



the

Nibbler

Issue 15

Jan - March 07

Newsletter of Sound Bites

Derby's independent wholefood grocery & info space (see map on back page)

Save paper—join our mailing list—email info@soundbitesderby.org.uk

Delivery Scheme

Last year we applied to The Esmee Fairbairn Foundation for funding to set up a cycle delivery scheme for people with mobility difficulties. Our application was successful (Thank you Esmee Fairbairn) and Sound Bites is now recruiting a worker to co-ordinate the scheme.

The funding is for 3 years, during which time we will take referrals from organisations working with elderly and disabled people across the city. We will focus on people living in areas where fresh fruit and vegetables are hard to buy, and set up neighbourhood collection points for organic fruit and veg bags.

This project is a response to the effect of the ever expanding supermarkets causing the demise of small businesses leaving many neighbourhoods devoid of grocery shops and in particular fresh food, which hits hardest those who can not easily travel the extra distance to the shops.

Work With Sound Bites

Sound Bites is looking for someone who shares our aims to become a co-op member and to co-ordinate the new delivery scheme. To find out more about the job see our website or contact Ruth Strange for an application pack.

ruth.s@soundbitesderby.org.uk
tel (01332)291369. Deadline 26 Jan.

Therapy Room Ready



Our first floor room is now beautifully painted and re-floored, and already being used for massage, yoga, reiki, singing workshops and meetings. For more detail on therapies currently available, see the chart on the "What's New?" page inside, or the new page on our website, and if you are interested in hiring the room please get in touch.

★ Local organic veg

★ Vegetarian lunch options

★ Great value wholefoods

★ Cruelty-free & Eco household & bodycare

★ Noticeboards & Magazines

★ Meeting / therapy room



Whats New?

Organic Veg

Though it's January we still have locally grown salad bags, and hope to have local leeks, cabbages, kale, broccoli, artichokes and stored produce like root vegetables, potatoes, squash and apples in regular supply.

We will have to supplement with some produce from further afield for a couple of months, until new-season vegetables start to mature, and fruit is inevitably more difficult to source locally. So, for the next couple of months, keep enjoying those nutritious winter soups, stews and casseroles. Have a healthy new year!

On the Shelves

- ◆ Now serving hot organic cup-a-soups all day every day, and homemade organic soup from 12-2pm weekdays
- ◆ Yabba - a fantastic new range of Caribbean sauces and chutneys, no added sugar, home made to family recipe in Sheffield
- ◆ Luna sponges - a natural alternative to tampons
- ◆ From the same people who import the Palestinian olive oil, (new batch due!) we'll soon have the wild herb mix 'Zaatar', similar to wild thyme, with the berry from the Sumac tree
- ◆ Greetings cards - beautiful photographic close ups of fair trade foods, as well as cards from Palestine coming soon
- ◆ new mags - now stocking Red Pepper and soon, Adbusters, and Third World Resurgence - voices from the global south

Check our Therapies Noticeboard at the shop for updates, and please use the contacts below to find out more...

First Floor

Dionne Roberts dionneroberts@hotmail.com 07724 096861	Thai Massage, Holistic Massage, Indian Head Massage, Spiritual Healing with Reiki, Astanga Vinyasa Yoga & Yoga Therapy
Miv (Myfanwy) Jones 0116 2824272	Fundraising body and aromatherapy massages. Proceeds to S19 housing co-op resource centre project
Jane Strange 01332 340740	Fast trauma and phobia cure for phobias and post traumatic stress
Cecelia Patko amacanti.com	AmaCanti Singers sing short harmony songs from diverse cultures and musical styles, fortnightly Monday eves
Ruth O'Neil aquariuscoaching.co.uk	Life Coaching, Spiritual and Energy Coaching, Wellness Coaching
Ambika Erin Connelly 07960987622	Psychotherapy - Be supported working through personal issues, like stress, past trauma, feeling depressed or other difficulties in life. Initial assessment free.
Liz Swann 07792910362	Reflexology, Reiki, Homeopathy for Women, Psychic Tarot Readings. Meditation/guided imagery goal setting groups to be arranged

Art wall

Our current local artist on display in the shop seating area is Jeff Hydes, who is partially sighted and has been able to develop his skills through 'Learning Partners', part of Derby Adult Learning. The 4 drawings use a mix of different medium, paper and card.

DERBY GREEN DIARY

Sat 27 Jan - Stay well in 2007 - nutritionist and herbalist at Sound Bites. Free morning drop in / appointments in afternoon. See article inside.

Sat 3 Feb. - Nappucino event - lunchtime drop-in to find out more about Real Nappies (money and waste saving washables), Sound Bites, 10-3pm

Mon 5 Feb - Environment Awareness Day, featuring the Ecodesign network, rural arts + crafts, and the Climate Change bus, 10-3, Kedleston Rd Uni.

Tue 6 Feb. - Justice and Peace group meeting, Norman Kember speaking (peace activist held hostage in Iraq) 154 Pear Tree Road baptist church, 7.30pm

Tue 6 (6pm)+ Thu 8 Feb. (6.15pm) - An Inconvenient Truth - climate change facts you can't ignore - Metro Cinema, now in the Heap Lecture Theatre, Kedleston Rd Uni. Part of Green Action Week. Followed by discussions.

Wed 7 Feb. - City-Zen- this month raising funds and awareness for the Peace Tax Campaign, featuring short film and speaker from the campaign,

plus Capoeira demonstration, open floor, local legend Stevie Lonestar, plus dub DJ from Jah Power. Bell, Sadlergate, 8-12.30.

Wed 7 Feb - Cuba Organica - an invitation to meet Dr Labrada from Havana, a specialist on sustainable localised agriculture. Chase Community Centre, Robin Hood Chase, Nottingham, 7.30pm

Tue 13 Feb - Cuba Solidarity Film 'Mission against Terror', and speaker about the 'Miami 5', see www.freethefive.org. 7.30pm, Reception Suite, Assembly Rooms

Mon 26 Feb. - fair trade market 10-3, Kedleston Rd Uni.

Mon 26 Feb - Sun 11 March - Fair Trade Fortnight - events tba...

Fri 9 March - organic winetasting event at Sound Bites, with Jem from our supplier Vinceremos. More details and tickets soon!

Sat 10 March - Amnesty International booksale - Guildhall Club Room, from 10am.

Sat 31 March- Sun 1 April - Your chance to join the Nottingham group going to Faslane anti-nuclear blockade. For more info see article inside, and contact nottingham@faslane365.org

Collections

Many thanks for the generous contributions to last quarter's collection by the tills, which raised a fantastic £206 for 'Derbyshire Housing Aid's Night Shelter'.

This quarter the collection will go towards a Sound Bites project to **install a solar panel**. With all our fridges, including a walk in cold-store Sound Bites burns a lot of electricity. We use a green supplier whose electricity comes entirely from renewable sources, but think we can improve on this by generating electricity on site.

Greenpeace says "The current, outdated electricity system is so inefficient that two-thirds of the energy in the fuel is wasted before it gets used at homes and workplaces."

We are applying for grants but even if successful we'll still need to raise £4500 ourselves. Watch this space for details of future fund raising activities and **if you have any ideas of your own we'd love to hear from you.**

Find out more about Greenpeace's campaign for decentralised energy: www.greenpeace.org.uk

Wholefoods at wholesale prices

Sound Bites now has new suppliers which enables us to offer bulk wholefoods (over 3kg of any grain, cereal flake, pulse, dried fruit, nut or seed, or over 0.5kg of any herb or spice) at the same low price as other wholesalers. We are also able to match the price of cases of Alpro soya and rice milks, so if you are currently in a bulk buying group, or would like to buy in bulk, consider this:

- ◆ Most items are usually available within a week, some we have in stock all the time, and there is no minimum order size.
- ◆ You would be supporting Sound Bites by helping us maintain our order size and turnover more.

If you are interested in this new service, please email patrick@soundbitesderby.org.uk or phone Patrick on 01332 291369 Mondays or Thursdays

Rose, Olive, and a gentleman

Since the days in the market hall when Jimmy Pemberton came with samples to our little stall, and told us his memories of the old Derby hot baths, we've been selling Ashley James soaps. At Christmas we had the inspiration to put the rose and olive bars together, and local illustrator Naomi Wagstaffe has created a beautiful label image.



We're now eagerly waiting for the next illustration for the gentleman's soap, which can be lathered up for shaving.

More

Stay Well in 2007

Simon Garrod (herbalist and medical nutritionist) is back to advise on how best to boost your immune system and generally improve the health of you and your family for 2007.

Simon will be giving some top tips on how to stay well, and a listening ear for your health concerns. He will be in the shop on Jan 27th doing a **free 'drop-in' advice session** from 10am - 1pm and then available for private consultations from 2- 5pm. To book an appointment please contact him directly on 07791 976357. You can find out more about Simon and his work from his website: www.solanum.cc

BOOZE NEWS

Far be it from us to encourage irresponsible habits... but for those of us who enjoy a good glass with a meal, or a sociable drink at home, we do our best.

We stock only organic and vegan wines, beers and cider (and perry). We aim to offer great value and quality, and a reasonable choice without thinking of ourselves as an off-licence or wine merchant (we can point you to an excellent independent in the Guildhall market for a wider range).

We try to make seasonal changes and indeed, when Marble Brewery announced a bottled range just before Christmas, that was an opportunity not to be missed. The superb Lagonda I.P.A. and Ginger Marble sold out in 1 week!

On the wine front, we will be introducing several exciting new wines this Spring, and if you're not sure where to start, we're hosting an **"Introduction to Organic Wine"** tasting event on Fri March 9th - look out for details in the shop or on the website. Cheers!

news...

Rosspport Solidarity

Following the Rosspport Solidarity speakers' tour, (which came to Derby in December) a group of Derby folk took action at the Shell garage on Ashbourne Rd. Leaflets were handed out to drivers highlighting some of the facts about the proposed high-pressure pipeline project which Shell are involved with in Ireland, and a banner was held up to passing traffic calling on people to boycott Shell. For more information about the campaign see:

www.struggle.ws/rsc/



Faslane Report

On Dec 6th, Joe and Martin from Stoke came to Derby City-Zen to speak about the Faslane365 anti-nuclear campaign, a year-long continuous peaceful blockade of the Trident nuclear weapons base. 7 of us from Derby were inspired to go up to Glasgow with around 20 from Stoke, and with sleeping bags in tow we were generously provided with warm food and unwavering hospitality. There was a comforting sense of community among the group, despite most being strangers to each other. Families with young children were present alongside more experienced elders and absolute newcomers to this kind of action like myself.

The first day was relaxed and the sun shone as we played music and marched from the north to the south gate, meeting the Leicester

group who had blockaded the previous day. We then headed back to discuss tactics and prepare for our blockade. Joe facilitated the meeting yet the importance of everyone being heard and no-one being in charge of the action became evident as the discussion and debate unravelled. True democracy in practice.

We woke at 4am to arrive at Faslane in time for the shift change at 7. Tired yet fuelled by adrenaline, nerves and anticipation we put our plan into action.

Hoping to prevent Trident employees from entering the base those who were willing to get arrested lay down in the road, chained together whilst the rest of us aimed to talk to the police, film and take photos as well as be witness to the conduct of all involved.

S.Jones

Dorothy from Derby who was involved in the blockade, comments:

“Those arrested were carted off to police cells for the night AND NOT CHARGED for the offence. Apparently there are thousands of people doing blockades, and if they were all charged it would totally overrun the court system in Scotland to put us all through the procedure. This also keeps us off the official records and allows the UK Government to claim that we're OK about nukes being produced here illegally, in breach of International Court of Justice Advisory Opinion 1996, 1950 Nuremburg Principles, 1968 Nuclear Non-Proliferation Treaty, Declaration of St Petersburg, Hague Convention, Geneva Conventions, Genocide Conventions. The threat or use of nuclear weapons is contrary to international humanitarian law. 85% of Scots don't want the subs there. “

To find out more visit www.faslane365.org and see the last entry in the Diary.

Waste Not

The MET office says 2007 is likely to be the hottest year on record. We are all encouraged to cut our contribution to carbon emissions.

Did you know that by buying local organic veg you are not only cutting down on food miles, but also on the vast amounts of fossil fuels that go into producing fertilisers and pesticides used in industrial farming. www.resurgence.org/resurgence/issues/jones216.htm

Derby Council and Climate Change

Derby Campaign against Climate Change has collected petitions and set up a meeting with political representatives of the main parties to demand the Council set targets for reducing their own carbon emissions by 25% over the next 5 years. Results will be taken to the local media who will be asked to support the campaign. Petitions will be presented at the council meeting on 24th Jan. Please come to the shop if you wish to sign, or collect a sheet to fill elsewhere. To receive updates email peterfrobinson@ntlworld.com

Thank you

Dionne, Chris, Dan, Imran and Ambika for all your help with the therapy room, Dom for a new cooker, Chris for a PC, and Mike for helping us create this new-look newsletter!

Recipe

or 4, for Cavolo Nero

This is a type of kale, (also known as black kale or even dinosaur kale) with a strong flavour. High in fibre, vitamin C, vitamin B-6 and beta carotene, antioxidants and calcium. Cut away the hard centre stem and try it:

- lightly steamed.
- chopped in thin strips and stir fried with ginger, garlic and soy sauce.
- cooked with white cabbage and a tahini or creamy sauce.
- added to 4 chopped garlic cloves, 2 diced carrots, and half a leek sliced and all sauted in olive oil for 5 mins. Add water, a bunch of chopped kale, 2 tsp salt, pinch of pepper and 20oz cooked white beans, and simmer 10 mins.

New shelf labels

You'll notice over the coming months a new style of labels which should make it easier for you to see which products are organic, fair trade, gluten-free or containing sugar. We've also got some 'Favourites' labels, so fill one in and let everyone know what's your favourite and why!

Debit or Credit ?

We're happy to offer the facility to pay by card, but if you have both and are spending over £12.50, it saves us a bit in charges if you use your **debit** card (25p as opposed to 2%).



Here we are, on the Morledge
Open Mon-Sat 9.30-6, Sun 11-4

We're very well situated for bus routes into the city centre, but also have the Council Car park just over the road, which is open to the public after 5pm weekdays, and all day Saturdays and Sundays (£1.60 all day Sunday)

www.soundbitesderby.org.uk