



the Nibbler

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

Summer foods!

Let's at least be ready for those days when the sun does shine...

As well as the usual cobs, salads, drinks and snacks, you can now pick up a ready made **Family Picnic or Luxury Lunchbox!**

Alongside the dairy-free ice creams we now also stock **pure fruit ice lollies**, made in Brighton by mums wanting healthy options for kids.

Look out for our '**Snacks in the City**' range soon to be available from parks, pubs and theatres around Derby.

We've got sausages and burgers for that **veggie bbq**, natural **insect repellent**, **suncreams** and **aftersun** (or aloe vera gel which can also be used for shaving), and **alternative magazines** for any journey...

Sound Bites Catering

We now have several buffets under our belt, including a recent cycling conference for which the food was carried all the way to Leicester by bike trailer (with a bit of help from the train)

We can provide a delicious selection of vegetarian, organic and fair trade foods with minimal packaging, so please email us to discuss any possibilities.

New Veggie Social Group

Inspired by the Vegetarian Speed Dating event, a new regional social group with all ages is having meet ups in Derby, Notts, Alfreton and various other places - if you're interested contact

amberveg@hotmail.co.uk

Vegetarian Cafe!

Well, it looks like Derby's finally going to have a vegetarian café !!

Esther, who has been providing Sound Bites with spring rolls, Jiao Xi, coconut tarts and mango desserts over the last 2 years, is on the point of signing a lease for a premises on Ashbourne Road.

Watch this space, Café Harmony should be opening this Autumn !!



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

Locally grown we now have lettuces, potted herbs, Derby Day cabbages, broad beans, new potatoes, even freshly picked bunches of carrots, parsnips, onions and garlic! In the fridge you'll find local blackcurrants, raspberries, goosberries and Worcester berries, as well as the year round local salad bags. Although we do supplement the range with other UK and imported produce, none of it is air-freighted. We look forward to receiving our first deliveries of veg from 2 more local projects, Street Shift and Green Gym - look out on the display!

On the Shelves

New household and bodycare products

We now stock Soap Nuts, a natural alternative to laundry detergent that can even be composted after use.

Ecoballs refills are also now available to order.

We have a new insect repellent perfected over 12 years of travelling and made from a blend of plant oils.

Organic Essential Oils will be coming soon...

Selling quick! Dri Pak basic cleaning products from Ilkeston, white vinegar and borax. Multiple uses, see packs or www.dripak.co.uk

Thick paper bags in packs of 10. Perfect for food waste for the council's door-to-door recycling collections.

New Fair Trade products

BioFair quinoa and onion rings (in the crisps section), Minky dishcloths, and Balance rice cakes thick and thin.

Also Zataar Palestinian spice blend, containing marjoram, sesame and sumac.

New literature

Local author Geoff Broady's new book 'Earth First, or High-Tech Disasters, a bloodless revolutionary debate.

Hoping to stock 'Fresh' the magazine of the raw food movement, containing lots of interesting nutritional info.

New foods

Cool salsa, Yummy pure fruit ice lollies, Bedtime Tea, quality jams, herb oatcakes, new lagers, Spanish tapas spreads & more..

Check the Therapies Noticeboard at the shop entrance for updates.

First Floor

Massage / Reiki / Yoga - Dionne Roberts	07724 096861
Fast Phobia Technique - Jane Strange	01332 340740
Shiatsu - Richard Parfett	01332 239692
Reflexology - Nicci Wilson	07968 076155
Psychotherapy - Ambika Erin-Connelly	07960 987622

Our first floor room is available for hire at £5 an hour (non-commercial rates negotiable). As well as therapies it can be used for craft activities, small events and exhibitions, rehearsal space or something else we've not thought of! Please get in touch to discuss any ideas.

Art wall

Due to extra shelving the art wall has unfortunately shrunk even more, as has the seating area now reduced to one table, but the space is still there! Please submit suggestions for exhibition - they do not have to be 2D.

DERBY GREEN DIARY

Fri 13- Thu 19 July - Grow Your Own, film about allotments!
www.metrocinema.org.uk

Sun 15 July - Footprints for Peace, vigil at Rolls Royce Raynesway (make parts of Trident nuclear submarines) 4pm. See article.

Wed 18 July - 'Nuclear Weapons & Nuclear Power – the Double Danger'- speaker and public meeting, The Friar Gate Unitarian Chapel, Stafford Street, 7pm

Thu 19 July - Freedom Showcase - cutting edge spoken word event marking the bicentenary of the act to abolish the transatlantic slave trade. Pheonix, Leicester, £5/7. Call 0116 554854

Sun 5 Aug - Beyond Borders world music & arts festival, run by Long Journey Home. Drumming and banner procession starts at 12.30 from the Market Square, to the Arboretum park, Normanton - arts activities, international food, dance and music, from India, Iran, S.Africa, Kurdistan, and more... 1-6pm beyondbordersderby.com

Wed 1 Aug - City-Zen monthly, Susumi, films, open floor, music, crafty activities and tea! 8-late. TBC. city-zen@riseup.net

Wed 15 Aug - Taking Liberties, film about Blairs legacy and relationship to the US. 6pm.
www.metrocinema.org.uk

Wed 22 Aug - Cut The Carbon event. Meet 5pm at Park Farm, Allestree to join the Derby section of a 1000 mile protest walk for climate justice. March to Markeaton Park for speakers, live music from Les Elus and Ejectorseat, and Shakti Dance Troupe, plus stalls and activities. 7-9.30. Bring picnics!

Wed 22 Aug - Black Gold, film about the coffee trade - moving but scandalous - blackgoldmovie.com
www.metrocinema.org.uk 6pm

Sun 26 Aug - South Asian Arts Festival, run by Surtal Asian Arts, Normanton Park. Performances, workshops, food and stalls, 1-9pm

Wed 29 Aug - War On Democracy, John Pilger film on Latin America.
www.metrocinema.org.uk 6pm

Sat 1-Sun 16 Sep - Organic Fortnight - look out for our offers and ideas!

Wed 5 Sep - City-Zen monthly, Susumi, films, open floor, music, 8-late. TBC. city-zen@riseup.net

Sat 8 -Sun 9 Sep - Ecofest - local free environmental festival packed with info, entertainment and activites. Markeaton Pk, 10-5pm.

Sat 15 Sep - Green Future event, part of Organic Fortnight and in conjunction with Derbyshire Cuba Solidarity Network and Sound Bites, a day of activities and info around organic growing and sustainable living. TBC.



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

Marbelous Beers

It's a rare producer these days who puts craft and quality so squarely above quick profit and hasty turnaround. We already stock the delights of Ginger 6 (a 6% abv bitter with a huge fresh ginger kick), Chocolate Marble (5.5%abv stout- "chocolate" refers to the dark dry malt – nothing to do with confectionery!) and Lagonda I.P.A (a true and magnificent 5% abv India Pale Ale), with Tawny Ale (5.7% abv), on its way.

Marble Arch was the UK's first Soil Association registered all organic and Vegan Society approved brewery and have only recently started bottling their sought-after brews. Sound Bites is one of a very few privileged outlets beyond their home territory of Manchester. We love doing business with a business like Marble. Our other favourite quote was: "Sorry, James is on his honeymoon and hasn't stuck the labels on yet." It's great being human-scale!

Chocolate Bean Story

They're not exactly a wholefood, but a dairy-free natural-coloured treat that Sound Bites has been selling since we opened.

Then one day recently we were tipped off that these chocolate beans are made in Derby, just around the corner! Suddenly it didn't make any sense at all. We were buying them from a wholesaler in Sheffield who gets them from a packing company in Henley-on-Thames who freights them from Derby. The beans were making a round trip of 300 km by road to arrive less than half a kilometre away from where they started!

So we called the chocolate bean factory straightaway. They were very understanding and helpful – even though we couldn't buy a tonne at a time. So now we collect a box of beans by bicycle, pack them into our own biodegradable cellophane bags and sell them to you at less than two thirds the old price. It's good being local!

More Derby Climate Action

A cross-party 'Climate Commission' has been set up by Derby City Council, to take immediate action to reduce energy use, as well as developing medium and long-term strategies to cut carbon emissions.

2 members of the Derby Campaign Against Climate Change are present on the Commission, and members of the public are also welcome to attend meetings. A member of Woking Council is being invited to share their experience coming from a council that has reduced its own carbon emissions by 77% over the last 17 years. Derby Council has a target of 25% reduction over the next 5 years.

While supporting individual actions, the Derby Campaign group are focussing on achieving change at local, national and international levels, and are working towards joining the Dec. 8th march in London, coinciding with the UN talks on Climate Change.

The group are also supporting the Christian Aid Climate March, and urging everybody to join in the Derby section on 22 Aug (see right)

Their next public meeting on 13th Aug is provisionally about biodiesel. Please email peterfrobinson@ntlworld.com to be kept updated.

They are also looking for assistants for a Climate Change stall at Derby's Ecofest, Markeaton Park, 8/9 Sep.

Sustrans

Sustrans is a sustainable transport charity, and we have the national 'Bike It' manager and Derby 'Bike It' officer working from an office above Sound Bites! You can pick up their 'Safe Routes to Schools' free newsletter from the shop.



news...

Unfair trade

This is just one shocking story reported by alternative magazines such as Schnews and The Ecologist.

Guinea-Bassau in West Africa, the worlds poorest nation, was self sufficient in food production in the 1980's, but pressure from the IMF (International Monetary Fund) to pay debts led to a growth of exports in cash crops such as cashew nuts.

Now, after a 6 month stand-off and faced with crops rotting in stores, the Guinea-Bassau government has been forced by international traders to drop the price of cashews to 25p/ kilo, despite the fact that a kilo bought in the UK could fetch £10.

It is this kind of injustice that makes us determined to source more and more **fairly traded products** at Sound Bites. A lot more needs to change, but supporting fair trade is an important part of that process.

Cut The Carbon

Christian Aid is stepping up its climate change campaign with the longest-ever protest march in UK history, 1000 miles in 80 days.

In the tradition of marching against injustice, 20 volunteers will be making the journey from Belfast to London, 10 from the UK and 10 from Christian Aid partner organisations around the world, people with real stories of the ways poor people's lives are being wrecked by dangerous greenhouse gas emissions.

The march will pass through Derby on Wed 22nd of August. People are invited to join the marchers at Park Farm shopping centre to march down together to Markeaton Park. An evening event is being planned with various bands and activities. The marchers will talk and share their stories about how Climate Change is affecting their communities and also talk about the campaign.

www.christian-aid.org.uk

Don't let the G8 go back on their words

2 years ago under pressure from the Make Poverty History campaign and the wider social justice movement, the G8 richest countries made a lot of promises about trade justice, dropping debt, and increasing aid.

Days before the G8 met again this June people went to remind them of their promises. Speech bubbles including some written by Sound Bites customers were taken down to the rally in London - the campaign continues - see www.oxfam.org.uk/g8



Footprints For Peace

A group of peace activists are walking from Dublin to Aldermarston via Faslane to raise awareness of nuclear disarmament.

They believe there is an urgent call for global action to break the cycle of mass destruction created by the mining of uranium, the enrichment process, nuclear power plants, nuclear weapons, the use of depleted uranium and the disposal of radioactive waste.

They set out in May and on 11 July will have reached Chesterfield from Sheffield, going on to Matlock on 12 July, Ripley on 13th and arriving in Nottingham on 14 July. They work with local communities to raise public awareness about the suffering and coercion that communities suffer by the nuclear industry.

Sunday 15th is a 'rest' day and they intend to visit the Rolls Royce plant Raynesway in Derby in the afternoon. All interested are invited to join a vigil at the main gate at 4pm.

Waste Not

Don't forget, we can now take **old mobile phones and inkjet cartridges for recycling** (except Epson). There is a collection box in the shop by the shopping trolleys. Thanks for all the donations so far. Not only do they get recycled, but we get some funds for every item you give us!

If you click the link on our homepage you can even go direct to our webpage on the Recycle4Charity system to order your own freepost bags, or a collection box for your workplace.

If you want to recycle a computer, you could contact PCB-Plus at www.freecomputerrcycling.com/index.html or 01332 366352. contact@pcb-plus.co.uk

Don't forget PARC (the Play and Recycling Centre) on Werburgh St for cheap reclaimed paint, wallpaper, tiles, and furniture.

Thank You

Thank you to Natasha, a wonderful new volunteer helping to pack down wholefoods for the shop.

Thanks for all donations so far to the solar panel fund, now at £500! (inc £200 from the speed dating event), also to Arran for the risk assessment on getting panels off a disused building, though the offer has been withdrawn following a fire. We're still fundraising though!

Recipe

Summer Pudding!

A lovely way to enjoy all those summer fruits; currants, raspberries, gooseberries, strawberries, blackberries... even rhubarb, this is meant to be a tart pudding. It's up to you if you want it sweeter.

Stalk and wash your fruit and simmer for about 3-5 mins sweetened to taste, and maybe a couple tbps water, then cool completely.

De-crust a few slices of bread and snugly line a bowl with a patchwork of pieces, pour in the juicy fruit, and cover with a lid of bread.

Place a plate on top of the pudding with some weight on top to press it down inside the bowl, and leave to stand in the fridge overnight or up to 3 days! Juice may overflow so stand it in another dish, then when you're ready, serve it with your choice of cream!

Bags of Organic Veg

Cycled deliveries of veg are now going out across the city to elderly and disabled people, please get in touch if you're interested.

There is also room for expansion of our Thursday pick-up of fruit and veg bags in the shop, where we give you the choicest selection for £4-8 a bag. Ask at the till!

Collections

Many thanks for all the contributions to last quarter's collection by the tills, which raised £71.20 for the **\$19 Housing Co-op and Resource Centre project**. For more details you can see their webpages at www.geocities.com/s19co_op/.

This quarter the collections will be going to **Street Shift, an allotment project** worked by homeless people and based near Derby Night Shelter. Street Shift has been running for only 3 months and made brilliant progress - you can see photos of the plot on their website at www.streetshift.co.uk

They have already donated some fresh produce to the Night Shelter, and plan to supply Sound Bites too. We hope your donations will help them to buy fruit bushes and trees - they are also looking for direct donations of equipment or time or anything else that may be useful. You can contact Brett or Dave on 07795 682890 or 07801 446631.