa in northern Portugal that is made from a secret recipe of 13 botanicals. The recipe has been passed down through three generations of the same family. It is delicate on the nose & has notes of cinnamon & other spices on the palate. A perfect accompaniment to those (soon to arrive) chilly evenings.

Tickets £8.50. If you'd like to join us book your places by email info@deli1386.co.uk or call into the shop. It's best to book as seats will be limited. We'd love to see you there!

SweetPea Café & Deli 1386 Iberian Supper Club
- Saturday September 28th 7pm start
Tickets £30

Menu

Welcome drink

Sopa de tomate a Portuguesa
Portuguese style tomato soup

Concha de vieiras con marisco
Seafood scallop shell

Tosta de champinones estilo Espanol
Spanish style mushrooms on toast

Main Course

Ensupado de ervilhas com entremeada e chourico
Garden pea stew with belly pork & chourico

Dessert

Mousse de chocolate com nozes
Chocolate mousse with walnuts

Wine, beer, port & soft drinks will be available to buy on the evening

Iberian Supper Club @Sweet Pea Café

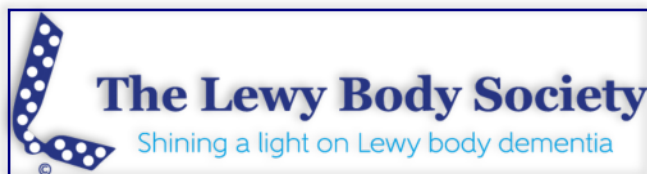
Saturday 28th September 7pm - £30 pp

Big thanks to everyone who joined us for our Iberian Supper Club in August. Feedback was great & everyone seemed to have a different favourite which is always nice to hear. From onion soup to piquillo peppers, Spanish lentils, duck rice & tropical mille-feuille there was truly something for everyone.

The next Supper Club is on Saturday 28th September & here's the menu, right...

If this has tempted you & you'd like to join us get in touch by email (info@deli1386.co.uk) or pop into the shop or Sweet Pea Cafe. Places are limited so get in touch soon to reserve yours. A deposit of £10 per person will be needed to reserve your places.

Stay for cake...
a cuppa, and...
a bacon batch

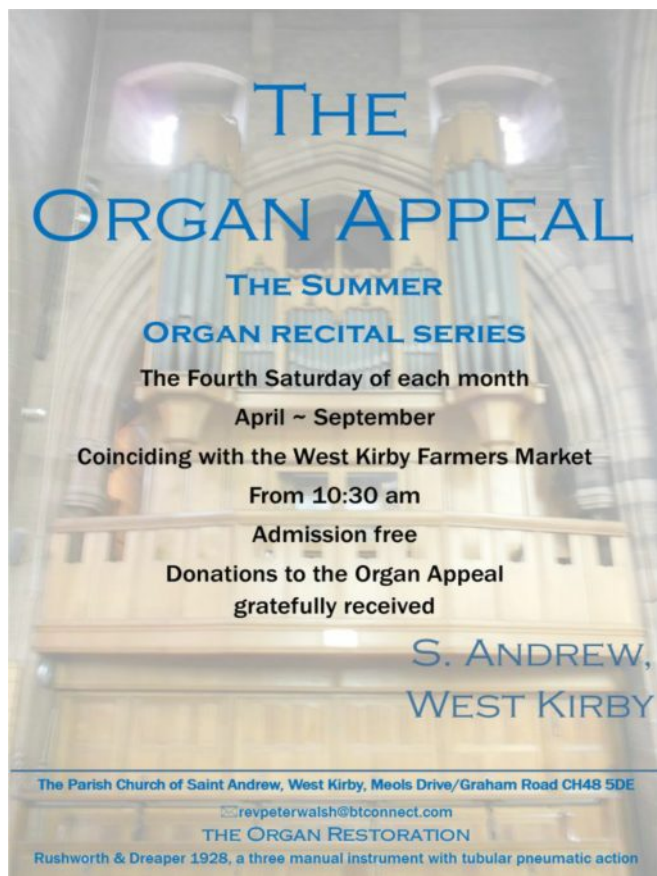


Dementia with Lewy Bodies (DLB) is the second most common type of dementia in older people.

The Lewy body society mission is to fund research into Lewy body dementia and to raise awareness of the disease.

The society also provide a community focus for those who live with dementia with Lewy bodies along with their carers and families.

Profits from the market's community café this week will all go to The Lewy Body Society, in memory of local man Peter Anderson who died recently aged 55, from the disease.



Saint Andrew's Church organ Free recital 28th Sept. 10.30 -12

Steve Kearley St Andrew's
Ian Fantom St Andrew's

Composers include Sweelinck, Albinoni, Bach, Strauss, Grainger

Organ music is played from 10:30 a.m. to noon while the church is open today. Please feel free to come in and look at this beautiful building and stay for as long as is convenient for you. You are most welcome to walk around during your stay.

Accompanied children may like to climb the spiral staircase and see where the sound comes from.

Ian Fantom is playing from 11 a.m. to noon, his programme will include:

The D minor Toccata and Fugue by Bach

Albinoni's Adagio

Handel in the Strand by Percy Grainger

The Radetsky March by Johann Strauss

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 26th October 2019
Sat 23rd November 2019...

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.

admin@westkirbyfarmersmarket.co.uk • www.westkirbyfarmersmarket.co.uk
0151 625 0608 • @wkgfarmersmarket •