



# West Kirby Farmers' Market



# News

**Next market - Saturday 28th January 2017**



**Yasmin Limbert** - "This month's seasonal special is a Haggis, Neeps & Tatties Homity pie for those that missed out on Burns Night."

**Pen y Lan Pork** - "Happy new year to all who attend and support West Kirby Farmers' Market from the Pen-y-Lan Pork team. We'll be running our last batch of Christmas sausages (orange, cranberry & chestnut) until November 2017, so stock up! Drop me a quick mail if you want anything saving [Mikeford01@googlemail.com](mailto:Mikeford01@googlemail.com).

**Tiresford Guernsey Gold** - Cheshire golden brie & yoghurts.

**Truly Scrumptious** - "We have 4 delicious veggie patés to choose from - lovely and light for those who are on a January health kick! Pea & mint, Spicy chickpea, Vegilicious, Roasted veg & walnut and Mushroom & brown lentil."

**Ollie's Orchard** - Home grown apples, and home pressed juices & ciders.



**Eponine** - "We'll have Valentine's hot chocolate, fudge, honeycomb, and the return of our handmade marshmallows."

**Abyssinia Kitchen** - Beef Wot stew and vegetarian yellow split-pea stew.

**Windsor's Fruit Liqueurs** - "We will be bringing samples of our new Blackcurrant Vodka, which is almost ready to bottle."

**Veggie Fayre** - Tofu & vegetable oven baked burgers which will be vegan and gluten free.

**Bryn Cocyn Organics** - Fresh lamb, frozen beef, spuds, onions, leeks, carrots, sprouts, kale, apple juice. All organic, all home grown.

**Funky Flapjacks** - "It is back to our usual variety of cakes this week, although I will have a Chocolate Brownie with Ginger (without flour as usual) to taste that I would appreciate some feedback on - hopefully positive!"



## Feb Diary Dates

*See more details on the [Farmers' Market website](#)*

Saturday 4th Feb 9am til 1pm  
**Neston Farmers' Market**  
First Saturday of every month

Sunday 5th Feb 10am to 2pm  
**Wallasey Food Fair**  
First Sunday of every month

Saturday 11th Feb 9am to 1pm  
**Wirral Farmers' Market**  
Second Saturday of every month

February 11th 10am - 4pm  
**Indian Cookery with Soma**  
Claremont Farm Cookery School

Saturday 18th Feb 10am to 3pm  
**Heswall Farmers' Market**  
Third Saturday of every month

**Saturday 25th Feb 9am - 1pm**  
**West Kirby Farmers' Market**  
**4th Saturday of every month**

If you would like to be added to the circulation list for our monthly market newsletter, drop us an email - [ttwk.food@gmail.com](mailto:ttwk.food@gmail.com)



# Fresh from Abyssinia Kitchen

*"A warm Abyssinian New Year to you all.*

*"We begin the new year with new exciting flavours on the menu. We have a Beef Wot stew, using prime beef sourced from the lovely Oldfield Farm in Heswall. This is cooked very slowly with onions, carrots, garlic and our special blend of Berbere spice - a perfect winter warmer for you all to enjoy.*

*"Also we have a vegetarian yellow split-pea stew, this includes carrots onions, garlic and ginger, this stew is a true delight. Our Berbere Kulet jars will be at the market as well, to get those Ethiopian aromas filling the kitchen.*

*Why not have a go at our injera sourdough flatbread? They go fantastically well with all our Stews and this is how it is served traditionally - see the picture.*

*"Follow on twitter @Abyssiniakitch or find us on Facebook."*



## A little serving suggestion from Windsor's Fruit Liqueurs



### Old Fashioned Smugglers

- 3 shots Windsor's Smugglers Rum Shrub
- 2 dashes Angostura bitters
- 1 tsp sugar
- 1 orange
- 1 Maraschino cherry
- 1 wedge orange peel

In a cocktail shaker muddle the orange peel, sugar and Windsor's Smugglers Rum Shrub together. Remove the peel and then add the bitters and ice and stir well. Strain the mixture into a glass filled with ice. Garnish with orange slice and cherry, then serve.

## Free Guided Farm Tours and Educational Access Visits to The Grange Farm

"As documented previously, our current Environmental Stewardship Agreement with Natural England ends on 31st October this year. As part of this agreement, we are able to offer free guided farm tours and educational access visits for groups of six or more people, lasting just over two hours.

"These visits must be booked in advance, and we can tailor them to suit your interests. They are a great way to find out what goes on behind the hedgerows, how your food is produced, what wildlife abounds in the local area, why soil is so important to us all, & lots more.

"I could mention the highway robbery of 1796 at Morley Bridge, the shipwrecked fisherman in the fourth century, the mysterious corpse found on the railway line in 1924, or the anonymous Cheshire poet who rivals William McGonaghall.

"But you will have to book a visit to find out more. Visits are by arrangement up to 31st October, and all we ask for in return is a feedback form.

"For more information, or to book a farm visit or buy Red Poll Beef, please contact Huw Rowlands on 07950 963526 or David Rowlands on 01244 300655 or email [huw.rowlands145@btinternet.com](mailto:huw.rowlands145@btinternet.com) or just chat to us at the market, or call in at the farm.

# Bringing a Taste of the Himalayas to the Wirral!

*The cuisine of Nepal remains an unknown quantity for many people outside of its borders. And this is a shame because it is downright tasty!*

Keshav and his team at Momo Cooking know this and so they have made it their mission to bring the flavours of this Himalayan nation to the taste buds of the Wirral. Based at Claremont Farm, Momo Cooking offers a range of classes teaching you how to make authentic Nepalese dishes.

The sessions are fun and friendly and emphasise building participants' confidence in working with Nepalese flavours and cooking techniques.

The distinctly Nepalese dishes are all centred around locally available ingredients so, with a bit of Nepalese spice, they're easy for you to recreate at home. This is important for Keshav because he comes from a family of farmers and knows that supporting local producers is really the only way to go!

What's more, all of the classes have vegetarian / vegan friendly options and our curries are all traditionally gluten free. Perfect menu options when catering for diverse dietary requirements.



## Momo Cooking's classes include:

### Evening sessions

*The Street Food Session* – A three hour class packed full of Nepalese street food favourites – pakora, samosa and chilli paneer and pineapple along with a few other treats.

*Momo Making* – Another three hour class focusing on momos, tasty Nepalese dumplings that we cook up with a spicy dip and hand pulled noodle soup.

### Day classes

*Dal Bhat* – The traditional Nepalese meal of lentils, rice, curries and side dishes.

*Nepalese BBQ* - We marinade, infuse and spice up a range of meat and veggie options, cook them outside and eat them overlooking the Claremont fields (summer months only).



For more information on what's involved and how to book, contact Momo Cooking: 0151 538 6072 or email [info@momocooking.co.uk](mailto:info@momocooking.co.uk) or visit [www.momocooking.co.uk](http://www.momocooking.co.uk).

Keshav is looking forward to cooking with you soon!

# News from Bryn Cocyn Farm

*We thought you might enjoy watching this time-lapse film of the construction of a traditional cruck timber frame farm house up at Bryn Cocyn Farm - Patrick tells us a little more about the process:*

Owain and Helen have been caravan dwellers for many Winters and so this will be the last.

The house has a traditional cruck Larch frame, which will be infilled with Welsh wool panels and then lime-rendered. Sadly, our budget won't stretch to Welsh roofing slates and so Spanish slates weaken our localist boast!

We saw some of the trees before they became timber – all the frame is local – the most distant trees were from the Bodnant Estate. Elwy Working Woods is a local co-operative, which manages woodland and works with the timber. providing employment and training.

Take a look at the video at <https://youtu.be/wBNaCsZxYIA> As you can see from the video, the framers are young, hard-working, highly-skilled and very athletic!



## January Beekeeping from Nigel, of Wirral Countryside Bees

Earlier this month whilst adding the winter feed to the hives in the Mill Hill apiary, I noticed one of last year's new colonies was dwindling away a little faster than it should be. A few days later when the temperature reached 9 - 10 °C, I moved the bees out of their wooden hive and into a smaller polystyrene nucleus hive, this hive will be easier for them to keep warm.

The hives on the estate at Farndon are in good condition, ten days ago I went down to put the winter feed on, the colonies didn't look to have reduced in size by much which was good news. After putting the feed on, all they required was to pull out the sliding floor and check the number of varroa mites on it, thankfully this was within the safe guidelines recommended by the National bee unit at York.





FRIENDS OF GRANGE HILL

Together we'll make a difference

The Friends of Grange Hill are delighted at this opportunity to fundraise via West Kirby Farmers Market.

The FofGH remains committed to restore and improve the Garden of Remembrance to promote a positive experience for all visitors to the War Memorial and to ensure the sacrifice of our past local town folk is never forgotten. We are also keen conservationists and are working hard to retain many of the natural and native features of this much-loved hillside, as well as securing the magnificent views the hill top has to offer for future generations.

**The Friends of Grange Hill will be fundraising at the community café this month. All funds raised will be used to buy new tools and safety equipment.**

**First Deli 1386 wine sampling of 2017**

**Friday 3rd February**

**6.30 - 8pm - Tickets £7.50**

We're back from our short break (it was lovely!) & ready for 2017! To get us off to a good start why not come & join us for our first wine sampling of the year on Friday February 3rd. We'll be trying some winter wines, robust reds & full bodied whites perfect to help you warm up during these cool evenings. For just £7.50 you can try 3 wines & enjoy a few choice nibbles. You can join us from 630pm & we end at 8pm. Its always a relaxed, enjoyable evening, when you can try something different & maybe find a new favourite.

If you'd like to join us just call us, pop into the shop or email for 'February Wine Sampling' Tickets - [info@deli1386.co.uk](mailto:info@deli1386.co.uk)



**THE British Comfort Food...**

The Great North Pie Co. has launched its Winter menu so if you're looking for arguably Britain's best comfort food, then why not try one (or two..). There's the gorgeous pot roast chicken & pork sausage stuffing, the ever popular steak & ale or for veggies try the Lancashire cheese & onion or the amazing beetroot, white Cheshire cheese & orange. How can you resist?

**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 25th February 2017  
Sat 25th March 2017...

**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.

[admin@westkirbyfarmersmarket.co.uk](mailto:admin@westkirbyfarmersmarket.co.uk) • [www.westkirbyfarmersmarket.co.uk](http://www.westkirbyfarmersmarket.co.uk)  
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