



Newsletter 26th July 2014

West Kirby Farmers' Market
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26th July Market Specials

Find Inspiration in Food - will have four tasters available for customers to try this Saturday - English Strawberry Extra Jam, English Cherry Extra Jam, Red Tomato Chutney and Rhubarb Chutney. Ideal for afternoon Tea or BBQ's respectively.

Aunty's Kitchen - Keralan Chicken Curry; Tarka Daal - yellow lentils; Paneer & Shimla Mirch - paneer cheese with bell peppers; Channa Chaat - tangy chickpea & potato salad

Pen-y-Lan Pork - in addition to all the usual sausages, we'll have bacon, meatballs, small ham hocks, belly pork strips, sausage rolls & gluten-free sausages.

Veggie Fayre - Baby organic beetroot Tarte Tatin.

Lost & Found

Here at the market we're building up a nice little collection of items left behind by shoppers. At the moment, we have a necklace, a fleece (which I'm looking forward to wearing if not claimed), and most interestingly, some keys found at the last market. Please ask us if you think they might be yours - I can always resort to asking Santa Claus for a new fleece.

Seasonal Recipe by Carol Wilson

APPLE, CELERY AND RICE SALAD

4 crisp eating apples
1 tbsp lemon juice
2 sticks celery, sliced
250 g cooked rice
50 ml whipping cream
200 ml plain yoghurt
3 tbsp apple juice

To garnish
snipped chives

Core the apples and slice thinly, tossing them immediately in the lemon juice in a large bowl. Add the celery and rice.

Whisk the cream until thick, then fold in the yoghurt and apple juice. Pour over the apple mixture, and toss gently to coat.

Divide between serving bowls and serve immediately, garnished with snipped chives.

Farmers' Market dates

4th Saturday every month
9am - 1pm

Saturday 23rd August
Saturday 27th September ...

How to get there:

On foot or by bike: 400m 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 to 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 allotment produce for sale Sun 27th July at Hoylake Allotment Open Day

12-4 pm

Explore our Allotment Gardens

Something for all ages!

- Plants, herbs & vegetables for sale
- Cake & jam stall
- Bric-a-brac, books & jigsaws
- Burgers, refreshments & live music
- Children's activities / Circus Skills
- Bee keeping & wildlife
- Spinning demonstrations
- Raffle prizes & tombola

end of Sandringham Avenue, Hoylake
(over the railway crossing near Manor Road station)



Chester Food Assembly - linking local producers and customers.

What is the Food Assembly model? - It's a web platform where people can club together to buy food online, directly from their local food producers. It is a truly collaborative network where members interact digitally and in person, thus building community links. Local producers gain independence and liberty while building a direct and sustainable relationship with their consumers. Any individual or group of people can easily organize and manage a short distribution system in a local community.

How is a local Food Assembly organised?

- 1) An individual, an association or a company decides to start an "Assembly" in a public venue (hall, school, pub...)
- 2) The Assembly Host gets in touch with local farmers and food producers to invite them to supply produce
- 3) The Assembly recruits members: neighbours, friends, friends of friends
- 4) With farmers subscribed to the platform and at least 80 members registered to the Assembly, the adventure starts!



How does it work in practice?

- 1) Local producers post their produce onto the Food Assembly website
- 2) Members buy their produce online. Questions are sent directly to producers.
- 3) If the minimum total order for that producer is met, the producer travels to the distribution point at the same, weekly time and hands over produce.

The network is just starting in the UK, with a few Assemblies opening during the summer.

The Chester Food Assembly will be open in September. It is currently building its network, recruiting members and sourcing amazing local food, ranging from organic fruit and veg to free-range pork sausages. www.facebook.com/TheChesterFoodAssembly

Signing up as a member is free. Follow the link and be part of the food revolution! www.foodassembly.com

It has been a little over three months since Whitmore & White opened in Heswall and the dedication of owners Joe Whittick and Jamie Moore to local producers has certainly become apparent. Joe and Jamie set out

to bring a wide selection of fine food and wine to their home town, so as well as importing specialist food and drink from France, Spain and Italy, they have also developed close relationships with several local artisans and producers.

From the Wirral, there's bread from Little Eye Bakery, Wirral Rocket, seasonal fruit and vegetables, honey by Wirral Countryside Bees, paté by Truly Scrumptious – and this is all before we mention the fresh basil pesto, orange juice, patisserie, quiches, pies and baked goods all made in store! Add to this their great range of foods from producers in surrounding counties, including sausages by Pen-Y-Lan Pork, preserves by Goetre Farm, beers from the new Parker Brewery in Formby and a selection of divine scotch eggs by Orchard Pigs.



There is also a very interesting selection of wine, beer and spirits on offer. There is a mind-boggling display of eighty different types of whisky and hundreds of other spirits including locally produced Liverpool Gin and locally produced craft beers. And then there's the wine! Whitmore & White's resident grape guru Graham Simpson has put together the most astonishing collection of new and old world wines, with emphasis on wines made by smaller producers and vineyards. There's a wine to suit every palate & every budget - especially if you pick up a free LiveShopLocal loyalty card which gives a very generous 5% off all purchases over £10!

The team also host regular food & wine tasting evenings which have proven extremely popular.



W&W Whitmore & White
Food Hall & Wine Merchants

The shop is open seven days a week at 17-19 Pensby Road, Heswall, CH60 7RA. For the events calendar & opening times, visit the W&W website at www.whitmoreandwhite.co.uk