



# Newsletter 28th June 2014

West Kirby Farmers' Market  
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## Summer Picnic Special

Enjoy a summer picnic this Saturday, with local Jazz band, Pentatonic, playing melodic modern jazz (standards from the great American song book, a bit of be-bop...).

Bring a picnic rug, buy homemade picnic food from the market & finish off with tea & cake in aid of Marie Curie Cancer Care.

### Suggestions to whet the appetite...

Soft goats cheese balls with garlic & herb oil - **Y Cwt Caws**

Hot smoked trout, salmon, & chicken - **Derimon Smokery**

Spiced Apple Chutney,  
Cheshire Gooseberry Pickle -  
**Find Inspiration in Food**

Splendid Spiced Chickpea Paté, with Indian spices & coriander - **Truly Scrumptious**

Veggie scotch eggs, gluten-free caramelised garlic tart -  
**Veggie Fayre**

Channa Chaat Salad (tangy chickpea salad), sweet potato rolls (with chilli & coriander), Khandvi (a gluten free healthy snack) - **Aunty's Kitchen**

French bread - **The French Corner**

Organic salad, strawberries -  
**Bryn Cocyn Organics**

Savoury cheese scones, Bakewell Cake - **Mary's Cakes**

Strawberry & Almond tray bake - **Funky Flapjacks**

Rhubarb & Custard Jersey Ice Cream - **Backford Belles**

And for when you get home... Papua New Guinea Kimel Estate Peaberry coffee medium /dark roast (**Flaming Bean**)  
Ideal after dinner or base for iced coffee or affogato.



## Wirral's Juice and Cider-Making Club @ St Bridget's Bazaar

### St. Bridget's Bazaar is back on Saturday July 5th.

This time we've teamed up with the Festival of Firsts big day in West Kirby on July 5th. The musicians and tale-tellers who will entertain the village (with an afternoon of music, talks, story-telling, and afternoon teas) will gather at the Bazaar, and show some of their talents throughout the morning. Plus our usual mix of crafts, local food and ethical business.

If you want to know how cider clubs work, **Wirral's Juice and Cider-Making Community - Pomona** will be there to reveal all. Too early for apples? Bring along your soft fruit (and preserve jars) for juicing and pasteurising and they'll demonstrate how to share fruit abundance. Wirral Tree Wardens will have information about Summer pruning your fruit trees to maximise fruiting and healthy growth.

Saturday July 5<sup>th</sup> • 10am - 2pm • St Bridget's Centre  
St Bridget's Lane, West Kirby, Wirral, CH48 3JT

## Seasonal Recipe by Carol Wilson

### Loaf-shaped summer pudding

225 g raspberries  
225 g strawberries  
100 g redcurrants  
225 g blueberries  
225 g blackberries  
80 g caster sugar  
3 tbs water or wine

5 – 7 slices thick white bread, crusts removed

Gently heat the fruit, sugar and water in a pan until the sugar dissolves and the fruit juices start to run. Simmer for 2-3 minutes and set aside. Use 2-3 slices of bread to line the base and sides of a 900g / 2lb loaf tin, cutting to fit and overlapping if necessary. Spoon in the warm fruit and juices and cover with the remaining bread. Cover with cling film and place the tin on a plate to catch any drips. Place something on top of the tin to press it down (cans of food are ideal). Chill overnight. Remove the weights & cling film. Turn out the pudding carefully and cut into slices to serve.

Next market 26<sup>th</sup> July - Follow us on Twitter for news @wkfarmersmarket

# FESTI-VELO!

## Big Traffic-free Family Bike Ride Saturday 12th July from 12 noon

A fun-filled, fancy dress and decorated bike parade

West Kirby Concourse to Goose Green, Meols.

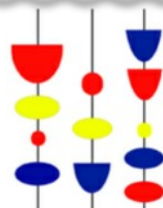
Prize for best decorated bike and fancy dress, and a treat for everyone who signs up and makes it to Goose Green!

At Goose Green enjoy the Festival@Meols with family and a picnic

- Bouncy castle - Punch & Judy - teas & cakes - bike stalls & activities -

- Off Pitch Choir - Meols Community Choir & more.

Pre-register on Eventbrite or at Hoylake HELP Shop.



Wirral  
Festival  
of  
Firsts

## Better Food Wirral Innovation Fund Now Live!

Grants of up to £1,000 for Wirral not-for-profit organisations that can provide innovative project, events or activities that can support one or more of the following health priorities:

- Increasing access to good food
- Supporting the food market to thrive
- Enabling good food choices

To find out more about the fund, & download an application form, visit [www.vcawirral.org.uk](http://www.vcawirral.org.uk)

## The Tiresford Guernsey Gold Story

Tiresford Guernsey Gold was born from adversity. During the days of the old Milk Marketing Board, the milk from the pedigree Guernsey cow commanded a price premium over all other milk and, although she was not as productive in terms of volume as the black and white Friesian and Holstein cows whose breeding was coming more and more from North America, her friendly nature and the ease of management meant that the breed remained fairly popular. However, with the demise of the MMB which saw the abolition of the premium and contracts from dairies who offered 'white water contracts' for large suppliers, the large herds producing low quality milk became one way to try to compensate for the disastrous fall in milk prices which was driving hundreds and hundreds of dairy herds towards bankruptcy. The newly imported black and white bloodlines from North America fitted that bill, and many of the specialist domestic breeds suffered a dramatic decline in numbers.

The Tiresford herd of pedigree Guernseys had been established in 1950, had exported its breeding to every country in the world where Guernseys were kept, and had become a major force in the show ring over the last few years. We wanted to do everything that we could to keep our beautiful, friendly cows and so we considered the buzzword that was around after the last awful outbreak of Foot and Mouth disease in 2001 - that is to say 'diversification'.

Farmers can talk for hours about the characteristics of different breeds, whether it is temperament, fertility, ease of management - literally until the 'cows come home', but for us the important thing is the quality of the milk that each breed produces. The high yielding Holstein with her massive yields of 4% Butterfat milk, the little Jersey with less milk and high components of 6 % Butterfat but less feed intake, and in the case of the Guernsey cow her golden milk, unique among the British domestic breeds with a butterfat content of around 4.7% and a naturally sweet taste. The Guernsey breed predominantly carries the A2 gene, is reported to have a ratio of omega 6: omega 3 in the milk that is closer to the ideal than that of other breeds and can produce it without relying on expensive bought in feeds.



So, having confidence in the milk, we had to decide what to do with it. We had neighbours who were making ice cream and making a very good job of it-why tread on their toes? We didn't have the expertise to make cheese. The supermarkets had damaged the liquid milk market beyond repair. So we took a bucket of milk to the research facility at Reaseheath College at Nantwich, and asked them to see what sort of yogurt it would make.

Perhaps you could make your own mind up. We sought out the best cultures we could buy, specified the very best fruit preparations and on our stall is the result. The experts told us that the name we gave it: TIRESFORD GUERNSEY GOLD CHESHIRE YOGURT was quite a mouthful though. We hope you agree!