



West Kirby Farmers' Market News



Next market - Saturday 28th February 2015



Bryn Cocyn - Organic Welsh Black beef & lamb - both fresh, but with frozen meat at bargain prices too.



Billy the Fish - A selection of very fresh, very local fish, shellfish & smoked fish, including cod, plaice, hake, grey mullet, shrimps & cockles.

Funky Flapjacks -

Alongside our usual cakes (including extra brownies) our cake of the month is 'sticky prune' - (quite) healthy and delicious. We will also be trying our version of 'Grasmere



Gingerbread' a type of biscuity tray bake which surprisingly originates from the Lake District - a must for all ginger lovers

Ollie's Orchard - Cheshire Apple juice, direct from the orchard.



Yasmin Limbert - I'll be baking meringue topped apple pies, rhubarb crumble and scotch egg pies.

Chocolate Cellar - As well as our truffles and macarons we will be bringing along vouchers that can be purchased for Mothers Day for our Chocolate making workshops. We have a range of workshops to choose from and details and dates can be found on www.thechocolatecellar.co.uk/workshops.

These can also be ordered in advance and picked up from the market on 28th Feb.

Aunty's Kitchen - This month we will be cooking Chicken with Spinach, Lobia (black eyed beans), a potato and leek curry and a cauliflower curry.

March Diary Dates

See more details on the [Farmers' Market website](http://www.farmersmarketwestkirby.co.uk)

Sunday 1st March 10am to 2pm
WALLASEY FOOD FAIR

Thursday 5th March 6pm to 9pm
MOMO MAKING COURSE

Saturday 7th March 10am to 2pm
NESTON FARMERS' MARKET

Sunday 8th March 10am to 3pm
HOYLAKE LOCAL FOOD FAIR

Sunday 8th March 10am to 1pm
SAUSAGE MAKING COURSE

Tuesday 10th March 1pm to 4pm
CAKES & BUNS DEMO from chefs of Garden Kitchen at Ness Gardens.

Saturday 14th March 9am to 1pm
WIRRAL FARMERS' MARKET

Thursday 19th to Sun 22nd March
THE FOOD FOR REAL FILM FESTIVAL

Saturday & Sun 21st & 22nd March
GLUTEN-FREE BAKING COURSES

Saturday 28th March 9am to 1pm
WEST KIRBY FARMERS' MARKET

Sat 28th March 9.30am to 2.30pm
DAL BHAT COURSE Nepalese cooking

Sunday 29th March 2pm to 4.30pm
MAKING SAUCES & GRAVIES

With The Real Food Cookery Club.

At St Bridget's Centre. Email realfoodclub@aol.com

Tel: 0794 115 4073 or Facebook

KEEP YOUR FRIENDS CLOSE AND YOUR FARMERS CLOSER
LOCALLY GROWN FOOD FROM
LOCALLY GROWN FARMERS



Where was the peanut butter last month?

Sorry if you came for the Funky Nut peanut butter last month and couldn't find it. There was a last minute hitch with the machine which grinds the peanuts. It just shows, though, that one of the wonderful things about their peanut butter is that it's so freshly made. They can't come to the February market, but will be there on March 28th.

New this month - Ollie's Orchard

A big welcome this month to Wendy Merrick.

Wendy has the fantastic but arduous role of looking after one of Cheshire's largest orchards (formerly Eddisbury Fruit Farm) comprising over 1600 trees with 18 different varieties of apple which produce a range of exceptional juices.

The majority of Wendy's apples are mid to late season and are picked between mid August and the end of October. All the fruit is hand selected by family and friends who are trained to pick only the very best fruit. Once the fruit is picked & graded, they process, bottle and gently pasteurise the juice on the farm using the very latest production equipment.



Ollie's Orchard

The trees in the orchard are approximately

40 Years old and comprise

some really interesting and unique varieties such as St Edmunds Pippin which produces an extremely complex russet juice, unique to Cheshire! As well as the assortment of classic juices such as Cox's Orange Pippin, they also have the largest selection of Russet varieties within the region which are a true delight and will surely tickle your taste buds!



Join a coastal foraging course with Matt of Eden Wild Food



You will learn to collect, identify and prepare over 30 species of edible plants, including having a go at making your own wild food vegetarian sushi. Depending on the conditions, we would expect to find Common Mussels, Periwinkles, Sea Aster, Sea Purslane, Marsh Samphire, Sea Arrowgrass, Sea Sandwort, Sea Buckthorn, Sea Rocket, Black Mustard, Sea Beet, Wild Carrot, Wild Mint, Sea Radish, Scurvygrass and more.

**Saturday 25th April 11am to 3.30pm - Parkgate/Thurstaston
Tickets £30 adults 16+, £15 for children 5+.**

**For details / booking visit
www.edenwildfood.co.uk**

MARKET RECIPE: Make the most of seasonal food with Carol Wilson

Pan-fried sea bass with pasta

400 g pasta
boiling salted water
3 tbsp olive oil
4 sea bass fillets
225g bacon, diced
1 sweet potato, diced
4 - 5 tbsp pesto
10 - 12 cherry tomatoes, halved

Cook the pasta in a pan of boiling salted water according to the packet instructions. Heat half the oil in a frying pan and fry the sea bass, skin side down for 5 minutes until the skin is crisp. Turn the fish over and cook the other side for a few minutes until the fish is cooked through. Add the remaining oil to the pan and cook the bacon and sweet potato until lightly browned and tender. Drain the pasta and return to the pan. Stir in the pesto over a low heat. Stir until the pasta is coated, then stir in the tomatoes, bacon and sweet potato and heat through. Place on warm serving plates and place the fish on top.



A Tasty Recipe From

We're three best friends who LOVE creating, eating and talking about good food! (Two of us just happen to be sisters as well.)

One of the things we had in common whilst growing up is that almost every weekend we would find ourselves helping our mums and aunty-jis prepare delicious food for get-togethers with family and friends!

Guided by these skilful and knowledgeable aunties, (and one or two uncles!), we learnt the art of preparing elegant Indian family meals of simple refinement. We believe that we have been uniquely privileged in having grown up with some of the best Indian cooking in Britain; the cooking that was taking place in our Auntys' Kitchens.

We thought you might enjoy making one of our recipes at home:



Besan Cheela (Chickpea Pancakes)

Makes approx 8 pancakes - Vegan & Gluten Free

- 2 cups chickpea/gram flour
- 1 small very finely chopped Onion
- 1 finely chopped Green Finger Chilli or 1/2 tsp red chilli powder
- 15gm finely chopped Coriander
- 1 tsp Ajwain / Carom seeds (optional)
- 1/2 tsp Cumin seeds
- 1/2 tsp Garam Masala or to taste
- 1 tsp Salt or to taste
- Water to make batter
- Ghee for cooking (or oil if preparing Vegan pancakes)

Begin by toasting the cumin seeds in a dry frying pan over a medium heat for 2-3 minutes, or until the seeds begin to take on a darker colour and the aroma intensifies.

Remove from the pan and grind them in a pestle and mortar.

Sieve the chickpea flour into a large bowl and add all the remaining ingredients except the water.

Now start adding small quantities of water to make a smooth batter.



Add water till it comes to the consistency of double cream.

Let the batter rest for around 20 minutes.

Use a non-stick or heavy frying pan over a medium heat.

Put a few drops of oil or ghee, in the pan and spread it around using a piece of kitchen paper.

Ladle one large tablespoonful of batter evenly in the centre of the pan and using the back of the ladle quickly spread the batter evenly across the pan.

Add some more drops of oil around the edges of the pancake, the upper surface will start to change colour and the underside will become golden brown.

Turn the pancake and cook until the underside is also crisp and golden.

Repeat with rest of the batter. Serve hot with a coriander chutney or tomato sauce.

FOOD HEROES: Getting to know the people who produce your food

Yasmin Limbert was a familiar face to many of the regulars at Neston and West Kirby Farmers' Markets even before she started her monthly stall at both (Neston the first Saturday and West Kirby the fourth Saturday of each month).

She had entered the national WI Cook of the Year competition on a whim in 2010, and astonished herself by winning. Her £2500 prize was spent on a *huge* range cooker, and the following year saw Yasmin on our TV screens week after week baking-on-the-brink in Series 2 of the Great British Bake Off. She made it to the quarter finals before turning her attention to making West Wirral a very, very happy place for cake-lovers.

Since then she has set up a full time cookery business, teaches schoolchildren how to cook - "you know, proper cooking, not opening a jar of sauce", gives occasional demonstrations and is in great demand for her talks (centring on her hilarious insider's lowdown on the GBBO). As well as the Farmers' Markets, she also supplies many of the popular cafes in Wirral with her delicious baking, all freshly made and different for each establishment (including The Marina, Aubergine, Toast, Linghams, Mills...)

Yasmin also gave hugely popular cookery demonstrations at the acclaimed Gardeners' Question Time Summer Garden Party at Ness Gardens (as did two other WKFM regulars – more of that another time) where she was paired, to her joy, with the delectable James Wong.

If you haven't been to West Kirby Farmers' Market yet, make February 28th a date and make a beeline for Yasmin. Her apple frangipane may be indescribably luscious (it is) but it is her passion for the food she produces, her exuberant love of life and her rich and ready laugh which really make buying and eating her fabulous food such a delight.

Three simple steps to get your calories and your comfort...
Meet the woman. Eat the cakes. Feel the warm and happy glow.

It's a pretty unbeatable recipe.



The UK's 'food and film' festival! Liverpool, March 19th-22nd 2015

The Food for Real Film Festival will hit a screen near you this coming March.....in cinemas and other, not so familiar venues! Arts and health collective, Squash Nutrition are curating Food for Real to share dynamic food practice from around the North-West & the globe. A gourmet gathering to explore, witness & savour the social, cultural & political impacts of the foods we eat.

A grassroots festival with an international reach, Food for Real aims to create an open, creative space where people from diverse food backgrounds and with diverse food interests can connect. It will be vibrant and interactive, provoking thought and discussion on the challenging food and agricultural issues of our time. Food for Real will be a flagship festival for Liverpool – and the first of its kind in the country.

This FREE festival takes place March 19th-22nd 2015

Full programme details will be available via
www.foodforreal.co.uk soon!

Let us take you on a really good food adventure.....



Hoylake Local Food Fair

Cooking Demos from local chefs Danny Dennett and Martin Searle from Maluca

Fresh, local, quality food, direct from the producer

Sunday 8th March 10am - 3pm
Hoylake Parade 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 Parade Community Centre - Registered Charity No. 1143440

FOOD FOR THOUGHT : Stories to inspire you

The motivation to start West Kirby Farmers' Market came after looking at some of the great local food projects happening up and down the country. We'll have a regular feature here about some of the other inspiring things going on both locally and nationally. Food For Thought...

The first feature is about Junior Chefs' Academy. This company is based in Wirral but it works with schools and communities across the UK, helping approximately 50,000 young people every year.

It is Britain's leading provider of food education workshops for community groups and primary school children. It promotes healthy eating habits, the development of practical food skills and better awareness about the links between nutrition, fitness and lifelong wellbeing.

Established in 2005, Junior Chefs' Academy works at community centres, food festivals and other public events, seeking to give children an appreciation of why healthy eating matters. By working with them in ways that are memorable and fun, it gives them important life skills that will benefit them regardless of their background or academic ability.

At a time when so many health professionals are concerned about children's health (due to concerns over diet and obesity) Junior Chefs' Academy devotes itself to helping children, their families and their local communities to take more responsibility for what they eat - and to enjoy themselves whilst they do it. It works with children from the age of five upwards.



The company has been applauded by leading professionals in the field of education, child development and public health. Its work has been featured on the BBC, in educational journals and many other media. A short video showing the team at work can be viewed [here](#).

Junior Chefs' Academy is supported by a wide variety of public and private sector partners. It is a recognised Fairtrade Champion and, through its workshops, it introduces children to ideas about different cultures and languages, different ways of life and the value of local produce. A list of some of its most popular themed workshops can be found [here](#).



"Memorable, engaging and fun."
The UK's very best introduction to food education for communities.



Community Involvement

Whilst the individual workshops are designed to be fun and always keep the children engaged, it's important that the skills are practised regularly, so Junior Chefs' staff work hard to encourage ongoing family and community involvement. After each session, they give pupils recipe packs that they can take home and try with their friends, parents or carers. It's a chance to keep using their new found skills and also to show off what they have learned.



Junior Chefs' Academy head chef, Paul Cooper explains:

"In social terms, our work can have a profound effect on young children, many of whom come from backgrounds and communities where eating good fresh food and a healthy mix of fruit and vegetables is far from commonplace. We are not only reaching children at an important age, when lifelong habits may be formed; we're also helping to encourage greater health awareness amongst their siblings, parents and their wider communities. Encouraging others to take a shared interest in preparing and choosing their food helps to cement social and familial bonds and to entrench a lasting awareness about issues that can quite literally change lives.

"Ethics and social responsibility are more than considerations for us; they are the focus of our operation. We have a strong personal commitment to equality, diversity and the creation of opportunity, and we believe that these are all imperative to the achievement of our vision. Observing the motto "Every Chef Matters," we ensure that all our services are inclusive and that they make a positive contribution towards building a fairer, healthier society."

Testimonials:

The impact of the company's work can be seen in the feedback it receives from parents. Here is one example:

"Thank you so much for the positive experience you gave my son Sam. Like a lot of children, he has tried out many hobbies. However, cookery has touched him in a way that nothing else has. To hear he had a talent for it and to receive so much praise and encouragement from you has had a massive effect on his confidence. I cannot thank you enough for the difference you have made."

See more examples on the company's [testimonials page](#).

Further information:

Sue Cooper (director)

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Twitter: www.twitter.com/jnrchefs

Website & blog: www.juniorchefsacademy.co.uk



we're at...

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

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

on the...

4th Saturday every
month, 9am - 1pm
Sat 28th February 2015
Sat 28th March 2015...

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.

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