

Newsletter 28th September 2013

West Kirby Farmers' Market
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Courgette & Tomato Provençal

4 tbsp olive oil
2 onions, chopped
2 cloves garlic, crushed
450 g courgettes, chopped
450 g tomatoes, sliced
1 tbsp chopped thyme
salt and pepper
110 g strong Cheddar cheese, grated.

Heat the oven to 180°C (160° fan) gas 4. Grease a baking dish. Heat the olive oil in a large frying pan and fry the onion and garlic for 5 minutes until softened. Add the courgettes and fry for 5 minutes until softened, then stir in the thyme and season with salt and pepper. Put into the baking dish and arrange the tomatoes on top. Sprinkle with the cheese. Bake for 20-30 minutes until the cheese is bubbling.

Fungus Foray

Join Transition West Kirby and Jesper Launder for a fungus foray on Caldly Hill. Saturday 19th October from 10.30 am. Places limited - booking essential. ttwk.food@gmail.com to book.

A taste of Nepal at the market this month.

We're happy to welcome Keshav and Philippa, of Momo Cooking, to the market, bringing you a traditional Nepalese stuffed dumpling - the momo.

Keshav grew up on his family farm in Khotang, a far Eastern district of Nepal. Living in a remote village, where 'going shopping' involved a week's walk meant that most of what his family ate, they had to grow or raise themselves, including rice, vegetables and livestock. Thus, Keshav has a real appreciation for freshness and good quality ingredients, and a passion for making sure they are cooked to perfection.

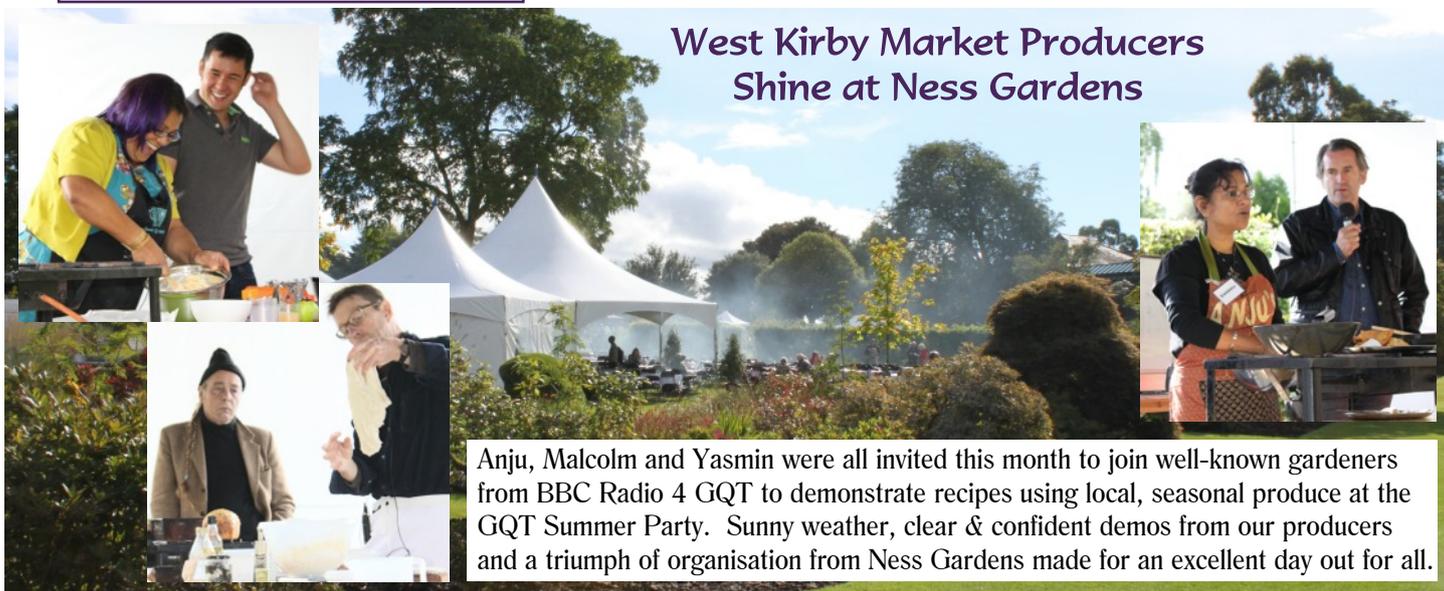


Keshav moved to the UK from Nepal with his British wife, Philippa. When he arrived here, he missed many of his favourite dishes from back home, and set out to rectify this. Friends & family loved his authentic Nepalese dishes, and they were so popular that he branched out into successful cookery demos at Claremont Farm, and catering for events.

You can watch the momos being made and steamed fresh at the market. There will be a choice of either vegetables or beef, seasoned with garlic, ginger and spice mixes, with extra flavour from a spicy tomato and coriander dip.



West Kirby Market Producers Shine at Ness Gardens



Anju, Malcolm and Yasmin were all invited this month to join well-known gardeners from BBC Radio 4 GQT to demonstrate recipes using local, seasonal produce at the GQT Summer Party. Sunny weather, clear & confident demos from our producers and a triumph of organisation from Ness Gardens made for an excellent day out for all.

28th September Market Specials

Anju's Indian Cuisine - a Delhi street snack called "mathis" (pictured), with pickles; a medley of three seasonal veg in five spices; and brown masoor lentils with tangy yellow allotment courgettes.

Little Eye - Cheese and courgette loaf.

Veggie Fayre - Muffins with pine nuts, chilli & local organic courgettes, hummus made with roast organic beetroot.

Souperlicious - Honey-roast carrot, and creamy leek & potato soup.



Market dates

4th Saturday every month, 9am - 1pm

Sat 28th September
Saturday 26th October
Saturday 23rd November
Sat 21st Dec (3rd Sat this time!)

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.

Flaming Bean Coffee Roastery - Coffee of the Month Manolo Andujar - Dominican Republic Barahona Single Estate

The Dominican coffee growers have been working very hard trying to make their coffee products known worldwide. Coffee has been growing on the island of Hispaniola for more than 265 years.

The coffee grown in this Caribbean region is a darker type coffee which has a soft, sweet flavour. This dark Arabica coffee is unique as it does not have the bitter taste that many dark roast coffees seem to have. The coffee from Dominican Republic ranks high in full flavoured coffees. This is a wonderfully rich-flavoured and medium/dark roasted coffee, the pride and joy of the Dominicans. Dominicans have their coffee black in a small cup with lots of sugar. This quality bean provides a rounded body, medium acidity with a taste of chocolate. Barahona is considered by many to be the best coffee of the Dominican Republic.



7th Hoylake Local Food Fair



Sunday 13th October 10am - 2pm

Hoylake Community Centre

Hoyle Road, Wirral CH47 3AG - admission free

more producers - more choice - more space

Gill@hoylakeparade.com 0151 632 2889 www.hoylakeparade.com



Hoylake Community Centre - Registered Charity No. 1143440

Chocolate Workshops

Chocolate Cellar's next full day chocolate making workshop is on 13th October at Claremont Farm.

New workshops in October – fun filled workshops for singles looking to meet someone in a nice civilised atmosphere without the pressure of a “first date”. The aim is to have six men and six women participate in a chocolate making workshop with challenges that they work on together. At the end there is a chance to chat informally. If no romantic sparks fly, at least you have had a great chocolate making experience and have chocolate to console you.

Chocolate Cellar will be having a Christmas preview evening on 13th November. They make vegan chocolate hampers for Christmas – orders need to be placed in advance for these.

West Kirby Market goers can claim a 10% discount from their online shop until 14th October using the code “lovechoc”.

Their hot chocolates are now available at The Little Deli in Hoylake.

