



the

Nibbler

Issue 16
April - June 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

Vegetarian Speed Dating!

This year Vegetarian Week is from 21st – 27th May. The week aims to celebrate and promote vegetarianism. Sound Bites will be organising a Vegetarian Speed Dating evening, which Susumi has kindly agreed to host.

'Vegetarian Speed Dating' will be an evening of introductions to like minded people for the inexplicably single vegetarian...

The event takes place on Friday 25th of May from 8pm at Susumi in the sumptuous 'VIP Lounge', tickets £8/£5 from Sound Bites. All proceeds will go towards the Sound Bites solar panel fund.

You can find more info about Vegetarian Week at www.vegsoc.org/nvw

The Vegan Society has an excellent leaflet called 'Are your meals costing the earth?' which you can pick up in the shop or see at www.vegansociety.com/phpwps/files/phatfile/environment.pdf

Delivery Scheme

We have now recruited two workers for the cycle delivery scheme. We'd like to welcome Nick Ratcliffe who will be working with an existing co-op member Ruth Kelly in a job share. Nick and Ruth will be delivering fresh produce to people who have difficulty getting to the shops perhaps because they are elderly, physically disabled or suffering from a long term illness. If you or somebody you know would benefit from this scheme we'd be glad to hear from you. Please contact info@soundbitesderby.org.uk or phone 291369.

Cobs to order

Did you know you can order Sound Bites delicious veggie cobs to pick up at lunchtime? Call and place your order between 9-10am to pick up from 12. As well as our standard cheezly, tofu, hummus and mushroom pate cobs you can now add your own extras from gherkins to piccalilli! If you work in town you could help us by taking flyers for your workplace...



Local / organic fruit & veg

Vegetarian lunch options

Great value wholefoods

Fairly Traded products

Eco house & body care

Noticeboards & magazines

Meeting / therapy room

Whats New?

Organic Veg

In terms of local veg in April we have salad bags, spinach, curly kale and leeks from Trinity Farm in Awsworth by Ilkeston, vivid orange pumpkin from New House Farm nr Ashbourne, and cauliflowers, purple sprouting broccoli and red kale from Broomfield College in Morley.

On the way for May and June we will have locally grown lettuces, potted herbs, greens, broad beans (see recipe!), new potatoes and more! Supplemented by other UK produce and some imported.

On the Shelves

- ◆ **Coffee from Cuba**, as suggested by Derbyshire Cuba solidarity Group, £3.40
- ◆ Doy Bags! Reused foil packaging made into colourful **shopping bags** by a women's co-op in the Phillipines. £7.99
- ◆ New blue **jute bags!** Sturdy and bright, only £2.99
- ◆ **Replacable head** wooden washing up brushes, coconut fibre scrubbing brushes, & £1.25 for 5 **biodegradable sponge cloths!**
- ◆ Sound Bites own packs of great value **organic herbs** and spices, many at only 50p a pack!
- ◆ A new **fair trade organic red wine**, and alcohol-free beer
- ◆ **Goji berry muffins!** Made by Esther of spring-roll fame, 90p.
- ◆ **Party drinks!** Raspberry and Blueberry Fizz from Organic Collection, for that dinner party when you want a non-alcoholic alternative

Check our Therapies Noticeboard at the shop for updates, and use the contacts below to make an appointment or find out more...

First Floor

Duncan Rathband 01332 613640 / 07712 359589	Shiatsu Practitioner
Richard Parfett 01332 239692	Shiatsu Practitioner
Christine Robotham 07803 966544	The Bowen Technique – for healing, pain relief and recovery of energy
Nicci Wilson 'Holistic Yew' 07968 076155	Reflexology and Indian Head Massage, both with Reiki
Wendy Friston 0845 4308973	Informed Vitality Colour Breathing for well being
Elizabeth Parnell 'Away with the Faeries' 01332 602711	Reflexology, Massage, Aromatherapy, Reiki and occasional Reiki attunement weekends
Schani Cave 01332 733145	Holistic Massage, Natural Product Facials, Hand and Arm Massage, 1-to-1 Pilates, Sports Massage (in training)

Art wall

Over the next 3 months we'll be displaying collages by Jo Kirk on the theme of 'Ice and Water', more pieces from Vitor Azevedo's exhibition 'Cara', representing different meanings and interpretations of the human face, and hopefully also work by 10 year old Raven Kelly... please ask if you want to display work!

DERBY GREEN DIARY

Fri 13 -Thu 19 April - 'Amazing Grace' - film of the struggle for anti-slavery legislation. 340170. www.metrocinema.org.uk

Sat 14/Sun 15 April - Non-Violent Direct Action training weekend by Trident Ploughshares, Birmingham. For more details email alison.crane@ntlworld.com www.tridentploughshares.org

Fri 27 - Mon 30 April - 'Catch a Fire', from the director of Rabbit Proof Fence, a film set in apartheid South Africa. 340170. www.metrocinema.org.uk

Sat 28 April - Celebrate May Day/ International Workers Day - Silk Mill Rally assembles at the Market Place from 10.30am; speaker on the Peoples History of Derby 12.30pm at the Silk Mill pub; Cuba Solidarity evening with photographic exhibition, Cuban music, bookstall & raffle 8pm, Brunswick Inn. Donation entry.

Mon 30 April - Public meeting on the likelihood of an attack on Iran. See <http://stopthewar.qq2.net/>

Wed 2 May - City-Zen benefit for www.pedalpoweredclowns.org - from 8-1 at Susumi, donation entry -films, bands, open floor, DJ

Sat 5 May - Wild Food Picnic - forage in the fields for your lunch with herbalist Diane Brown! Contact **01335 372113** or email info@potionsclub.com

Fri 25 May - Vegetarian Speed Dating from 8pm in the Susumi VIP lounge. Part of National Vegetarian Week - tickets £8/£5 from Sound Bites. See article...

Wed 23 May - Inspired by the lives of migrant workers, 'On Saturdays this bed is Poland' - play by New Perspectives theatre, Ecclesbourne School, Duffield www.newperspectives.co.uk

1-3 June - RiffRaff festival in the woods!! To include camping, music, café, cinema, art, workshops, etc! You could help out in many ways, Contact them on: rackamthered@gmail.com

8-10 June - 'Community Living' camp, Earth Heart Housing Co-op in the Derbyshire Dales. Sharing experiences, visions, discussion and activity. Contact 01335 372777 EarthHeartHC@yahoo.co.uk

Sun 24 June - World Music and Arts Festival, celebrating Refugee Week and the bicentenary of the abolition of slavery. Arts, music, activities and workshops. To contribute or volunteer please contact Karina on karina-martin@ntlworld.com

Sat 7 July - Garden Medicine workshop - learning to make traditional remedies from garden plants. Contact **01335 372113** or email info@potionsclub.com www.potionsclub.com



Compiled by Sound Bites Grocery, 11 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

Wholefoods at wholesale prices

Customers have been taking advantage of our new lower priced bulk packs of grains, flakes, fruits, nuts and seeds, which you can now pick up in the shop as well as order specially.

Don't forget, if you buy a whole case of something we have in stock, like organic chopped tomatoes, baked beans, or tahini, you'll get 10% off normal prices.

If you're worrying about carrying heavy loads, you could do one big shopping trip and park in the council car park opposite, which is open to the public after 5pm on weekdays, and all weekend. Why not arrange a car-share with a friend...

Biodiesel in Derby!

On the massive scale fuel is used at the moment, there are serious issues about biodiesel as viable alternative. It would require a huge amount of raw material to be grown, consuming lots of energy, and land.

However, Derby now has a supplier of biodiesel made from reclaimed cooking oil which would otherwise be waste. They are open 9am-7pm, at 29a Shaftesbury St South, O1332 613673 / 07921 156529. It costs 80p/litre and some engines require no conversion.

Gentleman's Soap

Thanks to local illustrator Naomi Wagstaffe for this image for our Gentlemen's Soap from Ashley James, latherable for shaving...



More Nappy News!

Sound Bites' co-op member Ruth Kelly has just received a grant to pilot a real nappy laundering service. The grant has come from the Community Champions Fund and is intended to help work out if there is the demand for a nappy laundering service in Derby. The scheme will use bicycle delivery to transport the nappies to and from participating households.

Ruth is currently looking for 5 – 10 households to take part in a three month trial. Discounted rates will be available in exchange for feedback on the service. This is not a Sound Bites project so if you'd like to find out more please contact Ruth directly on: 202971 or kuthrelly@hotmail.com



3 billion disposable nappies are thrown away each year in the UK. They add 1 million tonnes of nappy waste to landfill sites and take hundreds of years to biodegrade. As they breakdown they release methane which is a greenhouse gas and contributes to global warming.

Sound Bites sells organic cotton washable nappies, which are now down from £9.50 to only £7.99 each, and would save you hundreds of pounds compared to disposables. You can also take advantage of the £25 cashback offer from Derbyshire County Council when you spend £50 or more on nappies – please ask.

news...

Apple Core progress!

Last year Sound Bites collection tins raised some money for the Apple Core project, to build a demonstration organic garden at Markeaton Park. The group are now becoming constituted as a Community Interest Company, and the garden project has developed on two fronts:

First, the plans for a small eco building (visitor centre) are being looked at by a selection of architects who specialise in environmentally sound building principles. They've also had advice that it would be viable to use ground source heat for the building.

Secondly, they are excitedly planning to start healthy living workshops / demos combined with gardening ideas for a range of groups. eg schools, scouts, womens groups. Examples are: make a tomato and basil window box; make fresh tomato pasta sauce. If anyone has any equipment they could donate it would be well used. They are looking for cooking equipment, portable sturdy gas stoves, cutlery, compost, plant pots, old trowels, and old containers that could be converted into plant containers.

Please contact Ali on 01332 730109
Or clarkym1arky@yahoo.co.uk

Tomorrows Cyclists

Derby is hosting a cycling conference on Sat 19th May which will include presentations from Cycle Derby, Bike It, Bicycologists and more! This will all take place in the conference facility at The Waterfall opposite the train station, and they'll also be meeting up the night before in The Brunswick just down the road. See www.cyclederby.co.uk or www.derbycyclinggroup.org.uk for more info on the day, or www.bicycology.org.uk/links.htm

Permaculture

A design process for creating sustainable human habitats

Article by Kerry Lowes

In January I attended a Course in Permaculture Design, at Monkton Wyld community in Dorset, with others from a range of backgrounds and cultures.

It was packed with practicals such as making a wormery, using an 'A' Frame, and field trips to see Permaculture in practice.



Evening slideshows by the wood-burning stove showed Permaculture around the world, followed by discussions, campfire drumming, music and songs.

For me, the connections I made are the most treasured element I take from the course. Permaculture cannot be done in isolation. Connections are essential, creating additional positives such as friendship, skills, knowledge, support, resources and more.

Designs were presented on the final day followed by feedback, debriefing and awards.

The evening was filled with a colourful cabaret. The community and friends performed a magical night of feet stomping music. We gathered around the campfire, the moon was full, the stars bright and the company couldn't have been better.

For those of you who may be a little unsure of your direction or those who are sure but just don't quite know how to get there, this could be the course for you.

For more info on Permaculture see www.permaculture.org.uk

Sound Bites also sells the quarterly Permaculture magazine.

Waste Not

Our window display at the start of April is all about reducing your carbon footprint- REDUCE, REUSE, RECYCLE... - we also have a booklet from Quaker Green Action called Walk Cheerfully, Step Lightly, (£1) packed **full of energy saving ideas** and an exercise to calculate your contribution to climate change.

Did you know that cotton is the most pesticide intensive crop on the planet? We sell *organic* cotton tissues and sanitary products - come and get a **free sample** from Natracare while stocks last.

Derby Campaign against Climate Change are arranging a speaker on biodiesel soon, for details email peterfrobinson@ntlworld.com

Thank you

Thank you to Jane Whittaker and Benny, two new volunteers joining our wonderful volunteer base. Also a big thank you to Russell for supporting the speed-dating fund raiser.

We are saying goodbye to 2 members, Duncan and Charlotte, who are both leaving Derby, and welcoming 2 new probationary members, Nick who'll be working on the cycle delivery scheme, and Tim who'll soon be a familiar face in the shop.

Recipe

Coconut Broad Beans

(locally grown beans coming soon!)

Shell and boil 2lb young fresh beans for 15 mins. Fry half a small onion in 1tbsp veg oil 'til soft, add 1tsp ground cumin and cook a minute more, add 200ml water and bring to boil, then add 50g dessicated coconut and the beans and cook a few more minutes. Season to taste and serve topped with fresh tomato slices - yum!

Consumer crazy

1.5 million computers are thrown away every year, of which 99% work perfectly.' (The Observer 8/4/07). If you or somebody you know is getting rid of a computer that genuinely does work perfectly **Sound Bites could use it!** Please call.

From the same article: 3.3 million tonnes of food are binned every year in the UK; People get a new mobile phone on average every 18 months; Last Christmas more than 6 million PCs were left on stand by in empty offices.

You can now **RECYCLE ANY OLD MOBILES** (and chargers) and raise money for Sound Bites at the same time - just pick up a freepost bag from us! As part of the same scheme we can recycle **all** Hewlett Packard, Canon and Lexmark inkjet cartridges, plus others. See full list in shop.

Collections

Many thanks for all the contributions to last quarter's collection by the tills, which raised £127.10 for **Sound Bites solar panel fund**. Miraculously we have managed to arrange to acquire some solar panels (for water heating) FREE from an old council building (thank you Derby Homes), so the money raised will go towards their removal and reinstallation at Sound Bites. Costs will be in excess of £500 so we are still fundraising.

This quarter the collection will go towards S19, a group who are fundraising towards setting up a **housing co-op and resource centre in Derby**. For more details you can see their webpages at www.geocities.com/s19co_op/. You may have met some of the group doing their vegan cake and pasties stall at City-Zen nights—did you know they also organise a weekly Sunday kickabout on Bass' Rec by the old bus station—from 1.30 for about 2 hours—no experience necessary! Email s19co_op@yahoo.co.uk to get on the mailing list.