



Newsletter 22nd February 2014

West Kirby Farmers' Market
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22nd February Market Specials

Pen-y-lan Pork - Moroccan spiced sausages, pork & apple sausages, gourmet meatballs.

John Jones Market Garden - Homegrown new season spinach, horseradish and Jerusalem artichokes.

Little Eye Bakery - Following up our Chelsea buns (pic right) with more sourdough yeasted buns – this time with sweet almond filling - plus the unique 8 doughs that we use to make our range of breads.



Yasmin Limbert - Pea & ham tarts and peach cobbler.

Veggie Fayre - Chilli & lime hummus; coriander & lime hummus; a tasty ricotta & spinach pie sold by the slice, and chocolate brownies.

Find Inspiration in Food - Sweet onion relish, new season Seville orange marmalade and orange & whisky marmalade.

Aunty's Kitchen - Vegetable Qurma - an authentic qurma, spicy and fragrant. (A million miles away from the sweet & creamy dish of the same name in most restaurants); Tarka Daal - a blend of yellow lentils cooked to a favourite family recipe; Saag Murg- A delicious dish of chicken cooked with spinach & spices.

Souperlicious - Cauliflower & mature cheddar soup; our ever popular butternut squash chilli & ginger and honey roast carrot, both of which are dairy-free this month !!

Seasonal Recipe

From Carol Wilson

Potato and Cabbage Cakes

550 g floury potatoes, diced
200 g Savoy cabbage, finely chopped
25 g butter
1 onion, finely chopped
salt and pepper
25 g plain flour
3 tbs oil

Put the potatoes in a pan and just cover with water. Cover and bring to a boil. Cook for 10-15 minutes until tender. Steam the cabbage over the pan for the last 4-5 minutes, until just tender.

Remove the cabbage, drain and set aside. Drain the potatoes then return to the pan. Add the butter and onion, then season with salt and pepper to taste and mash until smooth. Set aside to cool.

Divide the mixture into 8. Dust a surface with the flour and shape the mixture into small, round patties about 2cm | 1" thick. Chill for 15 minutes.

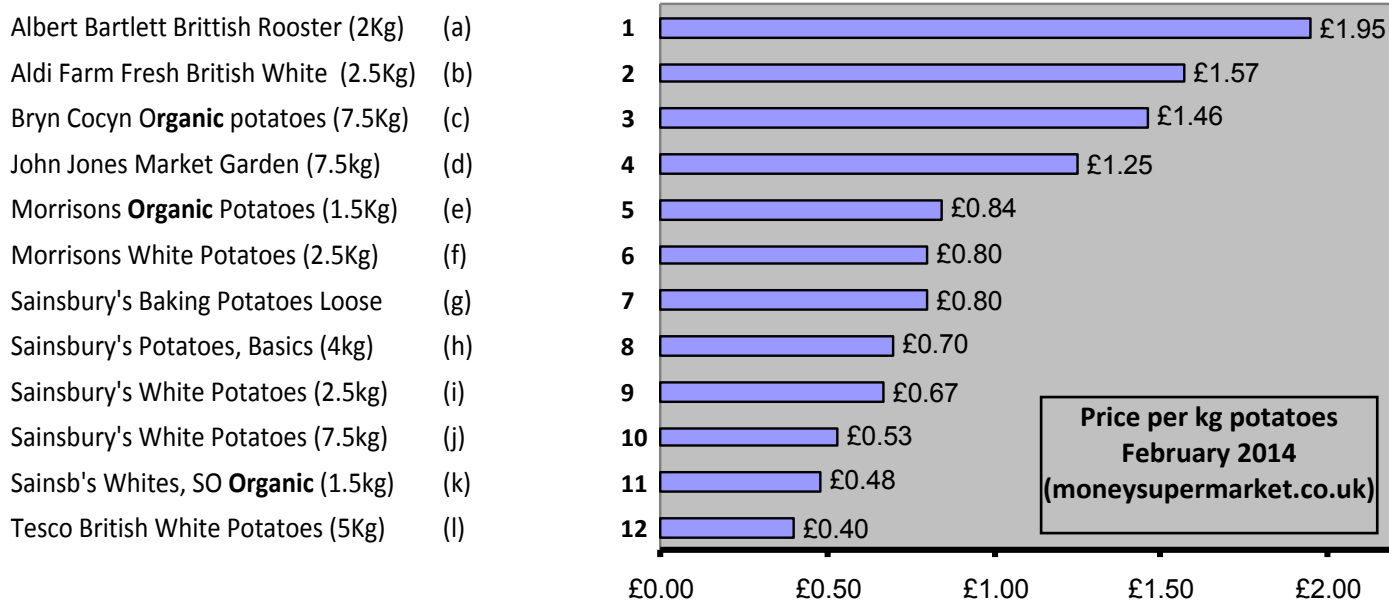
Heat half the oil in a large frying pan and gently fry 4 of the patties for 2-3 minutes on each side until lightly golden. Remove from the pan and keep warm. Add the remaining oil to the pan and cook the remaining patties.

A PEN-Y-LAN PORK Party Plan

Pen-y-lan Pork has a 2014 special offer if you have a party or any special occasions coming up this year and you want full control!!!! Hog Roast machine, gas, free-range pig and full instructions. Pick up and drop off included and no need to clean - all will be taken care of at Pen-y-lan Pork HQ. Will cater up to 100 people. All for £350.



A Price Check - match up the produce with the price (answers at the bottom of page)



St Bridget's Church and Transition Town West Kirby presents

ST. BRIDGET'S BAZAAR

'A People and Earth-Friendly Exchange'

Saturday 1st March 2014

St Bridget's Centre, West Kirby

9.30 am to 2.30 pm

**This month with West Kirby Cycle Hub
Bike-powered smoothies, free cycle maps,
security bike marking, info on guided
rides, bike maintenance, cycle skills
courses, local cycle hire...**

**More info: Andrew 625 4109 or
argibb@btinternet.com**

A new monthly ethical trading post, on the first Saturday of most months, with local, sustainable, environmental & people-friendly products & services.

In March - Bike Hub, Fairtrade goods, Ecover refills, crafts, and activities. We'll have more Wirral-based producers - with pies, cakes, veggie mixes, soups and locally roast, ethically sourced coffee. There'll be a seed swap, allotment produce & preserves, refreshments and locally grown music from Homegrown Bananas.

John Jones beats Sainsburys 'basic', Bryn Cocyn Organic beats Aldi
(a)4, (b)7, (c)10, (d)12, (e)3, (f)6, (g)1, (h)11, (i)5, (j)9, (k)2, (l)8

A Price Check answers

Market dates

4th Saturday every month, 9am - 1pm

Saturday 25th January

Saturday 22nd February

Saturday 22nd March

Saturday 26th April...

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 Church Hall car park.

Fresh Local Food, Local Music, Real Ale

Drop in to West Kirby Beer Fest this Sunday, 2-6pm at St Bridget's Centre, to experience a beer festival with a difference. Free entry (subject to numbers).

Oli, chef at Lattitude is creating a fab locally-sourced menu. Pulled pork batches (free-range pork sourced by A.I.Roberts from China Plate Farm), or homemade spicy chickpea burgers as a veggie option. Both with homemade coleslaw (all veg. donated by Colin Lunt), and Oli's chipotle sauce or Hickory's BBQ sauce.

To accompany this, try one of the craft beers or ciders specially selected from small independent breweries and great live music from our very own Homegrown Bananas. Families welcome in the Hilbre room.