



Newsletter 27th July 2013

West Kirby Farmers' Market
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Picnic Omelette

150 ml olive oil
500 g new potatoes, thickly sliced
1 onion, chopped
1 red pepper, seeds removed and chopped
6 eggs, beaten
salt and pepper
4 slices cooked ham, chopped

1 Heat the oil in a large frying pan, add the potatoes, onion and pepper and cook very gently, partially covered, for 30 minutes, stirring occasionally until the potatoes are softened. Strain the potatoes and onions through a colander into a large bowl and reserve the strained oil.

2 Stir in the eggs and season with plenty of salt and pepper.

3 Heat a little of the strained oil in a smaller frying pan. Put the mixture and the ham into the pan and cook over a medium heat until almost set.

4 Invert onto a plate and slide back into the pan and cook for a few more minutes. Invert twice more, cooking the omelette briefly each time and pressing the edges to keep the shape. Slide on to a plate to cool for 10 minutes before serving. Eat hot or cold.

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.

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.

27 July Market News

Backford Belles - new green apple sorbet & new rocky road ice cream, also our Royal Britannia - raspberry fudge pieces & blueberry sauce.

Bryn Cocyn - Lots of new fruit & vegetables this month - potatoes, spinach, tomatoes, courgettes, chard, beetroots, cucumbers, lettuces, french beans, gooseberries, redcurrants.

Yasmin Limbert - Coconut & jam shortbread slice.

Truly Scrumptious - Port & cranberry chicken liver pâté.

Veggie Fayre - Courgette, tomato and aubergine tart along with the usual chickpea or beetroot hummus for nice hot summer days.

Dolwen Farm Shop are away this month, but there'll still be Welsh Black Beef and Welsh lamb from **Bryn Cocyn**, rare-breed Jacob Lamb from **Friarspark Jacobs**, and a range of Gloucester Old Spot pork sausages from **Pen y Lan Pork**.

Anju's Indian Cuisine - Red peppers stuffed with a tangy spicy potato mash, & freshly cooked Samosas to an age old recipe from the streets of Old Delhi!

Local foraging events

Transition Town West Kirby coordinates a number of local foraging events over the year, looking at what wild foods are edible and what's not in different seasons. In spring or autumn there are often foraging expeditions for razor clams. Then a fungus foray in the autumn (October) and a walk to look at the wild food along the Wirral Way (usually in the springtime). Email to join the ttwk monthly email group if you're interested in joining one of these - email ttwk.food@gmail.com.

Market dates

4th Saturday every month, 9am - 1pm

Saturday 24th August 2013
Sat 28th September 2013
Sat 26th October 2013
Sat 23rd November 2013
Sat 21st December 2013
(3rd Sat - because of Xmas)

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.



Photo from fungus foray 2012



Local resident Pete Larkin brought his camera to the market last month and sent us some great photos of the market in action, including these pictures of some of the stall holders. Thanks Pete!



A Wirral first - new veggie & vegan restaurant

Goat cheese and toasted walnut tart with wilted spinach and roasted red peppers, topped with caramelised onions and served with a Greek style salad and herb pesto £7.50

Wild mushroom tagliatelle with a sage and butter sauce £7.95
(Please ask for gluten free options)

Falafel burger served with a houmous dip and twice fried chips £9.00

Pad Thai noodles with seasonal vegetables topped with sesame seeds and fresh coriander £7.50 (with tofu for extra £2)

Pan fried polenta and vegetable ratatouille stack topped with mixed leaves and a baby shallot and balsamic reduction £9.00

Menu sample



Bej Restaurant
20 Market Street,
Hoylake, CH47 2AE
0151 632 1122
Open 12noon - 10pm