



Newsletter 24th August 2013

West Kirby Farmers' Market
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Cherry Tomato Puff Pastry Tarts

- 1 tbsp olive oil
- 25 g butter
- 2 red onions, chopped
- 24 cherry tomatoes, halved
- 1 garlic clove, finely chopped
- 1 tbsp balsamic vinegar
- 2 tbsp sugar
- 400 g puff pastry
- 2 tbsp torn basil leaves
- 1 egg, beaten

Heat the oil and butter in a frying pan and cook the onions, 12 tomatoes and garlic slowly for 20-30 minutes until caramelised. Add the balsamic vinegar and sugar and cook for 2 minutes. Leave to cool.

Heat the oven to 200°C (180° fan) gas 6. Grease a large baking tray. Roll out the pastry about 1/2 cm thick. Cut out 4 x 15 cm rounds. Make a shallow cut in the puff pastry circles 1 cm in from the edge and all the way around. Spoon the tomato mixture into the centre of the pastry, leaving the cut edge clear.

Place the remaining tomatoes on top of the filling and scatter with the basil. Brush the edges with beaten egg, and bake for 20 minutes until the pastry is golden.

Recipe by Carol Wilson

Local Razor Clam Foraging

Razor clam foraging this Friday 6.30 am.
Places limited - booking essential.
Email ttwk.food@gmail.com for details, to book, or to register interest for future events.

Email us at
admin@westkirbyfarmersmarket.co.uk if you'd like to be added to the circulation. We promise not to pass on your details or use them for any other purpose.

Homegrown Bananas at West Kirby Library

Have you enjoyed the freshly roasted coffees from Neston's Flaming Bean micro roastery available at the market? Come and drink a different coffee from their range at West Kirby Library, on Thursday evening at 5.30pm. Organised by Transition West Kirby, and supporting the library Friends, an arts event with a difference - coffee, music, poetry & convivial company.

Local beer, local music, local food

Peerless Brewing Company, an independent microbrewery based in Birkenhead, are running Hoylelake Beer Festival at Hoylelake Community Centre this weekend - Friday evening, Saturday afternoon & evening and Sunday afternoon. There will be over 60 different beers, plus a range of ciders and wines, and great music and food. West Wirral BBQ company will be there, with home made burgers from locally sourced meat made and cooked for you by Dean the butcher at Al Roberts.

Tickets from Community Centre (or peerlessbrewing.co.uk) - all profits from this event will go to the Parade Community Centre to raise funds for a lift, in order to improve access for people with mobility difficulties.

A Goodbye...

We're very sorry to say goodbye to Angela's Farmhouse Preserves - she has decided to concentrate on exciting new developments with her food technology business. Good luck with that - we still hope to see you shopping at the market, and growing on your allotment in West Kirby!

...And a Hello!

We're happy to welcome Mike Morton (and Jayne), of Find Inspiration in Food. Mike has worked hard over several years to develop his great brand of homemade luxury jams, jellies, marmalades, sauces & chutneys.

He uses lots of local produce, and is often to be found buying fruit & veg direct from Claremont Farm Shop. He makes everything the traditional way, by hand in his Hooton kitchen, so you can be sure that his produce contains wholesome ingredients - no artificial colours, flavourings or preservatives. It's all suitable for vegetarians and vegans.

Over the years he has experimented with new lines and listened to what people want. His range of preserves changes seasonally, and includes the old traditional favourites, but also some interesting new flavours - Boozy Damson Jelly, or Raspberry & Lavender Extra Jam. He has also developed some delicious sauces for adding a zing to casseroles or stir fries, such as Pear & Five Spice, or Orange & Ginger.

Many of you will have met Mike as a regular stall holder at Hoylelake Local Food Fair or Wirral Farmers' Market, or bought his produce from local delis. If you haven't - try it this week - you won't be disappointed.

24th August Market Specials

Anju's Indian Cuisine - cauliflower potato & runner beans with cumin; aubergine & sweet pepper tamarind medley; 3 bean traditional curry from Kashmir.

Backford Belles - award-winning White Chocolate & Passionfruit ice cream.

Bryn Cocyn Organics - Organic peppers, aubergines, tomatoes, courgettes. First apples of the season - *George Cave*.

Veggie Fayre - Spelt pizza topped with organic veg from a local project for people with learning difficulties.

Little Eye - Walnut loaf, cheddar & cayenne loaf, fresh herb & cheese focaccia.

Flaming Bean - Swiss Water decaffeinated Costa Rica coffee.



Market dates

4th Saturday every month
9am - 1pm

Saturday 24th August 2013
Sat 28th September 2013
Saturday 26th October 2013
Saturday 23rd November
1023 Sat 21st Dec (3rd Sat this time!)

How to 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, 24, 38, 39, 77, 77A, 83, 83A, 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 the town centre; and for blue badge parking only, in the

Mary Walton, our inimitable market scone baker loves a challenge.

She's set her mind on developing healthier additions to the usual tea time favourites. For this market, and in very limited numbers (get there early!), she'll be trying out some very special cakes:

- Fat-free, no-added sugar, gluten-free fruit cake
- Fat-free, dairy-free, gluten-free orange and almond cake
- Fat-free tea bread

Mary is working on other fat free, no-added sugar (but no artificial ingredients!) cakes, but having difficulties and would love to hear from you if you have a recipe for something like this. Do not doubt, Mary won't give up until she's worked it out - so watch out at future markets if you too are searching for healthier tea time treats.

Local Food matters at BBC Radio 4 Gardeners' Question Time (GQT)

WKFM producer cookery demos at the GQT Summer Garden Party, Ness Gardens, Saturday, 7th September

This year's repeat performance of the Summer Garden Party at Ness Gardens has a lot to offer both gardening and local food lovers, including cookery demonstrations from some of the West Kirby Farmers Market producers. Anju Chandna, North Indian culinary specialist, Yasmin Limbert who was WI 'Cook of the Year' for 2011 and a quarter finalist in the BBC Great British Bake Off and Malcolm Williams, local artisan baker; will be appearing alongside Claire Lara, Masterchef winner 2010. All will be using local seasonal produce grown specially for them in the potager at Ness.



Anju, Claire Lara, Yasmin, Malcolm, and Ness gardener Rachel Saunders

All the usual GQT suspects will be there (Christine Walkden, Bob Flowerdew, Eric Robson, Pippa Greenwood ...) plus new faces James Wong and Carol Baxter. As well as two GQT recordings, Ness and GQT gardeners will be doing demonstrations and giving personal advice on your gardening dilemmas.

As Kevin Reid, Director at Ness Gardens put it "We are planning more demonstrations, activities and stands than before". The fabulous specialist growers of the Plant Hunters' Fair are back so you can get going straight away with your newly acquired knowledge on what to grow in your garden. You can meet the Ness chickens and bees, take tours of the splendid Gardens and enjoy Ness flavoured ice cream.

Tickets £8.50 available from Ness Botanical Gardens website www.nessgardens.org.uk