



Newsletter 23rd February 2013

West Kirby Farmers' Market
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Special offers for this market

Friarspark Jacobs - 20% off whole and half lambs.
Whole lamb for £80 instead of £100, Half Lambs for £44 not £55
and a new medium pack for the Feb Market (approx £25). Also
offers £2 off all marked joints. Full details on Friarspark website
www.friarsparkjacobs.co.uk.



Veggie Fayre - special offer 2 pots
hummus (1 original & 1 beetroot)
for £3.50 - normally £2 each.

Tasty Bakes of Hoylake Special
offer price £15 per boucake for all
orders paid for before the end of
February - applies to classic rose
buttercream boucakes only, (see
picture on left - usual price £18).

Little Eye Bakery



Malcolm Williams launched Little Eye Bakery in 2010 to meet and stimulate demand for local, high quality craft breads.

He is a believer in the slow food approach - working with wild yeast starters, slow fermentation techniques, hand-kneading, and organic and local sourcing. There are no preservatives or artificial additives.

He works largely from home, making a variety of hand-moulded and tinned sourdough breads for farmers' markets, customers, and local outlets such as Aubergine café, Honest-to-Goodness vegan/organic grocers, and Palm's delicatessen.

6th Hoylake Local Food Fair



**Cooking demos from Julian
of Julian's Restaurant
Cupcake decorating workshop**

**Sunday 3rd March 10am - 2pm
Hoylake Community Centre
Hoyle Road, Wirral CH47 3AG
free admission**

WKFM's monthly e-newsletter, gives you news from producers, seasonal recipes, special offers (from the market and local retailers) and details of other local food events that we're organising.

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

23rd February Market Specials

Homemade chorizo sausage from Gloucester Old Spot pork in a French roll	Manna Foods
Raj eggs, traditional and black pudding scotch eggs	Yasmin Limbert
New 'homegrown' book - A Potent Nostalgia	Bryn Cocyn
Fresh dressed Anglesey crabs	Derimon Smokery
Cream of mushroom soup	Souperlicious
Beetroot hummus, vegetarian terrine, veggie scotch eggs	Veggie Fayre

Seasonal Recipe - Roast lamb with garlic and herbs

1.5kg leg of lamb
1 tbsp olive oil
salt
freshly ground black pepper
8 - 10 cloves garlic
2 onions, roughly chopped
3 sprigs thyme
2 bay leaves
1 wineglass dry white wine
150 ml water
1 tbsp white wine vinegar
1/2 lemon, juice

Heat the oven to 200°C (180°F) gas 6.

Rub the lamb with the olive oil and season with salt and pepper.

Put the garlic cloves and onions into a roasting tin with 2 sprigs thyme and the bay leaves.

Put the white wine, water, vinegar and lemon juice into a pan and bring to a boil. Pour over the garlic and onions. Place the lamb on top and sprinkle with thyme from the remaining sprig.

Cook for 15 minutes. Reduce the oven temperature to 180°C (160°F) 350°F gas 4. Cook for a further 60-80 minutes, until the lamb is tender.

If the onions and garlic become too dry during cooking add a little more water.

WKFM recipes written by Wirral food writer, Carol Wilson

RUBIS

COFFEE LOUNGE & BAR

Cut out and present this voucher for
1 FREE CUP OF TEA OR COFFEE
with every purchase of food at RUBIS

Valid until Saturday 2nd March. One per household.

At 3 Banks Road CH48 4HD Open Mon - Sun: 10am to 11pm
Come for breakfast, lunch, coffee or drinks and enjoy our relaxed atmosphere,
and great range of coffee, tea, cakes, sandwiches, panini & world beers/wines.

Market dates

4th Saturday of every month
9am - 1pm

Saturday 23rd February 2013
Saturday 23rd March 2013
Saturday 27th April 2013
Saturday 25th May 2013
Saturday 22nd June 2013
Saturday 27th July 2013
Saturday 24th August 2013
Saturday 28th September 2013
Saturday 26th October 2013

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 railway station.

By car: Parking for the market is not easy. Park on Meols Drive and in the town centre; and blue badge parking in the Church Hall car park.



New this month - Mary, of Mary's Homemade Cakes will be introducing her ready made scone mixes to the market.

Simply add an egg and buttermilk or yoghurt, or freeze until you are ready, and enjoy Mary's scones warm and fresh any day.