



The Nibbler!

Issue 13
Summer 06

'Sound Bites' is a wholefood shop and social change networking point. As well as selling local organic veg, organic bread, vegetarian savouries and other wholefoods, we have a veggie café, notice boards, meeting space and an online public access computer. **'The Nibbler' is our bi-monthly newsletter.**

11 Morledge, Derby Mon - Sat 9.30am - 6pm

www.soundbitesderby.org.uk info@soundbitesderby.org.uk / (01332) 291 369

Café Changes

We have been deliberating over the fate of our café! We love having the café as a place for customers to meet and socialise and read some of the publications, but it is very difficult to make a small café financially viable. Although our social aims are at the heart of our mission, we can't ignore the money side of things. Options under consideration are: making more homemade food and doing more marketing; or stopping serving but leaving a seating area where people can still read magazines, meet and eat food bought from a take-away counter by the till. The second option does not exclude the possibility of re-opening the café at a later time when the whole business is more established and can afford to subsidise it, because every city needs a veggie café!

Complementary Therapies at Sound Bites

The meeting room upstairs at Sound Bites is now available as a space for complementary therapies, such as aromatherapy massage, shiatsu, or yoga.

There will be a noticeboard at the shop entrance where you can find details of the different therapies on offer, and contact details for each practitioner. Any practitioners who wish to hire the space should speak to a co-op member.

Tins by the tills

The May / June collection raised £38.35 for The **Apple Core Group** who are working towards reviving the old walled garden in Markeaton Park. Thank you for your donations!

The collection over the next quarter will be going towards organising a 'Buy Less Live More' week of events in Derby in November, helping with costs such as printing and room hire. 'Buy Less Live More' is inspired by 'Buy Nothing Day'.

If you are interested in finding out more, there will be an intro and ideas session at 7.30pm on Wed 26th July in Sound Bites meeting room, inc. videos of past ideas - see back page for more details.



S19 Housing Co-op

S19 is a group of people who are setting up a housing co-op in Derby or the surrounding area. Housing Co-ops are a way that small groups of people can take control of their housing situation. They work by making tenants directors of the co-operative that owns the building in which they live. This enables people on low income to have secure housing. As with most housing co-ops, S19 is constituted in such a way as to prevent individual co-op members from personally profiting from the co-op or its property. Many housing co-ops also have additional social or political objectives such as providing a support or information base for activism.

S19 are still in the stages of raising funds to buy their house which they hope will be in Derby. They are also seeking new members to help with setting up the co-op as well as benefiting from the eventual accommodation.

Like Sound Bites, S19 hope to raise some of their start up costs through loan stock (financial investment). This is a way that co-ops can be supported in getting off the ground by people who like the idea but don't want to be members themselves. Investors put in loan stock for an agreed period. S19 can offer up to 4% interest. You can pick up a leaflet at the shop.

Fund Raising Massages

You can also help S19 raise money by having a massage! A qualified aromatherapist is offering two days of massages to raise money for S19. The first day (15/7/06) will be foot massages at £3.50 for a 10 minute session, starting at 10.30am. For those who want more you can then book a full aromatherapy massage for £20 on the 29/07/06. Both will be above Sound Bites. Please book directly with Miv on 0116 2824272 nb You will be required to answer a few health questions & sign a declaration before the massage.

Diary Dates

Sun 2nd July 11am – 4pm

Ashbourne Animal Welfare
Summer Open Day, The Ark,
Wyaston rd., Ashbourne

Wed 5th July City Zen from 8pm
featuring short films, local bands &
DJs at The Bell. entry: donation
towards 'Derby Women's Work'
Open mic 9.30 and 11.30pm,
open decks 10.30pm.

Sat 8th July Drumming for trade
justice world record attempt,
outside the cathedral, 11.30-
12.15, see article on back page.

Sat 15th July 10.30 onwards, Foot
massages upstairs at Sound Bites
to raise money for S19 see article
front page.

Wed 16th July Summer Picnic at
The Vines on Sadlergate.
Performances by local bands.
Tickets £6 from Reveal Records.

17th – 23rd July National Cruelty
Free week, organised by BUAV.
See: www.buav.org

Wed 26th July Intro, videos and
Ideas Session for 'Buy Less Live
More' week in November. 7.30pm
at Sound Bites, see back page.

Sat 29th July Aromatherapy
massages upstairs at Sound Bites
to raise money for S19, see front
page, must be pre booked – tel
0116 2824272

2nd - 6th Aug Big Green Gathering
A festival to celebrate and
promote environmental
awareness, including music and
performances, healing space, kids
activities. Tickets 01458 830281

4th, 5th & 6th Aug Ponce in the park.
Free Festival + camp. Bass' Rec

26th Aug – 4th Sept Climate Camp
A camp to find out more about
climate change, share ideas and
plan action. See article opposite.
www.climatecamp.org.uk

2nd – 17th Sept Organic Fortnight
This annual celebration of all
things organic has increased from
a week to a fortnight. See
www.soilassociation.org/organicfortnight
for news of events around
the country.

Soya Research

Sound Bites was recently fortunate
enough to have a research student
offer her services to us. Jane
Whitaker needed to do a research
project and chose to gather info that
would help Sound Bites. We asked
her to find out more about soya bean
production and to check specifically
that the companies from whom we
buy soya products do not source from
rainforest regions using slash and
burn methods. She also looked into
controls undertaken to ensure that the
product is GM free.

Jane's research found that most of the
companies that we buy from have a
responsible attitude to sourcing their
soya. The 2 companies from whom
we stock the biggest range of goods
containing soya were Taifun and
Alpro. Taifun grows their soya in
Europe, usually from farms located
close to their factories to reduce
transportation. Alpro do buy soya
from further afield, including Brazilian
soya, but they have a strict policy of
not using soya grown on rainforest
land and have long term relationships
with their growers. They say that
although there is currently no Fair
Trade Foundation specification for
soya they act in accordance with fair
trade principles.

The research identified Haldane
Foods (who make burger and soymix)
as a subsidiary of Archer Daniels
Midland, who are a multi-national
producer, subject to action by
Greenpeace as recently as 2005 over
GM soya and links to the destruction
of the Amazon rainforest. Sound Bites
has stopped ordering products from
this company and will replace them
with soymix and burger mix from
Ambrosian Vegetarian foods, a small
business based in Swadlincote who
use organic soya which does not
come from the rainforests.

www.synergynet.co.uk/ambrosian
Thank you Jane for your hard work!

It should also be noted that although
vast swathes of former rainforest land
are now used for soya production,
most of this soya is used for animal
feed. A vegetarian diet requires 2/5 of
the land used for the production of a
typical European omnivorous diet, and
a balanced vegan diet uses just 1/5.

Allotment / Garden Surplus

Recently friends and supporters
of Sound Bites have been
donating to us some of their
surplus fruit and veg that they
have grown at home. We can
not easily sell this because of
the regulations about allotments
and our organic licence. We
will make this produce, (which
is locally grown and generally
free of chemicals) available for
a donation. This is aimed at
preventing local produce from
going to waste and raising
money for good projects. The
donation will go to whatever
fund we are currently collecting
for, so for the next 3 months it
will go towards 'Buy Less Live
More' week. You will find
produce in this scheme to the
left of the front door and there
will usually be a suggested
donation amount. Obviously we
can't guarantee that it will
always be there because it
depends on when donations are
brought in!

Recipe Page

From the outset, customers
have always asked Sound
Bites for recipes. We have at
last added a recipe page to
our website. We plan to add
to it regularly so keep checking
it for seasonal recipes and tips
on how to cook some of the
less well known grains and
pulses that we stock. We'd be
happy to post your recipes up
too, so if you have any veggie
/ vegan recipes to share
please send them to:
info@soundbitesderby.org.uk

New Co-op Member

We are pleased to welcome a
new probationary co-op
member to Sound Bites.
Duncan Rathband joined us in
June. Hurray!

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**To receive this newsletter by
email in future, please email us:**
info@soundbitesderby.org.uk
Pass on to a friend!

Zaytoun Palestinian Oil

New stocks have just arrived of this season's Palestinian Olive Oil. Zaytoun have been working with farmer's collectives in Palestine to help them meet the criteria to become certified organic. Sound Bites will not be bottling the oil this season. Instead we've ordered a wider range of bottle sizes. We now stock: 500ml Organic Oil at £6.39, 500ml non Organic Oil at £5.35 and 750ml non Organic Oil at £7.35. We will also soon have 5 litre bottles of non Organic Oil for £37.45 The non organic oils are made from olives grown without the use of chemicals but are not certified organic. All the new bottles come with neck tags, telling how you can invest in a positive future for Palestine by sponsoring the planting of olive trees. However no purchase is necessary to take part in this scheme, you can sponsor 5 trees for £20 by visiting www.olivecoop.com

Bridging The Hungry Gap

'The Hungry Gap' - the time of year when local fruit and vegetables are in short supply is thankfully coming to its close. We are finding it easier to source locally and are pleased to be able to offer better value for customers by buying direct from growers. Locally grown herbs in pots, lettuces, salad, straw berries, globe artichoke and cabbages have already reached our shelves and we are looking forward to beetroot and potatoes in the weeks to come, and much more as the summer progresses. Last year we began to make regular orders with farms in Kirk Langley, Kniveton, and Morley, all Derbyshire based, and we are excited to be starting to get regular deliveries from Trinity Farm at Awwsworth near Ilkeston.

Trinity farm has 'Demeter' organic certification status, and farms according to Bio-Dynamic principles. Antony Dumsk is their principle grower. He has an interesting selection of vegetables growing, including lots of unusual varieties. We expect to see heritage tomatoes, salads, beans, greens and much more over the coming months. At the moment we have Trinity Farm Broad Beans, lovely Red Batavia Lettuce, Red Russian Kale, Perpetual Spinach, amazingly long Spring Onions and fresh Spring Greens.

Thanks to all our veg growers for their hard work growing the lovely vegetables.

Nibbling Away...

We keep finding that the Nibbler just won't fit onto two sides of A4. We have decided instead to put it out quarterly rather than bi-monthly and increase its size to 4 pages. We're always pleased to receive articles from you especially product reviews (don't forget you get a free sample to try if you write a product review), recipes, news of events or ideas for the 'Waste Not' space. Drop your articles into the shop, or email them to info@soundbitesderby.org.uk, at least a week before the next issue is due.

Waste Not...

The Centre for Alternative Technology (CAT) in Wales is a fantastic place to visit to find out more about how to green your home and life! But you don't have to go that far to get their helpful advice. They have a telephone information service to help you make informed household decisions (01654 705950) and they also have free information sheets available from their website www.cat.org.uk More detailed tip sheets are also available to download for 50p

Send us your ideas for next issues 'Waste Not..'

Funding For Home Delivery

In the tradition of organic veg box schemes, we are frequently asked about home delivery. We are currently applying for funding with the hope of setting up a home delivery scheme for people with mobility difficulties, in particular the elderly and disabled. If we are successful in getting the funding we will recruit a new worker who will pack up mixed fruit and veg bags and other basic items to order, and deliver them to neighbourhood collection points using our wonderful delivery bike. We'd like to hear from you if you think you might fit the criteria to get delivery or if you have suggestions for a venue for a neighbourhood hub ie a building in the centre of a residential community that people could collect from. However please do bear in mind that applying for grants is a slow process and it will be sometime before we even know if our application will be successful. We are seeking funding to enable us to pack and deliver the goods for free so the recipient would pay the same prices as they would in the shop.

Climate Camp

Climate change is happening now and is predicted to get much worse. The Camp for Climate Action (26 August – 3 September) is being organised to turn fears into positive action and develop grassroots responses through education, networking and skill-sharing.

The camp will be held near Leeds, near to the Drax Power Station which is the largest single emitter of carbon dioxide in the UK. We have £10 tickets you can buy at the till to help with the organising costs. The camp welcomes anyone wanting to get involved, or if you can't go but want to support it you can buy a ticket anyway! See www.climatecamp.org.uk



Drum Trade Justice Home

On July 8th from 11.30, local trade justice campaigners are invited to join this Christian Aid nationwide world record attempt for more than 1012 people to be taking part in a simultaneous drumming event outside Derby Cathedral, Irongate.

They will be drawing attention to the need for reform in the World Bank and International Monetary Fund which continue to force poor countries to open their markets before they are ready, as a condition for receiving loans and debt cancellation. Ziggy Flavien of Bana Congo will lead the drumming.

The Senegalese beat will be rehearsed from 11.45, with the record attempt beginning at 12 noon prompt. Please bring something to drum and some sort of stick to beat the rhythm. Buckets or pans, wooden spoons etc will all do the job! Please put the word around as this event has been organised at short notice.

Buy Less Live More

'No Shop Day' (or 'Buy Nothing Day') was started in 1992 in Canada as a protest against over-consumption, the unequal distribution of wealth and well-being, and the influence of advertising.

There has been talk of organising a whole week of events in Derby around 'Buy Nothing Day' on Nov 25th this year, called 'Buy Less Live More', which could include street theatre, free stalls, and other ideas as yet undiscovered! The aim is to highlight the ecological, psychological and political consequences of our consumer culture, and also to highlight and encourage alternatives.

Anyone interested is invited to an Ideas Session on Wed 26th July, which will include an introduction to the idea, video clips of past activities, and a chance to brainstorm ideas. Sound Bites, 11 Morledge, 7.30pm. Please email derby@riseup.net if possible so we have an idea of numbers.

New Products

Summer drinks! Delicious organic fruit smoothies in the drinks fridge, and a new addition to the organic off-licence section, Lambrusco! Graham says "This is real ripe Lambrusco with a distinct frizzante fizz and a beguiling purplish hue. A frothing fruity red with nice bitter cherry acidity – fresh, clean and unrecognisable from the usual suspects"

A new wallchart of 'Natural Cleaning Solutions', for more ecological cleaning round the house.

Literature: The new edition of 'Whats Wrong With Supermarkets' by Corporate Watch is now on the magazine shelf (£2), along with a few new magazines on the way:

Velovision – dedicated to cycling culture worldwide
Red Pepper – raising the political temperature
Growing Green – from the Vegan Organic Network
The Ecologist – environmental affairs

New Re-usable Bags! The first batch of green jute bags went down well, so we now have a second batch, 'biscuit' colour, with luxury comfy handles – and with our address on so they are an even better advert!

We're thinking about the next batch already – bright blue with some kind of clever slogan – any ideas?

Our next step could be to funk up shopping trolleys – what do you reckon?



Do you know what's in our freezer?!

It can easily be overlooked, but we have delicious dairy-free 'Swedish Glace' **ice cream** tubs (Vanilla, Raspberry and Mocha Ripple), plus cornetto-style cones (75p) and choc ices (60p).

Also: boxes of **frozen vegetables** (sweetcorn, peas, spinach and cut green beans), **frozen veggie sausages and burgers** from Swadlincote, **gluten-free bread**, and **tempeh** (fermented soya bean product).

I took a bite on the wild side...

Last Nibbler we advertised a Wild About Wild Food weekend camp, which I went to and it was great! The night we arrived we had soup with 8 wild ingredients straight from the field – coltsfoot, fat hen, milk thistle, ground elder, wild garlic, nettles, cow parsley and jack-by-the-hedge. Fat hen for example has more iron and protein than spinach, and more vitamin B and calcium than cabbage!

Over the weekend we made elderflower fritters with rose petal syrup, dug up and fried dandelion roots, (which taste a bit like parsnips), made a salad containing sorrel, chickweed, red clover flowers, clover leaves and daisy petals, and even made elderflower champagne!

Personally my main interest was in relearning lost knowledge of food that grows all around us. A new perspective I got was thinking about the health benefits. I read a bit of a book about how animals seek out particular plants as medicine. A really good book for identifying edible wild plants is 'Food For Free' by Richard Mabey.

One plant most people recognise from touch if not sight is nettles! And I definitely intend to make more nettle soup! Ruth S.