



Newsletter 24th May 2014

West Kirby Farmers' Market
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24th May Market Specials

John Jones Market Garden - Asparagus, new Cheshire potatoes and tomatoes, lettuce.

Y Cwt Caws - Welsh goats' cheeses.

Pen-y-lan - "Pen-y-lan special" Moroccan herb sausages; handmade meatballs; gourmet sausage rolls.

Chocolate Cellar - New macarons - Rose & Ginger; Blackcurrant Sage & Lime; Rocky Road with white chocolate.

Find Inspiration In Food - Wirral Rhubarb & Ginger Sauce; Raspberry Extra Jam with Vanilla.



**** Mix & Match ****

May Offer

From

Crosslea Farm

Buy half a dozen

Extra Large eggs

And

half a dozen

Large eggs

For £3.30 a dozen



Inspirational Ideas

Find Inspiration In Food have two great new products this month. **Rhubarb & Ginger Sauce**, which goes well with warm sponge & custard or spooned over Backford Belles delicious Rhubarb & Custard Ice Cream.

Raspberry Extra Jam with Vanilla - fantastic on hot buttered crumpets or over one of the warm, fresh market scones from Mary's Cakes.

FOOD LOVERS
save money

Join our **free, fun and interactive** Love Food Hate Waste session where you'll learn:

- **Top tips** to help you make the most of your food and **save up to £60 a month**
- **Ideas** on how to pass the message on to **help** your friends, family and community



Saturday 31st May

10am – 1pm

Melrose Hall

Come along & bring a friend

Admission FREE inc. tea/coffee & cake

Melrose Hall
Melrose Avenue
Hoylake CH47 3BU



Seasonal Recipe by Carol Wilson

Risotto with green spring vegetables

2 tbsp olive oil

2 shallots, finely chopped

200 g risotto rice

850 ml hot vegetable stock

300 g peas

2 tbsp chopped mint

50 g grated cheese

salt and pepper

12 runner beans, sliced diagonally and steamed

1 bunch asparagus, trimmed and steamed

Heat the oil in a wide pan and cook the shallots very gently until soft but not brown. Add the rice and stir until the rice becomes translucent then add a ladle of stock and stir until it is absorbed by the rice. Reduce the heat and continue adding the stock one ladleful at a time, stirring constantly, until the rice is creamy and just cooked. You may need to add a little more stock or water.

Add the peas, mint and cheese, season with salt & pepper and continue cooking until the peas are cooked through.

Serve topped with the beans & asparagus.

We're delighted to have award winning Y Cwt Caws goats cheese at market this Saturday. All the cheeses are produced by hand on the farm using pasteurised milk from their free range goats, using vegetarian rennet.

Peli Pabo

Soft goats cheese balls in sunflower oil, in 3 different flavours: plain; garlic & herb; chilli.

milk from their free range goats, using vegetarian rennet.



Mon Wen
(White Anglesey)
A delicious
camembert-style cheese with a punchy flavour.
2 gold stars from the Great Taste Awards 2012.

Farmers' Market dates

4th Saturday every month, 9am - 1pm

Next one - **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.

Only the Curious Have Something to Find

Peet Walsh and Nik Ewen launched Curio restaurant in West Kirby in 2013 with a simple philosophy - to become purveyors of high quality food and drink and to provide their customers with an experience they feel a discerning diner will appreciate. Both Nik and Peet have history in the restaurant industry and have used their combined knowledge and passion to bring you Curio.



The concise but ever-changing menu, using the best quality local produce where possible, enables their talented chefs to create delicious, varied, fresh and seasonal menus. Local food suppliers currently include Edge & Sons butchers who were winners of 2014 BBC Best Food Retailer of the year, Wards Fishmongers and Wirral Watercress to name a few.

The attention to quality doesn't just apply to the food. Curio has an impressive drinks list boasting 50+ World Beers (including a fine local ale selection), a seasonal cocktail list, fine wines, a grand loose leaf tea menu and their own unique coffee blend from Flaming Bean Coffee.

Customer reviews to date have been very complimentary confirming that those who were curious did indeed have something to find.

Sample Menu - Starters

Wirral asparagus, new season Crosslea Farm poached egg, hollandaise; Ness Gloucester Old Spot potted ham hock, toasted sour dough & local cider shot; Wirral wood pigeon breast with Edges chorizo & caramelized apple.

Mains

Neston free range chicken supreme with prosciutto crisp, straw parsnips, wild mushrooms & white wine cream sauce; Willaston Hereford sirloin steak with Portobello mushroom, roasted vine tomatoes & choice of sauce; Ness Gloucester Old Spot 24hr pork belly, apple, mustard mash & crackling; Anglesey sea bass, spiced butternut squash, peppers & caper crème fraîche; Cheese & roast vegetable soufflé with Wirral rocket & spiced poached pear.



Curio are open daily serving lunch from 11-3 and dinner from 5-10. On Sundays Curio serve a traditional roast menu all day. You can also try one of their fresh baked cakes or sample their bar snacks. If you'd like something a little bit special they also serve a grand afternoon tea with cakes from local Eponine Patisserie & Chocolaterie (subject to booking). In order to bring in the summer, they have just opened their south-facing courtyard.

Curio - 119 Banks Road, West Kirby. Tel: 0151 625 4730 www.facebook.com/curioabarandrestaurant