

# Sheffield Country Market Newsletter - 9



We are now at [www.sycountrymarkets.co.uk](http://www.sycountrymarkets.co.uk)

## Crafts at Country Markets - Presents are not just for Christmas!



Why not come and see the unique selection of cards and gifts for every occasion. Our handcrafted products are made from high quality materials at prices that compare favourably with those of high street stores.

Please ask if you would like something custom made for a special event or maybe you have a skill to offer and would like to join the small team of enthusiastic craftspeople at Sheffield Country Market.



## Broomhill Village Show!

As we went to press we understand that the Broomhill Action Neighbourhood Group are hoping to run another 'Broomhill Village Show' in September this year. Last year the Market had a number of prize winners and we hope to be able to repeat our success again.

**The Market is held every Saturday at The Scout HQ  
Spooner Rd, Broomhill between 9.00 am – noon  
We are round the corner from the Manzi Balti House  
and opposite the South Sea Pub**

## Extra Markets

The Country Market hope to have a range of produce at the following events over the next few months:

Sharrow Vale Market Day

**Sunday 22 April  
12 noon to 4 pm**

Nether Edge Summer Farmers Market

**Sunday 24 June  
12 noon to 4pm**

Sharrow Vale Market Day

**Sunday 15 July  
12 noon to 4 pm**

182nd Bakewell Show

**Wednesday  
1 August to  
Thursday  
2 August  
All Day**

Nether Edge Farmers' Market & Autumn Fair

**Sunday  
23 September  
12 noon to 4pm**



## Preserving Fruit

While the precise origin of preserved fruit remains a matter of historical debate, it is known that jams, jellies and preserves have a rich history and long have been recognised worldwide for their fragrance and rich fruit taste.

Jam has been around since Roman times, possibly even longer. The first preserves were made using honey as a preserver but later sugar came to be used more regularly. There is evidence that even before Roman times, the Persians were preserving fruits such as the Medlar, to provide valuable vitamins the year round.



The making of jam and jelly probably began centuries ago in the Middle Eastern countries, where cane sugar grew naturally. The first known book of recipes, *"Of Culinary Matters"*, written by the Roman gastronome Marcus Gavius Apicius in the first century, includes recipes for jams.

It is believed that returning Crusaders first introduced jam and jelly to Europe; by the late Middle Ages, jams, jellies and fruit conserves were popular there. In fact, the word "jelly" comes from the French word *gelée* which means to congeal. The Spanish in the West Indies had been preserving fruits for generations.

In Britain, jams origins are in Tudor times. There was a wide range of jams available; for example, Quince and Medlar. There was also a highly prized Tudor preserve called a *sucket*, a cross between candied peel and jam. It is still produced in Chios in the north Aegean (allegedly Homer's birthplace) and is known as 'spoon sweets' because they are served on silver spoons. They can be made with green figs, baby aubergines, unripe walnuts, green pistachios, strawberries, berries and stone fruit.

Once it became known that Vitamin C prevented scurvy, jam became part of the staple used on ships. Fresh fruit did not last long, but the jam lasted for the length of the trip providing the sailors with the vitamins they needed to stay well.

Country Market Cooks are keeping traditional jam making skills alive and a delicious range of Country Markets jams, jellies, fruit cheeses, butters and curds are available at all our Markets. Many of the fruity products on offer are made with fruit grown in our producers' gardens. The array of jams on offer mean that customers can choose from simple, well known recipes or try something a little bit more exotic. You won't find any unnecessary ingredients in our lovely jars, which are full of unadulterated fruit and sugar.



Further information can be found at: [www.jelly.org](http://www.jelly.org) [www.tipree.com](http://www.tipree.com) [www.purejam.com](http://www.purejam.com) [www.jamweek.org](http://www.jamweek.org)

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## The Kilner Jar

Preserving fruit in Kilner jars is still widely used. However, did you know of the South Yorkshire connection?

The original rubber-sealed, screw-topped Kilner Jar was invented by John Kilner in the 1840's at the Kilner Glass Works in Thornhill Lees, Dewsbury. In 1886 the Kilner family opened a second glass works called Providence Glassworks at Conisbrough in the Don Valley. The site was accessed via a bridge still known locally as Kilner Bridge. This second glass works was run by Caleb Kilner, grandson of John Kilner, and his cousin Kilner Bateson. Starting with only 70 employees the Conisbrough glassworks grew to employ over 500 people. Along with running the glass works Caleb Kilner was also president, then Vice President of the Yorkshire Glass Bottle Manufacturers Association and he served on the Committee of the National Glass Bottle Manufacturers Association.

In 1862 one of the Kilner glass work factories won the only medal awarded to British Glass Bottle Makers at the Great International Exhibition held in London. Throughout the 1870's and 1880's the Kilner family business went on to win medals and awards in Paris, Philadelphia, Sydney and Melbourne.

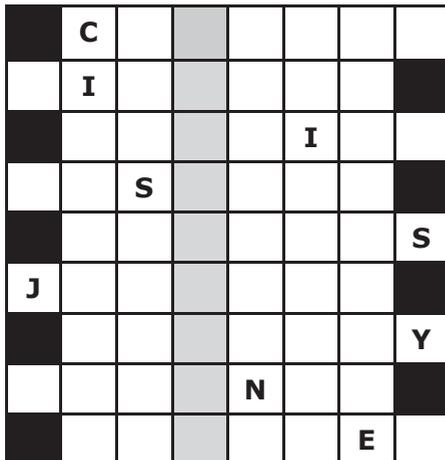
Despite the commercial success enjoyed by the Kilner family other glass bottle manufacturers were quick to copy the design of the Kilner Jar and the Kilner family were forced into bankruptcy in 1937 selling the patents and trademarks for the original Kilner Jar design to the United Glass Bottle Company.

In 2000 The Rayware Group purchased the design, patent and trademark for the original Kilner Jar and remains committed to developing the much loved and respected brand.

The traditional design of the Kilner Jar has changed over the years since its conception but the principle has remained the same.

Two other famous products came from the Kilner family line - Top Gear Presenter Jeremy Clarkson is a great, great, great grandson of John Kilner and it was Clarkson's parents who produced the original Paddington Bear toys!

<http://www.kilnerjarsuk.co.uk/index>



### Market Puzzle

BISCUIT, BOOTEES, CHEESES,  
CHUTNEY, COCONUT, FISHPIE,  
FLOWERS, JELLIES, TEACOSY

Insert the above list of items found on sale at the Market and ingredients used by Country Market producers in the right order. The letters in the shaded squares will spell out something we all like to eat at Easter!

Happy Puzzling!

### Facebook and Twitter

For up to the minute news about the Market you can find us on



[www.facebook.com/SheffCM](http://www.facebook.com/SheffCM)



@SheffCtryMkt

### Jammy Rings

225g/8oz butter  
140g/5oz caster  
sugar  
1 egg  
2 tsp vanilla extract  
280g/10oz plain flour  
Jam to taste

Cream the butter with the caster sugar. Beat in 1 egg yolk and vanilla extract. Finally mix in the flour to make a dough.

Chill in the fridge for 30 – 60 minutes. Grease 2 baking sheets and then roll out half the dough and cut circles out with a 2-inch fluted cutter.

Place on the baking sheets spaced well apart and then roll out the other half of the dough. Cut circles again but this time use a 1-inch cutter to cut the centres out.

Bake at 190C/375F/Gas Mark 5 for 7 mins. Remove and brush the rings with beaten egg white and sprinkle with caster sugar; bake for a further 5-8mins until light golden brown.

Allow to go cold then spread jam onto the whole circles and top with the sugared rings.



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### Producer Profile - Eugene Grant



Did you know the Romans dubbed the British Isles the honey isles?



A member of Country Markets in Sheffield for about fifteen years, Eugene has been a Beekeeper for more than thirty years, selling honey and other hive products at the Market and through local stores.

Eugene has twenty to thirty hives dotted around Sheffield, with Apiaries in Rivelin, Loxley, and up to the Norwood Estate; one on a council site, one on a farm and one on a private allotment.

Over winter there are about 15,000 bees in the different locations, but when the hives are at their peak in July, there are around 60,000! People comment on how beneficial having the bees as their neighbours is, reporting improvements in all aspects of horticulture with increased yields in fruit and vegetables and improvements to the trees and flowers.

One in three mouthfuls of the food we eat is dependent on pollination at a time when a crisis is threatening the world's honey bees. Like their relatives worldwide, Eugene's busy little pollinators have had their fair share of problems; the main on-going problem being the Varroa mite, which weakens the bees, making them susceptible to viruses. *"Having the bees in different locations around the city helps"*, says Eugene.

Eugene belongs to the Sheffield Bee Keeping Committee and is proud to report a growing interest in people becoming a Beekeeper, with around thirty student beekeepers currently being trained in Sheffield, ages ranging from 16 to 80 years.

There is a growing inclination for buying local honey, and Eugene says, *"particularly from Yorkshire"*. His very local, delicious honey finds its way into lots of the scrumptious products found at the weekly Market.

## PostcodeGazette

Ben Hastie, from the Postcode Gazette visited on 18 March and wrote up a small piece about us with some pictures. The article can be found at:

<http://postcodegazette.com/news/9001641486/-home-grown-produce-on-your-doorstep-AT-sheffield-broomhill-shops/>

or a shorter

<http://tinyurl.com/7bdlakw>

As usual reporters always enjoy the samples we give them and he recommended us on his Twitter feed!