



# Newsletter 22nd March 2014

West Kirby Farmers' Market  
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## 22nd March Market Specials

### Eponine Patisserie

- a new mousse cake this week. It's a casket of tempered chocolate filled with chocolate sponge, orange compote, vanilla cream and chocolate mousse. Everything is hand made, right down to the candied orange decoration. We will also have Paris-Brest (praline filled choux pastry rings) and eclairs.



**Veggie Fayre** - veggie scotch egg; potato, onion, creme fraiche & cheese pie.

**Aunty's Kitchen** - Chicken Kofta - spiced Indian meatball curry; Saag Aloo - potato & spinach curry; Dal Makhani - a slow-cooked lentil dish.

**Pen-y-lan Pork** - Black pudding (a very small batch of these - come early if you want to buy some!); gourmet pork burgers; tomato sausages and something a bit different - belly pork strips.

**Backford Belles** - New season Rhubarb & Custard ice cream. Backford Belles won three awards at the National Ice Cream Competition 2014 for the Orange Marmalade ice cream, the White Chocolate & Passionfruit ice cream, and Mango Sorbet.



**The Chocolate Cellar** will be celebrating "Jour de Macaron" which takes place on 20th March every year. There will be a variety of macaron flavours and as part of "Jour de Macaron", and 10% of proceeds from the macaron sales will go to the cystic fibrosis trust. There will also be some chocolate flowers available for Mother's Day.

## Seasonal Recipe by Carol Wilson

### Cauliflower gratin with cheese

800 g cauliflower florets  
200 ml whipping cream  
100 ml milk  
150 g grated strong cheese  
2 eggs  
salt  
freshly ground black pepper  
1 pinch grated nutmeg  
4 tbsp breadcrumbs

Heat the oven to 200°C (180°C fan) 400°F gas 6. Butter a baking dish. Cook the cauliflower in boiling salted water for 3 minutes. Drain well and put into baking dish.

Mix together the cream, milk, 100g cheese and eggs, season to taste with salt, black pepper and nutmeg and pour over the cauliflower. Mix together the breadcrumbs and remaining cheese and sprinkle on top. Bake for 25-30 minutes until golden brown and bubbling.

## A new stall this month Funky Flapjacks

Home baker Wendy Roberts has always been really passionate about good food and about supporting small local businesses. You may have seen her stall at Hoylake Local Food Fair, or tasted the cakes she bakes for Staacks Gallery or Waverley newsagent on Banks Road in West Kirby.



At the market Wendy will be making small cakes, tray bakes, biscuits and flapjacks from her home kitchen in West Kirby. She particularly loves to create new cakes using fresh fruit & vegetables bought from West Kirby Farmers' Market or from Lunt's greengrocers. Try one of her range this week - a delicious carrot cake, beetroot & chocolate cake, a parsnip, sweet potato & orange cake, and more...

# POPCORN POPCORN

Another new stall at the market this month. We're delighted to extend a big welcome to a group of young entrepreneurs who have come together to create "Popcorn Popcorn".

They are all part of a local educational cooperative which meets weekly in Hoylake. There are nine of them in the popcorn part of the group, aged 5 to 12 yrs. To learn about running their own business and having a stall, they asked West Kirby Farmers Market if they could be part of it.

"After lots of popcorn tasting and research we have decided on three core flavours to bring to you this month. These are Salted, Sweet and Chilli. We do hope that you will be tempted by these flavours.

Some of the people coming to the market this month are: Rufus & Arun - both believe they are shy - love sweet popcorn; Robyn and Olivia - have made some fabulous posters. Robyn loves strawberry flavoured and lime flavoured popcorn and is hoping we will be able to produce this soon; Rohan - is imaginative and loves salted popcorn."



**Thursday 10th April**  
10am to 4pm  
**Tranmere Football Club**  
Prenton Road West,  
Birkenhead  
@BettrFoodWirral

## How can we change the local food system for a happier, fairer and healthier Wirral?



**Better Food Wirral** aims to bring together residents, food businesses, community organisations, local government and health institutions to build a better food system.

**RSVP - Rebecca Lewis**  
0151 666 5192  
rebeccalewis@wirral.gov.uk  
or sign up on  
**Eventbrite.co.uk:**  
**Better Food Wirral**  
**Community Conference**

**Join us** to share your views about how, by making new connections across the food system, we could reduce food poverty, strengthen communities, and boost the local economy.

## A Spring Forage along the Wirral Way

Discover what's edible and what's not on a walk along the Wirral Way from West Kirby with Jesper Launder and Transition Town West Kirby. Sunday 13th April 10.30am to about 3pm. Book ahead for this popular event, email [ttwk.food@gmail.com](mailto:ttwk.food@gmail.com) Please put 'Spring Forage' in the subject line. Suggested donation £10 per head.

## St. Bridget's Bazaar Saturday 5 April 9.30am ~ 2.30pm

'A People and Earth-Friendly Exchange' at St. Bridget's Centre, West Kirby. A new ethical trading post, on the first Saturday of most months. This month, as well as crafts, activities, Wirral-based food producers, music & refreshments there'll be an apple tree tree grafting workshop, local allotment growers on hand to answer your fruit & veg growing questions, fruit plants, kids' seed planting & a seed swap.

## Hoylake Local Food Fair



Fresh, local, quality food, direct from the producer

## Sunday 6th April 10am - 3pm

**Hoylake Parade Community Centre**

Hoyle Road, Wirral CH47 3AG - admission free

more producers - more choice - more space

## Farmers' Market dates

4th Saturday every month, 9am - 1pm

Saturday 22nd March

Saturday 26th April

Saturday 24th May

Saturday 28th June...

## 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.