



West Kirby Farmers' Market



News

Next market - Saturday 27th June 2015



Bongo's Rock & Roll Pickles -

Chilli jam, chilli crush, Indian chilli pickle and jerk sauce.

Veggie Fayre - I have acquired some freshly picked broad beans that I am going to make into a tart with carrot tops and mint. I've also got hold of some local fresh beetroot for the hummus. And last but not least, we are making a quinoa, sweet potato, chilli & ginger bake which will be gluten free and dairy free.

Bryn Cocyn Organics - Fresh new-season lamb, frozen Welsh Black beef, courgettes, cucumbers, salads, chard, spinach, strawberries...

Chocolate Cellar - Thai Temptation Truffles (made



27th June Market Specials



with coconut and lemongrass), and 80% chocolate buttons.

Billy the fish - I'll be bringing fresh, locally caught wild sea bass, salmon, sea trout, cod, hake, plaice, Dover sole, crab & shrimps.

Funky Flapjacks - Despite the lack of warm weather there is some lovely soft fruit around so I will be making the Strawberry & Almond Cake again. I have also tried a new gluten free Orange & Almond cake which was very well received by my taste team - so do come and try it.

Find Inspiration in Food - New season English Strawberry Extra jam.

Keep a look out for the *Big Food Trip*

This Week Chester Food Assembly was visited by Sir Terry Wogan for a new tv series. Terry & Mason's *Big Food Trip* is due to be shown on BBC Two in the Autumn.

In the programme Terry teams up with Mason McQueen (A Cabbie Abroad). With Mason driving his black London cab, and Terry in the back seat, they tour the UK looking at

the best of local food and how it has changed over the years, recreating the journey described in the 1963 book *British Bouquet: An Epicurean Tour Of Britain* by Samuel Chamberlain.

Keep a look out for their trip to Chester, where they filmed this week, visiting The Chester Food Assembly and some of our market producers - Red Poll Beef - Ollie's Orchard - Pen Y Lan Pork - Find Inspiration in Food - Tiresford Guernsey Gold - The Chocolate Cellar.

July Diary Dates

See more details on the Farmers' Market website

Thurs 2nd July 10.30am - 1pm
GROWING & USING HERBS

Thursday 2nd July 6pm to 9pm
MOMO MAKING COURSE

Saturday 4th July 10am to 2pm
NESTON FARMERS' MARKET

Saturday 4th July 10am to 4pm
INDIAN COOKERY COURSE

Sunday 5th July 10am to 2pm
WALLASEY FOOD FAIR

Fri 10th July 1.30 pm to 3.30 pm
GROW & USE EDIBLE FLOWERS

Saturday 11th July 9am to 1pm
WIRRAL FARMERS' MARKET

Sunday 19th July 10am to 2pm
EASTHAM FOOD FAIR

Sunday 19th July 6pm to 10pm
INDIAN COOKERY COURSE

Thursday 23rd July 10am to 1pm
COOKING WITH HERBS

Friday 24th July 6pm to 10pm
INDIAN COOKERY COURSE

Saturday 25th July 9am to 1pm
WEST KIRBY FARMERS' MARKET

Thursday 2nd July 10am
NEPALESE COOKERY COURSE

Sunday 26th July
CHOCOLATE WORKSHOPS
With The Chocolate Cellar

NEW - BONGO'S ROCK & ROLL PICKLES

A big farmers' market welcome to Manny Elias (Bongo) and his wife Deborah Bouchard, bringing us their fabulous original recipe chilli condiments, all made by hand in the kitchen of their Cheshire home.

Whether you prefer hot, tangy, spicy, sweet, mild or extreme, their sizzling chilli jam, chilli crush, Indian chilli pickle and jerk will bring a spark to anything on your menu.

The business is new this year, but they have a passion for chillies and their present range is just for starters.

Interestingly, there's an awful lot we're not telling you about Manny & Debs and their produce here - so take a look at their website to get to know a bit more about them, and to whet your appetite for Saturday with information & recipe ideas in their online shop.



WWW.BONGOSROCKANDROLLPICKLES.CO.UK

GIFT IDEA: For the coffee-lover in your life. . .



Ever wondered how this... is transformed to this... and ultimately to this?

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Cost is £30/ person which includes:

Coffee on arrival

Explanation of the production of green coffee beans

A demonstration of the roasting process (with the opportunity for a hands on experience)

Tasting session

Two bags of coffee of your choice

To book a place or buy a gift certificate, have a word with us at the market, or email enquiries@flamingbeancoffee.co.uk

Chocolatey Nuggets... from *The Chocolate Cellar*

We will be running the children's chocolate making workshops on Sunday 28th June at The World Museum, Liverpool as part of the Maya exhibition – book on arrival to be given a time slot to attend the session.

Our next chocolate making workshops for adults take place on 26th July at Siren in Liverpool. Please note that pre-bookings are essential for these very popular workshops.



We had a lovely time at Farm Feast and a huge highlight was meeting John Whaites (winner of GBBO 2012) who liked our Black Sesame Truffles! ... I'm still grinning from ear to ear about this, so, in celebration I'll be bringing these to the market. We'll also have our vegan, gluten free Thai Temptation Truffles which are made with coconut and lemongrass.

Finally, for all those who have been asking for stronger, darker chocolate we will have our 80% chocolate buttons with us (these are also vegan and gluten-free).

MARKET RECIPE: Make the most of seasonal food

Crispy Oriental Sea Bass

Ingredients:

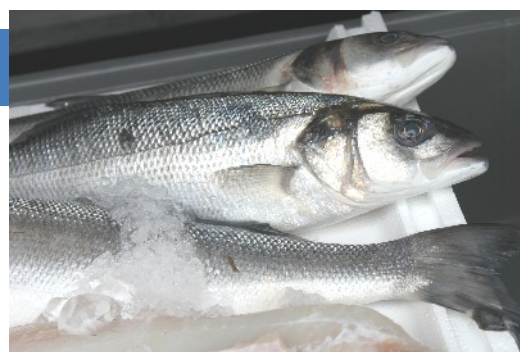
- 2 Sea bass fillets
- Sunflower oil
- 1 Clove garlic
- 1 Fresh red chilli
- 1" Fresh ginger
- 3 Spring onions
- Soy sauce

Cut the garlic, chilli and ginger into fine shreds and put in a bowl together. Shred the spring onions too, but keep them separate.

Slash the skin on the sea bass fillets.

Heat 1 tbsp of oil in a heavy frying pan. When the oil is really hot, put the fish in, skin side down, and fry until the skin is crisp (about 5 minutes), then turn it over and cook the other side for 1 minute. Put on a warmed serving plate, crispy skin side up.

Add 1 tbsp oil to the hot pan and fry the garlic, chilli & ginger until it starts to colour. Add the shredded spring onions together with 1tbsp soy sauce, toss everything together then immediately pour over the sea bass fillets to serve.



we're at...

St Andrew's Church Hall
Graham Road
West Kirby
Wirral CH48 5DE

Where, when & how to find West Kirby Farmers' Market...

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 38, 77, 77A, 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 town centre car parks; and for blue badge parking only, in the Church Hall car park.

on the...

4th Saturday every
month, 9am - 1pm
Sat 27th June 2015
Sat 25th July 2015...

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