



Newsletter 22nd June 2013

West Kirby Farmers' Market
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Strawberry Cheesecake Slice

200 g digestive biscuits, crushed to crumbs
2 tbsp sugar
110 g butter, melted
450 g cream cheese
110 g sugar
1 tbsp lemon juice
1 tsp vanilla extract
2 eggs
400 g sliced strawberries

Method:

1 Heat the oven to 160°C (140° fan) 325°F gas 3. Grease a 23 x 33 x 5 cm | 9" x 13" x 2" baking tin.

2 Mix together the biscuit crumbs, sugar and butter and press into the base of the tin. Bake for 10 minutes, then set aside to cool.

3 Beat together the cream cheese, sugar, lemon juice and vanilla until smooth. Beat in the eggs, one at a time until blended.

4 Pour on top of the cooled base and bake for 18-20 minutes until the filling is just set. Remove from the oven and cool, then chill for about 4 hours until firm.

5 Remove from the tin and cover the filling with the strawberries. Cut into squares to serve.



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.

Mr & Mrs Bourne

The Bourne family has connections with cheese making that can be traced back for at least six generations, when cheese making was traditionally an integral part of life on a dairy farm. Traditional Farmhouse Cheshire Cheese was made by hand, using skills passed down from father to son, and John Bourne's father, from whom much of these skills were learned, came to the farm in 1930 and continued the tradition from that time.

Their cheese is still made on the farm in the traditional 'hands on' way by John Bourne, and his son Tom, the next generation, using milk from their own "Malbank" herd of pedigree Holstein Friesian cows.

Both the farm and the herd are managed in an environmentally responsible manner, with great concern for the welfare of their cows, which leads to the production of high quality milk and subsequently dairy products.



Truly Scrumptious

We're delighted to have a new producer from just outside Chester, selling pâtés spreads and rarebits at this month's market.

All their produce is hand made using all-natural, locally-sourced ingredients. Supplied frozen – simply defrost at room temperature and use within 3-5 days.

Pâté Mexicana

Delicious Mexican-style pâté with the warmth of chilli and tabasco

Port and Cranberry Pâté

A deep, rich flavour with a subtle, sweet edge – our best seller!

Mackerel Mousse

Satisfyingly creamy with smoky undertones and a touch of citrus zing

Vegelicious! (V)

A moreish red lentil spread with the sultry taste of sun dried tomatoes

Cheddar Rarebit

A traditional, tangy rarebit – simply spread on toast and grill lightly

Cheddar & Stout Rarebit

Our delicious rarebit taste with the added depth of a good dash of stout



22nd June Market Specials

Angela's Farmhouse Preserves - A new relish for market this week - corn relish with a lovely crunchy texture and wonderfully bright appearance. This tangy relish is a perfect barbecue preserve enlivening barbecued meats such as chicken, sausage and burgers. There will be two versions one with a kick and one without both on special launch offer for £2. Also fresh home made lemon curd, with a wonderfully lemon tang invoicing memories of childhood summer days.

Anju's Indian Cuisine - A new addition for this market - pakoras with a seasonal twist - leek and new potato pakoras spiced with carom. Two new curry dishes - cauliflower, potato & new season sugar snap peas subzi, and a traditional chick pea dish from the Punjab. The popular aubergine dish from the last market to be repeated by special request.

Backford Belles - Summer favourites - Bountie and Raspberry Ripple ice creams, plus Belles - their plain old fashioned creamy ice cream - the perfect accompaniment for for strawberries.

Brun Cocyn Organics - Should have organic salads, courgettes perhaps, even cucumbers, but the fruit & vegetable season is slow this year.

Souperlicious - Dairy free butternut squash chilli & ginger soup as well as the Wirral watercress & new potato, and a new roast plum tomato and basil soup, this is excellent either chilled on a hot sunny day or warm on a typical English summer day.

Truly Scrumptious - Homemade pâtés, spreads and rarebits

Veggie Fayre - Goats cheese tarts, and a local asparagus & new potato tart with dill and nutmeg pastry.

Market dates

4th Saturday every month
9am - 1pm

Saturday 22nd June 2013
Saturday 27th July 2013
Saturday 24th August 2013
Sat 28th September 2013
Sat 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 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.

Anyone for a spot of charity cricket tea?

Two of the West Kirby Farmers' Market committee members - Mary Walton (Mary's Homemade Cakes) and local food writer Carol Wilson (who also writes our recipes) are teaming up to do a series of charity cricket teas at Burton Cricket Club this summer. All proceeds will go to the Roy Castle Lung Cancer Foundation and Marie Curie Charity.

The matches will appeal to all ages, but even if you don't appreciate cricket why not take a book or go down with friends to enjoy the classic, perfect homemade afternoon tea. On the menu is a choice of sandwiches (home cooked salmon, locally produced egg mayonnaise, Bourne's Cheshire Cheese and homemade pickle, home cooked ham), homemade cakes, freshly made scones (homemade jam & clotted cream) and a cup of tea with free refill, all for only £7.50.

All matches are from 2pm to 6pm on: Sunday 23rd June, Sunday 7th July, Sunday 4th August and Sunday 8th September at Burton Cricket Ground, Dunstan Lane, Burton CH64 5TH (behind Gladstone Village Hall).
www.cricketteas.co.uk - info@cricketteas.co.uk - 0151 353 8036

