

Jim East

West Kirby Farmers' Market



News

Next market - Saturday 22nd October, 9am - 1pm



NEW - Smithy

Mushrooms - Mixed mushrooms (oyster, shiitake, chestnut, chanterelle and more), mushroom growing kits.



Funky Flapjacks - "This month I am making pumpkin and cinnamon cakes - come and taste them along with a carrot and fig cake I am just trying out. As usual if you would like me to reserve anything please let me know."

Abyssinia Kitchen - "I'm making a pumpkin Duba Wot stew with local pumpkins. It's sweet, aromatic, gluten-free and suitable for vegans."

Pen y Lan Pork - "My CHRISTMAS SAUSAGES (orange, cranberry, chestnut) will be back at this month's market (be early!!!), Plus a few rolled Gloucester Old Spot belly joints stuffed with Christmas sausagemeat."

Yasmin Limbert - "I'm keeping it seasonal with my scones this month and will have cheese & pumpkin. The Bakewells will be lemon, apricot & almond, and blueberry."



Veggie Fayre - "As it's autumn, it's time for homemade baked bean and pumpkin pies with a spinach mash topping!"

Eponine - "We'll have our new range of fudge, our very popular chocolate coated honeycomb, our new pumpkin pie chocolates (pumpkin caramel with spiced praline), plus other Halloween treats."



Bryn Cocyn Organics - Lots of apples - Ribston Pippin, Red Windsor, Rajka & Court Pendu Plat. Vegwise - maincrop spuds by the sack or loose, then onions, carrots, squash, kales, chard...
Meatwise - fresh lamb and frozen (bargain) beef.

Nov Diary Dates

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

Saturday 5th Nov 9am to 1pm
NESTON FARMERS' MARKET
1st Saturday of every month

Saturday 5th Nov 1-7pm
***INDIAN COOKERY WITH SOMA**

Sunday 6th Nov 10am to 2pm
WALLASEY FOOD FAIR
1st Sunday of every month

Saturday 12th Nov 9am to 1pm
WIRRAL FARMERS' MARKET
2nd Saturday of every month

Saturday 19th Nov 9am to 1pm
HESWALL FARMERS' MARKET
3rd Saturday of every month

Saturday 26th Nov 9am to 1pm
WEST KIRBY FARMERS' MARKET
At St Andrew's Church Hall
4th Saturday of every month

Saturday 26th Nov
9.30am - 2.30pm

***FULL DAY**
NEPALESE COOKERY

**At Claremont Farm Kitchen*

Chilli Gourmet - "I'll have fresh chillies and my new gift packs:

Bottles of 4 hot sauces
- 4 x 60ml

Jars of chutney, relish, jam

- 4 x 42g jars
- 3 x 120g jars
- 3 x 220g jars



A big welcome to new stall Smithy Mushrooms

After coming along as a guest stall last month, we're delighted that they're going to join us as a regular stall at West Kirby Farmers' Market.

Smithy Mushrooms is the leading grower of shiitake and oyster mushrooms in the UK.

The farm, just up the road in Ormskirk, was established 26 years ago and has grown to house 26 growing rooms producing up to 10 tons of shiitake and oyster mushrooms per week, which is red tractor assured. The shiitake and oyster mushrooms produced at Smithy can be tracked all across the country and wider into Europe, supplying supermarkets (e.g. Booths), wholesalers, hotels, restaurants and schools in many different forms and mixes.

"This month's market we will be back with some mixed oyster, shiitake, chestnut and chanterelle in one mix. A forest mix of 3 wild mushrooms (Chanterelle, Pied de Mouton and Black trumpet) and some of the larger mixes for all to enjoy. We will also be looking ahead to Christmas with mix and match on dried mushrooms and of course our growing kits will be well stocked."

The picture is one of the growing blocks used to produce shiitake mushrooms at Smithy. The block is made of 92% wheat straw 7% wheat bran and is semi-fermented. This provides the ideal growing place for the mushroom spores.



And while we're on the theme of mushrooms...

Join the Transition Town West Kirby Fungus Foray

On Sunday 23rd October 10.30am - 3pm (approx)

A guided walk with herbalist Jesper Launder.

Discover the fungi on Caldy Hill and find out what's edible and what's not. Followed by mushrooms on toast!

Suggested donation of £12.50 per head to cover costs.

**Numbers limited, so please pre-book
ttwk.food@gmail.com.**



To pre-order Pen-y-Lan sausages or joints please email Mike: Mikeford01@gmail.com

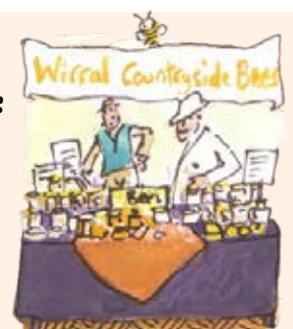
The very popular Pen-Y-Lan Pork Christmas Sausages (orange,cranberry & chestnut) will be making an appearance at market this Saturday. Be quick as they sell out fast!!!

There will also be 6 x rolled and stuffed Gloucester Old Spot Pork belly joints, stuffed with the Christmas Sausagemeat. There will be more available at the market right up to Christmas at a cost of £10 per joint. These are amazing slow roasted. Ask the other Mike at the next door stall (Find Inspiration In Food) for the perfect way to get good crackling.

October Beekeeping from Nigel, of Wirral Countryside Bees

Just after writing last month's article, the hives on the heather moors were brought back to the apiary at Mill Hill. Inspecting the hive a few days later I found the hive to be queenless, which is one of a few problems associated with moving bees late in the season. This is the first time this has happened to me, in seven years of going to the moors. Fortunately I had a spare which was put into an introduction cage with a couple of workers to feed her, then she was placed in the hive allowing her pheromones to fill the space, convincing the existing occupants she is the one for them, fingers crossed, there are no certainties with queen introduction.

October is the month when a number of beekeeping association branches hold their annual honey shows, which I enjoy supporting.



Over the years I have enjoyed quite a lot of success, which continued this year in the honey, candle and wax classes. At the mid Cheshire branch show I received a rose bowl for gaining most points in the honey classes. This Saturday I will be selling off the actual medium and heather honeys which won at both mid Cheshire and South Clwyd shows.

A very warm Abyssinia Welcome to you all.

Well autumn has finally arrived, with its beautiful colour and fresh crisp mornings. Let's also not forget Halloween just around the corner and take a look at what we have to offer.

At Abyssinia Kitchen we have something really special this week, a real treat for you all at the market. We are introducing our new **Pumpkin Duba Wot Stew**. This stew has a sweet perfumed flavour that has a highly aromatic and flavourful taste. It is mildly spiced with our blend of 'Berbere' chilli spice. Our Duba Wot is allowed to cook slowly for hours, thus allowing all the wonderful spices to infuse within the stew giving it maximum flavour and a mouth-watering taste.

We are happy to say it is vegetarian and vegan friendly, and also gluten free. Traditionally like all Ethiopian stews it can be served with Injera sourdough flatbread, rice or sautéed potatoes. So blow away the autumn chill, and be warmed with another offering from our kitchen.

Don't forget our meat option, Chicken Doro Wot stew which is always available and always a delight!

Look forward to a seeing you all at the Market.

With Love Hilina.



"We would appreciate lots of feedback from all our lovely customers, as it's always helpful to know what you all think! Please visit our Facebook and Twitter pages for all our latest news."

Join the Better Food Wirral Swap Shop

This is a project initiated by the Public Health team at Wirral Council. It brings together local residents, food businesses, community organisations, local government and health institutions who want to create a happier healthier Wirral by challenging how we grow, produce, distribute and consume our food.

Are you a producer with surplus stock looking for some worthy cause to give it to? Do you have 100 jars of honey that you'd like to exchange for something else? Have you set up a community beehive and want to connect with someone further down the line? Or maybe you're a Foodbank looking for donations? Whatever you have/whatever you need, post it in our Swap Shop on Facebook and see who can help!

We only have one rule: no money should be exchanged.

Join the swap shop at www.facebook.com/groups/betterfoodwirralswapshop and let's help one another in creating a happier, healthier Wirral.



Here at Deli 1386 we're back from our fantastic foraging trip to Portugal. After tasting some delicious ports, cheese, cakes & yes, more port we have some exciting new ideas for the coming few months ...

During the colder weather we're going to be holding regular sampling evenings inside the shop. You can arrive from 6.30pm with the evening ending at 8pm. Tickets are £7.50. Drop in to the shop or email us info@deli1386.co.uk to book.

Winter Sampling Evenings

- Future Events

Friday 4th November - Pre-bonfire Winter Warmer
- A selection of hot & cold goodies plus glass of port.

Friday 11th November - Port Evening
Kicking off the Port season with a selection of fine ports & nibbles to accompany - places are £18 each.



Next Date for your diary:
Friday 21st October Cheese Evening
We'll pair some of our cheeses with a glass of wine & a liqueur or port. If you'd like to join us please contact us to reserve your places.

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 October newsletter, but there's more to read if you sign up - at www.deli1386.co.uk/sign-up

You are invited to...

The Chocolate Cellar Mulled Wine & Mince Pie Evening

9th November 2016

From 18:30

24 and 36 School Lane, Bidston Village,
Wirral, CH43 7RQ

Our annual mince pie and mulled wine evening is a great kick start to your Christmas shopping. We throw open the doors to Chocolate Cellar HQ and invite you to come and preview our Christmas selection and pre-order your goodies. Again, this year we are joined by the wonderful **Alright Petal** and amazing **The Beady Gecko**.

We are delighted that, in true tradition, the fabulous **Carla Pownall Ceramics** HQ, just a few doors along from our HQ, will also be throwing open the doors to their gallery and studio. A delightful evening not to be missed! Please do pass on this invite to anyone who may be interested.

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

Wine Tasting West Kirby
Thursday 27th October 7:30pm
Rioja - Show Me The Way To Tempranillo
£20.00

There is so much more to the wines of Rioja than most folk realise! Let us show you Rioja in a whole new light with some alternatives to the timeless Spanish classic. White Rioja? A rosé? Reds that aren't 100% Tempranillo? Join us on a journey into the heart of modern-day Rioja!

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



Take a look at hubbub.org.uk and meet the happy Halloween alternative to food waste, the #PumpkinRescue

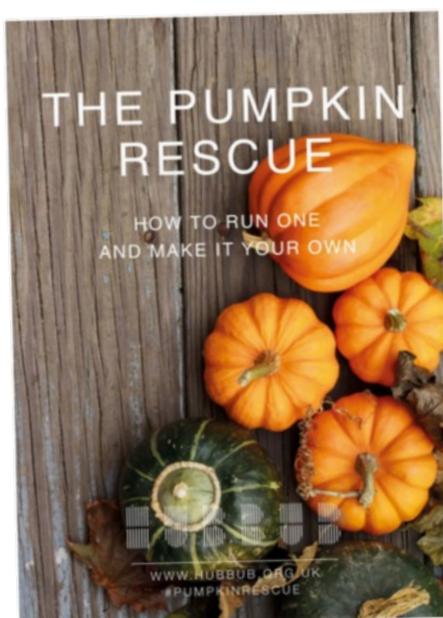
Question: What's scarier than witches, ghosts and ghouls at Halloween?

Answer (and no, surprisingly for Hubbub this isn't a joke): The 18,000 tonnes of edible pumpkin that ends up in the bin each year. That's the same weight as 1,500 double decker buses! Spine chilling stuff eh?

HUBBUB's Pumpkin Rescue uses everyone's favourite spooky staple as a prop to talk about the edible food we throw away and the easy steps we can take to eat it instead. It's a real celebration of food that challenges preconceptions, teaches new skills and has some fun along the way.

There are lots of delicious ways to eat your pumpkin, and for inspiration, the HUBBUB website has a few recipes kindly gifted to the campaign by top chefs.

Recipes include: Thai pumpkin curry, pumpkin mulled wine, pumpkin gnocchi, simple pumpkin pasta sauce, pumpkin pie smoothie, roasted pumpkin seeds, chocolate & pumpkin pie, and lots more recipes - at hubbub2015.rtdns.co.uk/Pages/Category/halloween



HUBBUB has a downloadable free PDF guide on how to run your own #PumpkinRescue. Whether you want to host an intimate lunch with your family, a carve and eat class for your colleagues, or a giant pumpkin festival. www.hubbub.org.uk/pumpkin-rescue

HUBBUB don't just campaign to save pumpkins, their website has a food blog, and a *Food Ideas Bank*, looking at tried and tested food exciting campaigns for holidays, Lent and Christmas. Each campaign comes with a complete step by step guide, shares learnings from their experience, and offers their support to get started on a campaign of your own. hubbub2015.rtdns.co.uk/Pages/Category/food-campaigns



Bring food *TO* the market this month . . .

How does the foodbank work? Non-perishable food is donated by local people – schools, businesses, churches and individuals. Volunteers of all backgrounds help by packing, sorting and distributing the food. Every client is referred to the foodbank by a frontline care-professional such as a doctor or social worker. Foodbanks are for emergencies: to prevent dependency on them our clients are entitled to up to three consecutive foodbank vouchers. To help clients break out of poverty, we signpost clients to organisations able to resolve the underlying problem. Food parcels have been designed by dieticians to provide recipients with nutritional, balanced food for three days.

Who are the typical users of the Foodbank? Many foodbank clients are low income families hit by a crisis that is not their fault such as redundancy, reduced working hours or something as seemingly small as an unexpected bill. Others are victims of domestic violence, people experiencing benefit delay or facing debt problems or those hit by illness.

Case Study 1 - young man caring full time for elderly parent. Parent unfortunately dies, causing a considerable reduction of money coming into the house i.e. carer's allowance, pension, attendance allowance. Young man then finds himself in financial crisis. Whilst working with the Citizens Advice Bureau he was entitled to Food Bank Vouchers until benefits were in place and mortgage payment relief sorted.

Case study 2 - young family both parents working part-time. One parent falls sick and is only entitled to Statutory Sick Pay. The family falls into financial crisis whilst payments are sorted.

How can you help? Wirral Foodbank needs gifts of food, time and funds. All Libraries and several churches across Wirral have food collection points. Should anyone want to set up a collection point, contact the office on 0151 638 7090. More information at wirral.foodbank.org.uk



"The items we most need at the moment are listed below. Please help local people in crisis by donating any of these to the market this month for our collection point."

Thank you!

Tinned Soup

Tea Bags (40's)

Fruit Juice

Pot Noodles etc.

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.

admin@westkirbyfarmersmarket.co.uk • www.westkirbyfarmersmarket.co.uk
0151 625 0608 • [@wkfarmersmarket](https://www.facebook.com/groups/westkirbyfarmersmarket) • [facebook.com/groups/westkirbyfarmersmarket](https://www.facebook.com/groups/westkirbyfarmersmarket)

on the...

4th Saturday every month,
9am - 1pm

Sat 26th November 2016
***Sat 17th December...**

***3rd Saturday in
December because
of Christmas**