

# West Kirby Farmers' Market



# News

**Next market - Saturday 26th November 2016**



**Abyssinia Kitchen** - "I'll have my new produce Berbere Kulet - jars of a cook-in sauce with traditional Ethiopian flavours."

**Pen y Lan Pork** - "I'll have Christmas sausages, sausage rolls and a few ham hocks."

**Windsor's Fruit**

**Liqueurs** - "Gift packs of three mini bottles or two large fruit liqueurs."



**Ollie's Orchard** - "A new variety apple juice, called Sweet Juice, and our new season Jonagold juice."

**Yasmin Limbert** - "I have a couple of Christmas pies this month - Turkey Stuffing & Cranberry Homity Pie and a Mincemeat Bakewell."



**Dolwen Farm** - "We'll have mutton this month."

**Funky Flapjacks** - "Taste a few Christmas treats, like my mincemeat shortbread and gingerbread biscuits."

**Veggie Fayre** - Vegan Xmas nut roast (can be frozen), with five nuts, herbs & cranberries soaked in spiced rum.

**Little Eye Bakery** - "A few spiced fruit buns for the early birds as well as the regular sourdoughs."



**The Chocolate Cellar** - Jars of salted caramel, new pistachio & cardamom chocolate bars, Christmas truffles, chocolate reindeer and penguins.



**Chilli Gourmet** - "I'll be selling a Turkey Survival Kit which consists of two x 120ml bottles of sauce & three relishes and chutneys - all chilli based of course!"

**Don't forget that our December market will be on the 17th December - a week earlier than usual!**

## Dec Diary Dates

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

Saturday 3<sup>rd</sup> December 9am to 1pm  
**NESTON FARMERS' MARKET**  
First Saturday of every month

Saturday 3<sup>rd</sup> December 1-7pm  
**INDIAN COOKERY WITH SOMA**  
At Claremont Farm Kitchen

Sunday 4<sup>th</sup> December 10am to 2pm  
**WALLASEY FOOD FAIR**  
First Sunday of every month

Saturday 10<sup>th</sup> December 9am to 1pm  
**WIRRAL FARMERS' MARKET**  
Second Saturday of every month

**Saturday 17<sup>th</sup> December 9am to 1pm**  
**WEST KIRBY FARMERS' MARKET**  
At St Andrew's Church Hall  
Fourth Saturday of every month

Saturday 17<sup>th</sup> December 10am - 3pm  
**HESWALL FARMERS' MARKET**  
Third Saturday of every month

*"Thank you to all who supported the Wirral Foodbank Café at the October Farmers' Market. We collected an amazing £230, thank you to all for your generosity"*  
From all at Wirral Foodbank

# November 2016 is our 4th Birthday!

So we thought we'd ask about your favourite produce...

*"Wirral Countryside Bees Runny honey - Local natural, fabulous tasting."*

*"Veggie Fayre beetroot, walnut & cumin dip - Delicious, versatile, goes with lots of different foods - big fan!"*

*"Yasmin Limbert Bombay potato pie  
- Very tasty, vegetarian."*

*"Hemingways Red pesto - I can tell it's authentic and homemade, with a great balanced flavour. Great stall holder as well."*

*"Abyssinia Kitchen Sourdough flatbreads -  
Just fabulous and wouldn't make them myself."*

*"Kitty Makes Cheesecake Pots - They taste so light and fresh and I like that we can all have different toppings."*

## ... see what we've done...

**- Supported local primary producers** - Bryn Cocyn organics, Dolwen Farm meats, Pen-y-Lan Pork sausages, Bourne's Cheshire cheeses, Tiresford Farm cheese & yoghurts, John Jones Market Garden fruit & veg, Crosslea Farm eggs, Grange Farm Red Poll beef, Ollie's Orchard apple juices, Chilli Gourmet chillies, Y Cwt Mwg goats cheeses, Wirral Countryside Bees honey, Smithy's Mushrooms.

**- Supported local, seasonal sustainable fish** - Billy-the-fish.

**- Provided a platform for new local businesses** - Abyssinia Kitchen (Heswall), Choose Real Food (Parkgate), Comida Sabrosa (Liverpool), Kitty Makes (Bebington).

**- Supported other small local businesses** - paté makers Truly Scrumptious (Chester), Find Inspiration in Food (Hooton), The Chocolate Cellar (Bidston), Windsor's Fruit Liqueurs (Burton), Flaming Bean coffee roasters (Neston), and West Kirby-based Little Eye Bakery, Funky Flapjacks and Yasmin Limbert.

**- Supported a local community cider group** - Pomona Cider and Juice-making Cooperative.

**- Helped local groups fundraise** - £2,500 raised for local community groups and charities through the market community café - The Dove Centre, 1st Newton Scout Group, Girlguiding West, 2nd West

Kirby Sea Scouts, Friends of Grange Hill, St John's Hospice, West Kirby Rotary, Gilroy Allotments, St Andrew's Church, Marie Curie, RASA and Wirral Food Bank.

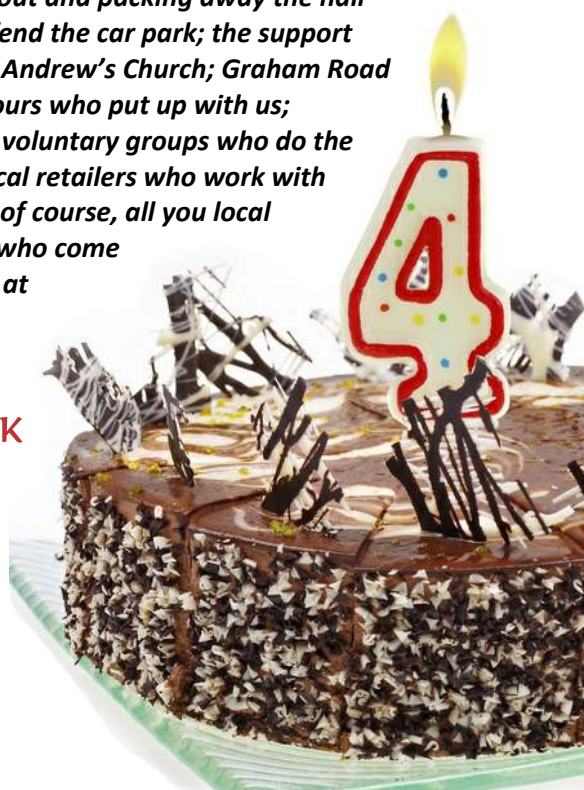
## - Published monthly newsletters

with news of other local farmers' markets, seasonal recipes, cookery courses, sustainable food initiatives and local food retailers, delis and restaurants.

## ...and say a huge thank you to all our supporters!

*Our sincere thanks go to our loyal local producers; our enthusiastic volunteers who put out posters, help setting out and packing away the hall and defend the car park; the support from St Andrew's Church; Graham Road neighbours who put up with us; various voluntary groups who do the café; local retailers who work with us, and of course, all you local people who come to shop at the market.*

**THANK YOU!**



# Have your pâté and eat it.

*You just can't beat a homemade pâté ... but why not let Truly Scrumptious do the hard work for you?*

"Christmas is fast approaching us. We have 13 lovely flavours of pâté to choose from. All can be frozen - perfect with cheese and biscuits when those unexpected guests arrive over Christmas, and also great for starters.

Our smoked salmon pâté is delicious served on blinis, and for vegetarians you could try our fresh-tasting pea, mint & feta, or our spicy chickpea & coriander. We also have 3 lovely chicken liver flavours to choose from - port & cranberry is very popular at this time of year."



## **Order this month for December 17th market**

**Pen-y-Lan Pork** - Pigs in Blankets, small Christmas hams (or large if you require), sausage meat, dry-cured smoked streaky bacon.

**Truly Scrumptious** - Order your Christmas pâtés with pre-payment, to avoid disappointment!

**Funky Flapjacks** - Next month I will be baking fewer of my usual cakes so if there is something you would like please have a word with me.

**Veggie Fayre** - Xmas nut roast pre-order and collect at the 17<sup>th</sup> Dec market. Hugely tasty made with herbs from the garden, five different nuts, parsnips and cranberries soaked in Mary's smugglers rum. It is also VEGAN!

**Little Eye Bakery** - please pre-order Christmas Stollen, and the very popular walnut loaf (large or small).

***Have a word with any of the producers if you would like to put in a special order.***

## **Chilli Gourmet Turkey Survival Kit**

This includes 2 x 120ml bottles of sauce & 3 x relishes and chutneys, all chilli based of course!

The kit comes with recipe ideas of how to use all the products to liven up those turkey leftovers and transform them into wonderful meals - with a couple of recipes for vegetarians too.

There will be different combinations of chilli sauces and pickles available - depending on how much you and your guests enjoy the heat!



# NEW - Storecupboard Ethiopian Cook-in Sauce.

*News from Hilina, of Abyssinia Kitchen*

*It is very exciting news for us at West Kirby Farmers Market this week - We are very proud to introduce our very first authentic Ethiopian cook-in sauce, called 'Berbere Kulet'.*

It has been months in the planning but finally we are able to share our Ethiopian flavours with you in your very own kitchen.

Our sauce will allow Ethiopian cooking to be accessible to all homes, and allow you to experiment with your cooking like never before. With its packed flavoursome spices, that have been cooked for hours to create a truly delightful aromatic infused taste, this is one not to be missed.

The sauce is suitable for vegans, and is gluten-free. It is a very versatile sauce that can be cooked with meat, vegetables and lentils to create beautiful warming stews which can be served with our traditional Injera sourdough flatbread, rice or sautéed potatoes.

Do not delay as an Ethiopian taste to your home awaits you, with autumn upon us and the nights drawing in, let's put some sunshine into your food. Grab a jar of Berbere Kulet, and begin a truly immersive Ethiopian experience, the Abyssinia Kitchen way!

Berber Kulet is available to purchase at £3.50 each at the Farmers' Market or feel free to contact us to place an order. Many of our other favourites will be at this month's market including our lentil Injera rolls and spiced pies! Follow us on Facebook and Twitter @AbyssiniaKitch.



## November Beekeeping from Nigel, of Wirral Countryside Bees

Liquid feeding has now stopped, as it is too cold for the bees to remove any water from the syrup and produce sufficient wax to seal the cells to keep them airtight, which prevents the contents from fermenting. This would give the bees diarrhoea and possibly kill the colony at this time of year when they are in the hive most of the time. With the autumn having been so mild the bees have been out on the wing searching for any plants that might still be flowering. Unfortunately what they collect is never enough to sustain the foraging trips and they resort to using their stores, which leads to shortages later on.

I don't use chemicals on my bees, therefore I have to make regular visits to my apiaries to check the Varroa count and treat accordingly, with Tea Tree oil (this oil comes from the same plant which produces Manuka honey). Whilst there I also heft the hives (check the weight) to assess if the colony requires further feeding. Should it do so, I use a preparatory fondant paste especially prepared for the bees' winter nutritional requirements. Whilst at the Mill Hill apiary this afternoon (19/11/16) I found a nucleus hive which was too light for this early in the winter - they will be receiving some fondant very soon.



# Windsor's

makers of fine fruit liqueurs

Handcrafted from real  
fruit in small batches

## Smugglers Rum Shrub

*A picture of  
Windsor's Smugglers  
Rum Shrub on the go.*

*This has quite a  
history - do ask Mary  
if you get the chance!*



Windsor's Fruit Liqueurs are all homemade by Mary, just up the road in Burton.

Her methods are based on the traditional custom of infusing local seasonal fruit for months so that the natural flavours and colours of the fruit soak into the spirit. No short cuts, and no artificial flavourings or colourings in sight!

Mary is passionate about what she makes, and loves experimenting. She has brought these old recipes bang up-to-date using different spirits and fruits. New for next year will be Blackcurrant Vodka and Gooseberry Gin, and she has some foraged blackberries infusing in whiskey (hopefully ready for 2018!)

## Damson Gin

With best quality gin and real damsons. Infused for over seven months giving a warm fruity flavour.

## Raspberry Gin

The best quality gin and fresh raspberries. Infused for over three months giving it a soft fruity flavour.

## Toffee Vodka

The finest quality vodka with real hand-crafted caramel syrup. It is then infused for over two months giving a smooth but sweet flavour.

## Smugglers Rum Shrub

Based on a 400 yr old recipe, made with finest quality dark rum and real fruit. Infused for over two months giving a warm and deep flavour.

## Strawberry Rum Shrub

Made with only the finest quality white rum and fresh peak season Cheshire strawberries. Infused for over three months giving a smooth and fruity flavour.

## Rhubarb Vodka

Made with only the best quality vodka and Early Timperley rhubarb, grown in South Wirral by John Jones. Infused for over four months giving a fresh and sharp flavour.

## Strawberry Vodka

Made with only the finest quality vodka and, for the best flavour, fresh peak season Cheshire strawberries. Infused for over three months giving a soft, warm, fruity flavour.

*Each flavour is available in 200ml or 40ml sizes,  
plus special Nov / Dec market gift packs with  
either three mini bottles or two large bottles.*

## Dark n Stormy

2 shots Windsor's  
Smugglers Rum Shrub  
Ginger Beer  
1 lime Wedge

Fill a highball with ice. Add 2  
shots of Windsor's  
Smugglers Rum Shrub and  
top up with ginger beer.  
Garnish with a lime wedge.



## Raspberry Royale

Windsor's Raspberry Gin  
Prosecco  
One Raspberry

Take a champagne saucer  
(or flute). Fill 1/3 of the glass  
with chilled Windsor's  
Raspberry Gin, top up with  
Prosecco and finally add  
the raspberry.

See the new Windsor's website for lots more recipe suggestions - [windsorsfruitliqueurs.co.uk](http://windsorsfruitliqueurs.co.uk)

# Fieldfares have a field day at Ollie's Orchard

## *Seasonal news from Rob, at Ollie's Orchard*

Well the harvest is now over for the team at Eddisbury Fruit Farm and we can all sigh a sign of relief. Nature's journey to produce an abundant crop is a tough one with plenty of challenges to overcome. To start with:-

- we have the treacherous frosts of March which can ruin our blossom.
- we have the prospect of a wet May which hinders our pollination.
- we have the mischievous bullfinch which can strip our fruit bud in June.
- and finally, amongst the other risk factors such as drought and heavy rain to contend with, our number one enemy - HAILSTONES.

But having said all that I would hate to portray a miserable life and existence of a fruit farmer, since the delights and harmony of nature combined with the rhythm of the seasons are wonderful to behold.

There is a particular time of year that I get to watch the magnificent sight of the Fieldfare demonstrating in all its glory, the ability it has to harvest apples, one would seem, by the ton.



As a social bird its flocks typically are anything between a dozen and two dozen but at Eddisbury we see them in much greater numbers due to the abundance of wind fallen fruit. Its really satisfying to think that they have embarked on a journey all the way from Asia to gorge on my late season apples such as Gala, Crispin and Ashmeads Kernel which will keep them going all the way through until March. If nothing else, they will make a good job of cleaning up the orchard floor.



So when most people see a hard frost as the sign of winter approaching, have a think about the fruit farmer's telltale which is the magnificent and enchanting Fieldfare.

And here we have a picture of the team harvesting Royal Gala apples as part of a Parent, Teachers Association charity pick.

This apple variety is a brand new *Sweet Juice* we are launching at the market this month together with Jonagold.

I am really pleased with the way the juices have turned out this season and will be entering Jonagold in a National Competition this year.

# The Moos of The World

*News from The Grange Farm, home of Rowlands Red Polls*

*The farm is now in the final year of a ten year stewardship agreement with Natural England, so it seems fitting to highlight how much has been achieved as a result of this scheme which began in November 2007:*

- Restoration and planting of over two miles of hedgerows
- Fencing of over three miles of watercourses.
- Twenty acres of land cited as a Local Nature Reserve.
- Restoration of around forty acres of wetland habitat.
- River bank restoration using traditional willow spiling.
- Restoration of the historic main farm building.
- Conversion of the former dairy and milking parlour to a meeting room and classroom.
- Hosting of over 300 farm visits for upwards of 6000 visitors.
- Planting of two acres of wet, alder woodland.
- Restoration of a nineteenth century alder woodland.
- Cultivation of five acres of pollen & nectar mix to encourage bees.
- Cultivation of five acres of wild bird seed mix for overwintering birds.
- Creation of around two miles of permissive footpath.
- Restoration of an old, green lane.
- Increasing numbers of water voles.
- The return of otters to the River Gowy for the first time in living memory.
- Nineteen different butterfly species recorded on the farm.
- Recorded increase in bird numbers throughout the year.
- Badger vaccination against Tuberculosis.
- Use of Red Poll cattle for conservation grazing in South and West Lancashire.
- Regular coppicing of willow to provide feed for giraffes.



*Pollen & Nectar Mix in our meadows*



None of this would have been possible without the input and help of organisations and individuals too numerous to list here, but...

*"...special thanks are due to Natural England, British Trust for Conservation Volunteers, Cheshire Wildlife Trust, the Environment Agency, the Royal Society for the Protection of Birds, the Butterfly Conservation Trust, the Farming & Wildlife Advisory Group (now the Reaseheath Agricultural Development Academy), the Forestry Commission, Chester Zoo, Lancashire Wildlife Trust, Wirral & Cheshire Badger Group and many more."*



*Twooby, a Red Poll bull, at Lunt Meadows near Maghull. (Photograph courtesy of Lancashire Wildlife Trust.)*

With the ending of this agreement and the threat posed by fracking, the future direction of the farm is uncertain.

I have recently removed my presence from Twitter and Facebook which were threatening to take over, but will be back on social media sometime in 2017 with regular updates.

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 call in at the farm.

*Don't forget our great local independent shops...*

## Festive Sampling Evenings

Friday 25th & Saturday 26th November

We want to get you in the spirit of the season by holding some festive sampling evenings.

To kick us off we have another Port sampling on Friday 25th & for those who can't make the Friday, Saturday 26th November.

We'll try 3 very different port styles on the night to show the clear differences between them & for you to possibly find a new favourite. To accompany the port we'll have a selection of nibbles. As always it will be a relaxed, informal atmosphere in which you can enjoy the ports at your own pace. There will also be a chance on the evening to buy tasters of other ports & exclusive deals, so don't miss out. Tickets are £10 & are available now.

To reserve your places call up, call into the shop or email to tell us how many are coming. You can arrive from 6.30pm with the evening ending at 8pm. As always we'd love to see you there!

Email for 'Port Sampling' Tickets - [info@delil386.co.uk](mailto:info@delil386.co.uk)



## Christmas Sampling Evenings

Friday 2nd & Saturday 3rd December

We've brought in a fantastic selection of goodies from Portugal & the UK for Christmas so we wanted to offer you a chance to try them.

There'll be a selection of delicious cheese, meats, wine, other nibbles & sweet treats. Tickets are £7.50, we'll run it from 6.30-8pm. Book places by emailing us here...

Email for 'Christmas Sampling' Tickets - [info@delil386.co.uk](mailto:info@delil386.co.uk)



## Hamper Selection

Ready-made or bespoke the choice is yours...

If you're looking for a special gift this Christmas why not try one of our hampers. There's a selection of ready-made options here. Or you can give us a budget & an idea of what the person likes & we can create something bespoke. You decide. We're also happy to deliver locally. Take a look - [www.delil386.co.uk/hampers](http://www.delil386.co.uk/hampers)

**W&W** WHITMORE & WHITE  
Independent Food Hall & Wine Merchants

## Whitmore & White Christmas Hampers

### The Sparkling Christmas Hamper

"We've selected great goodies for the festive season from our Food Halls, including two of our favourite wines and a bottle of superb Prosecco. Add to this a delightful mix of sweet and savoury biscuits, ricciarelli, chutney and a luxury panettone and you've got yourself something tremendous this Christmas!"

Take a look at this and their other hampers on line:  
[www.whitmoreandwhite.co.uk/tremendous-christmas-hamper](http://www.whitmoreandwhite.co.uk/tremendous-christmas-hamper)

Whitmore & White, 3 Banks Road, West Kirby CH48 4HD






## NEW at The Chocolate Cellar



- Jars of salted Caramel
- New Pistachio & Cardamom Chocolate bars
- A range of Christmas truffles – including Hot Toddy and Vanilla & Cardamom
- Winter Warming Hot Chocolate Sticks
- Chocolate Reindeer and Penguins

PS.... Their chocolates are now also available at *Greens of Oxtou* and at *Rex on Bold Street*.



We liked the 'LOCAL SUPPLIERS' board in The Viking. If you use local suppliers in your business why not display a board too? **Celebrate the fact that you support other local businesses - people will love you for it!**



# CHRISTMAS FAIR

**Saturday 17 December 11am - 6pm**  
**West Kirby Library & Concourse Plaza**

Wirral artists & arts and crafts stalls  
Food and drink  
Hot roasted chestnuts!  
Snowflake Trail!  
Slot car racing!  
Santa's grotto!

Live music with Homegrown Bananas,  
choirs and carols

**FREE ENTRY**



## Go and Talk Turkey with Tony

*If you're looking for a local, high-welfare free-range turkey for Christmas, then go and have a chat to Tony, the local butcher at Hinton's on Banks Road. He went to visit Traditional Wirral Turkeys and liked what he saw!*

Traditional Wirral Turkeys have been producing top quality local free range turkeys for over 40 years, at their farm in Childer Thornton.

All their turkeys are naturally home reared, foraging in natural vegetation and grass and eating a diet containing at least 70% cereal with no animal protein or other growth promoters. Grown slowly to full maturity and prime condition, hung for 2 weeks for a fuller flavour to produce the ultimate Christmas turkey.



### Wirral White

The 1940's saw the popularity of white Turkeys growing and the traditional breeds all but died out. White Turkeys are usually associated with more intensive production but their Wirral Whites are reared alongside their Wirral Blacks & Bronzes.

### Wirral Black & Bronze

Today with the resurgence in the quest for traditional foods and flavours the Black has made a

successful comeback. It has black feathers, dark shanks and loves to range and forage naturally. Distinctive by its black pens on pearly skin the Wirral Black, when hung, provides the speciality gamey flavour alternative to the White Turkey.

Order from:

R Hinton & Son  
(Butchers)

97 Banks Road  
West Kirby, CH48 0RB  
Tel: 0151 625 5605



## FREE Reads For You

Read BBC GoodFood (and other magazines) free if you hold a Wirral Libraries borrowers card.

More details on the

[Wirral Libraries website](http://www.wirrallibraries.co.uk)

Download the

[Small Business Saturday cookbook](http://www.smallbusinesssaturdayuk.com) (pdf 2Mb) free now, for some recipes from inspirational small producers, including our own Chocolate Cellar.

Find out more about Small Business Saturday at

[www.smallbusinesssaturdayuk.com](http://www.smallbusinesssaturdayuk.com)





***RASA West Wirral will be fundraising at the community café this month. All funds raised will be used to support their work.***

Sexual violence means something different to everyone, but if you don't like what is happening to you, then it is wrong.

Whether it is happening now, happened recently or happened a long time ago, we are here to support you.

We offer you a chance to talk over how you feel face to face and in confidence. You don't have to go into details – you can talk about as much or as little as you feel comfortable with – what matters is how it is making you feel now and how we can work with you to make that change for the better.

If you want to report to the police, we will help you, but we won't press you to do so. We will give you the opportunity to fill in an anonymous form - similar to a police statement, but without your details included. We file this anonymously on your behalf. It helps keep Merseyside Police informed of sexual assaults in the region and has in recent times been successful in identifying serial and multiple perpetrators.

If you do want to report to the police, we have Independent Sexual Violence Advocates (ISVA) to support you through the Criminal Justice System. We will not leave you on your own.

We provide a safe environment where a trained woman will listen in a non-judgemental way. We know how hard it is to talk about sexual violence and at RASA West Wirral we offer comfortable counselling rooms, tastefully decorated to help you feel at ease.

We will help you with practical information on issues like pregnancy and sexually transmitted infections.

You are welcome to drop in and visit the centre – come in and see for yourself before you decide if this is something you can do.

RASA West Wirral is fronted by Hoylake Holistics, a Holistic retail shop and Holistic therapy centre. No one need know why you are visiting - you could be coming in to buy a gift for a friend, or to benefit from any of the holistic therapies which are offered on the site.

RASA West Wirral one to one counselling and support is available by appointment only. We will endeavour to find a day and time that suits your needs and we can offer appointments outside normal office hours by appointment.

RASA West Wirral also operates short awareness courses and sessions for young people in secondary schools across Wirral. If you would like to know more about this service, please call for details.

If you think you would benefit from the counselling and support we offer, call us on 0151-633-2151 or email [holistics@rasamerseyside.org](mailto:holistics@rasamerseyside.org) or you can ring 666 1392 or email [helpline@rasamerseyside.org](mailto:helpline@rasamerseyside.org)

**we're at...**

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

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

**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.

**on the...**

4th Saturday every  
month, 9am - 1pm

**\*Sat 17th December 2016**  
Sat 28th January 2017...

**\*3rd Sat in December**

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