



West Kirby Farmers' Market



News

Next market - Saturday 24th March 2018 9am-1pm



Rowlands Red Polls - Back this month with their LEAF Marque Cheshire Red Poll beef, and pies.

The Chocolate Cellar - Chocolate shapes (turtles, dinosaurs, buttons), Easter eggs (unicorns, dinosaur eggs, salted caramel eggs, cocoa pods); a few of our chilli choc bars; truffles (violet, pecan & cinnamon, guinness (new!), Champagne, lemon & cinnamon...).

Hemingway's - "I have sourced Island of Bute vegan cheese and will have a small batch of vegan green pesto available for order only (same price). hemingways.pasta@yahoo.co.uk. Please note that we no longer have plastic carrier bags."

Bongo's Chilli Pickles - "Back inside again in our new regular inside spot *"the naughty corner"* (with our delicious homemade Chillies and you can cool down with Windsor's Liqueurs - naughty but oh so nice!). Mrs Bongo has been busy in the kitchen this month as Bongo is off drumming in the states, but don't worry she's bringing plenty of Millimanjaro, Chilli Jam, and BBQ Chilli Drench as we sold out of all of those in Feb! See you Saturday."



Yasmin Limbert - "Rhubarb, Rhubarb, Rhubarb! This week I shall have Rhubarb Bakewells."

Funky Flapjacks - "This month I am baking the same as last month including the Sticky Toffee and Parsnip cake (we still need a little comfort) as well as chocolate Easter indulgence!"

Bryn Cocyn Organics - Unfortunately Patrick has to miss this market, but he will be back. For an update look out in the April newsletter.

Pen y Lan Pork - "I'm bringing back the 'ALL DAY BREAKFAST' (pork & black pudding) sausage. Pre-order to beat the rush! mikeford01@gmail.com."

Veggie Fayre - "We are making a French Onion Tart this month."

Chilly Stuff - "Finest gin + finest tonic + organic lemon + juniper berries = Chilly Stuff Gin & Tonic Gelato. Made the old fashioned way"

Crosslea Farm - "Here's wishing our customers a Happy Easter. Enjoy a Happy Easter-egg breakfast with our delicious free-range eggs!!"

April Diary Dates

Sunday 1st April 10am to 2pm
Wallasey Food Fair

Sat 7th April 9.30 to 2.30pm
Nepalese Curries & Street Food*

Monday 9th April 10am to 4pm
Wild Food Foraging & Cookery*

Sat 15th April 9am to 1pm
Wirral Farmers' Market

Sat 17th April 6 to 9pm
Mediterranean Cooking *

Sat 21st April 10am to 3pm
Heswall Farmers' Market

Saturday 28th April 9am - 1pm
West Kirby Farmers' Market
4th Saturday of every month

Sat 28th April 9am to 3pm
Gluten free Tea Time Course*

*At Claremont Farm Cookery School



Still Hints from Nigel, of Wirral Countryside Bees



The hints of spring are still there, they have just been in the deep freeze for a month. This morning I saw our resident female blackbird collecting materials for nest building, she obviously knows a change is imminent.

Although no actual hive inspections are carried out in March, except for a quick look under one side of the crown board on a really warm day, preparation work for the coming season does go on at a pace and these jobs are now starting to bottleneck. There are a large number of frames to assemble and fit with wax foundation, new polystyrene hives require two coats of masonry paint, and I am the wrong side of twenty one to be standing in the garage or outside with the temperature around freezing.

All the colonies now have the fondant containing pollen to eat. This should help to convince the queen to expand the colony, it has been too cold to chance giving any liquid feed, as this would have sent the queen into egg laying overdrive.

Preparations for queen rearing also need to be started now as we are only a month away from commencing this, weather permitting of course. Starting this will also depend on what I find when I can look inside the queen breeder colonies and how far advanced the drone (male bees) population is.

Rowlands are back this month with their Red Poll beef. All their beef is farm assured through the Red Tractor Scheme and they are LEAF accredited. But what does this mean?

LEAF (Linking Farming and Environment) farms are committed to a whole farm business approach to deliver more sustainable farming. It's not just ticking boxes though, it requires farmers to identify the crucial questions for their business and then identify strengths and weaknesses. They need to set targets for improvements and monitor performance in eight areas:

Community Engagement

Helping people to better understand farming and the rural environment addresses their concerns, needs and expectations of the countryside and food production.

Landscape and Nature Conservation

Landscape and biodiversity are like any other product of the farm; what is achieved depends on the capability of the land and work put in conserve and enhance it.

Water Management

Managing water wisely as well as assessing and enhancing the efficiency of on-farm water use saves money and helps plan for future needs.

Energy Efficiency

Careful use of inputs, appropriate tillage, reduced reliance on fossil fuels, all help to improve energy efficiency and help maximum return in the long run.



Soil Management and Fertility

This is vital to allow produce to be grown on healthy and biologically active soil with good organic matter, physical structure, chemical balance and fertility.

Crop Health and Protection

A well managed crop will be more competitive with weeds, more resilient to attack from pests and diseases and reduce use of plant protection chemicals.

Pollution Control and By-Product Management

To avoid pollution, save money and help protect water, energy, biodiversity and soil management. Used appropriately, farm 'wastes' can be a valuable resource.

Animal Husbandry

LEAF requires attention to detail, ensuring sound animal welfare standards, including animal husbandry

Wine Sampling - Old & New

Next Date for your diary

- Friday 6th April, from 6.30pm



We had a great night for our 'explore the regions' wine sampling in March. Thanks to all for coming. Despite the obvious prominence of Douro wines the clear favourites on the night actually came from Lisbon & Setubal.

For our April sampling we're going to try some new wines we've introduced recently alongside some of our older wines from yr 2000 upwards. Its a great opportunity to see the difference between an aged wine vs those that are to be drunk young. As always we'll have a selection of cheeses & other nibbles available to enjoy with the wine.

Join us on Friday 6th April when you can try 3 different wines, with accompanying nibbles. Tickets are £7.50 (payable up-front) & you can arrive from 6.30pm finishing about 8pm. If you'd like to join us feel free to contact us to reserve your places. As always we'll be holding the sampling in the shop so its advisable to book to avoid disappointment :) info@deli1386.co.uk



Easter Raffle in aid for Claire House

To celebrate the coming of Easter we wanted to raise some money for local charity Claire House. We have an amazing selection of goodies from artisan chocolate maker Willie Harcourt-Cooze, better know as the inventor of Willie's Cacao. Indulge yourself (or share if you prefer :) in his praline truffles, dive into the sea salt & passion fruit pearls or experiment with one of 11 delicious bars of chocolate!

If you'd like a ticket to win this wonderful selection, they are £2 each or £6 for 4 tickets so pop in & see us.

We'll make the draw on Saturday 31st March.

Many of you will know the wonderful pesto made by Claire Hemingway. (A regular stall at West Kirby Farmers' Market). We have stocked Claire's red & green pesto for a few years now. Both pestos are wonderfully tasty & make fantastic quick & easy meals. Here's just one of many suggestions for you to try with some of our lovely Portuguese cured meats.



Pesto Pasta with Presunto & Paio de Lombo

(Serves 4)

Ingredients: 1 pot of Hemingway's red (my favourite) or green pesto
25g of presunto
25g of paio de lombo
320g of Garofola pasta

Cut the presunto & loin into small cubes place in saucepan/frying pan & fry for about 15mins - do this on a slow heat to release some of the oil in the meat to help develop a good texture.

Cook pasta as per instructions. Heat Hemingways pesto & stir all together.

Wonderfully easy, quick & more importantly incredibly tasty. Serve with salad + dressing - why not try our Quinta Jugais basil & garlic oil for an extra hit of flavour. Pair with a crisp white from Alentejo.

Deli 1386 Monthly Newsletter

Deli 1386 (in front of West Kirby station) sends out a monthly newsletter with details of promotions, news and events.

Here are some highlights from the last newsletter, but there's more to read if you sign up - at www.deli1386.co.uk/sign-up

Direct from the Farm

Since we started West Kirby Farmers' Market five years ago, we've noticed an increasing number of people are interested in buying local and ethical food. This observation is borne out by the Ethical Consumer's annual Ethical Markets Report 2017:

"Overall, the value of ethical spending grew by 3.2% to £81.3 billion, its highest total so far. In many cases, the UK's ethical spending is shown to be strengthening at the same time as many of its conventional market counterparts have faltered."

We've also noticed many more Wirral farms are selling their produce direct to customers from the farm. Given that one of the aims of West Kirby Farmers' Market is to encourage and support the production of local food, we want to try to put more information in the newsletter about where you can buy produce direct from very local farms, outside farmers' market days. So here goes:

"Raby Eggs is a small, independent egg farm & packing station dedicated to supplying the freshest, free range, woodland eggs on the Wirral. Our hens live in their own pine woodland which provides them with the best natural environment that they live very happily in! Locally you can find our eggs at Claremont farm, Vineyard farm, Gordale garden centre & Boysenberry Deli."

"As well as free range eggs we also have our own rare breed Zwartbles lamb & Saddleback pork, both of which are reared outdoors & slow grown. We also have our own orchard reared turkeys available at Christmas."

"To see what goes on at the farm you can find us on Facebook, Instagram & Twitter. You can place orders for meat via any one of these medias or email fy.agri.ltd@gmail.com."



- Free Range -
RABY EGGS
- WOODLAND HENS -



We love the great sustainable food activities that are going on in Liverpool at the moment, and thought we'd like to share with you this event happening this weekend. If you fancy going to any of these activities, you can download a pdf with times and more details using the link here at the top of the page.

<http://www.foodforreal.co.uk/wp-content/uploads/2018/03/FOOD-FOR-REAL-SPRING-2018.pdf>

FOOD FOR REAL: SPRING

Hello and welcome to Food for Real: Spring!

We are Squash, an L8-based collective, passionate about food, art and community, and we invite you into our new home and neighbour venues on Windsor Street for a weekend of films, workshops, ideas and great food.

In Spring, the first of our four, seasonal events, we focus on seeds and the planting of new ideas. At this time when day and night are equal, Food for Real: Spring sows the seeds of friendship, grows positive actions and shines a light on how food brings communities together.

SATURDAY 24th MARCH

Welcome: Hello Spring! - *St James Gardens*
Food for Real for Beginners - *Toxteth Library*
Food History: Food Futures - *Toxteth Library*
Fermenting: Miso Magic - *John Archer Hall*
Family Hive's Nature Shorts + workshop - *Squash*
Food Nodes and Networks - *Grapes Garden*
Save, Sow, Grow! - *Grapes Garden*
Woodland Alchemy - *Grapes Garden*
Lunch: Squash Spring Kitchen - *Grapes Garden*
Seed Packet Printing - *Grapes Garden*
Fermentation Station - *Grapes Garden*
FILM: 'Seed: The Untold Story' + Talk - *Squash*
A Food Street Through Time - *meet outside Grapes Garden*
Seed Save and Share - *Squash*
FILM: 'Sweet Bean' + Talk - *Squash*
FILM: 'Portrait Of A Garden' + Q&A - *Squash*



SUNDAY 25th MARCH

What's Your Food Legacy? - *John Archer Hall*
Ideas Swap and Share - *Grapes Garden*
Nature Poetry Workshop - *Grapes Garden*
Grow your own Fast Food - *Grapes Garden*
Woodland Alchemy - *Grapes Garden*
FILM: 'Grow Your Own' - *Squash*
Lunch: Spring Sunday Lunch - *Grapes Garden*
Seed Save and Share - *Grapes Garden*
FILM: 'In Our Hands' + Talk - *Squash*
FILM: 'Look and See: A Portrait of Wendell Berry' - *Squash*
Closing: Hello Summer! - *from Squash to Prince's Park*

SQUASH NUTRITION

Home-grown and rooted in Liverpool 8, Squash Nutrition is a food, arts and environmental-focused social enterprise, committed to long-term, participatory social change.



Their backgrounds are in horticulture, town planning, visual arts, cooking, film-making, theatre, teaching and architecture and this expertise allows for bold, creative and different approaches.

Since 2007 they've been growing their socially-engaged practice in order to help make L8 a fairer, more economically robust and happier sort of place to live.

They are a not for profit open membership organisation working alongside local residents, embracing food as an essential tool to improve health and well-being.



The the 2nd West Kirby Sea Scouts will be at the March Market helping out at the Community Café.



Entering its 74th year, 2nd West Kirby Sea Scout Group welcomes 102 local young people aged 6-25 in its numbers. Spending time away from home camping, cooking for themselves and achieving tasks with their friends are as popular now as they were in scouting's first days over a century ago. Sea scouting allows our young people to take responsibility for others, improve their fitness and developing awareness by taking charge of our powerboats and sailing dinghies often years ahead of when they'd be let behind the wheel of a car.

It's often tempting to see young people immersed in smart phones, computer tablets and the like and wonder what's happening. A trip to the Marine Lake on a Saturday morning from April to October will show you those same youngsters out learning skills, learning to work as a team and enjoying what Kenneth Grahame talked about as 'messaging about in boats'.

2nd West Kirby Sea Scout Group has been part of the community for a long time, with every intention of remaining part of it for a long time to come. Thank you for your support on behalf of all of our young people. ***Please come and sample our offering in the cafe, we'd love to chat with you and share your stories of how you've been involved with our scout group, or indeed how you'd like to get the young people in your life involved with the group in the future.***

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 April 2018
Sat 28th May 2018...

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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