



Issue 19
Jan - Mar 08

the Nibbler

Newsletter of Sound Bites

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

A not-for-profit workers co-operative

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

Home Delivery!

From Tue 5th Feb 2008, we could be bringing organic fruit and veg plus bulky/heavy shop items direct to your door, in a van powered by re-used veg oil! Orders need to be in by 11am the previous Thursday. Pick up a form in the shop or email home@soundbitesderby.org.uk and we'll send you one. Also available on our website, which has just been totally redesigned... check it out!

2 years on the Morledge

Can you believe it's been that long! (opened 15 Dec '05) We came remarkably close to our predictions this last year, a 12% increase in turnover. We need to maintain that growth in order to reach our target this year, and repay half the loanstock in 2 years time. You can help by letting someone new know about Sound Bites, by passing on this newsletter when you've finished, thanks!

Fair Trade Fortnight

Between 25 Feb - 9 March there'll be activities across Derby to celebrate and promote fair trade. Especially recommended are the talk about olive oil from Palestine (see article inside) and screenings of 'Black Gold', an eye opening expose of the multi-million pound coffee industry. (See diary on back page for more details and look out for flyers)

In a world where international trade rules are designed to exploit poor countries and people, fair trade is a movement towards solidarity, and a defiance of the trend to buy cheap and ignore the consequences.

Sound Bites will be launching several new fair trade products for the fortnight, and offering 10% off all our fair trade lines for the whole 2 weeks.

Meet the Therapists in the 'Month of Love'..

Feb 2nd - March 2nd has been designated the 'Month of Love', including Valentine's and Mother's Day, but also a reminder to love yourself... the month includes £1 off each Wednesday at Metro Cinema, 15% off at the lovely Thai Boran restaurant, a singing and a meditation workshop at the Voicebox, and two therapy taster days at Sound Bites. On Sat Feb 9th and 23rd several of the 14 therapists who practise in Sound Bites upstairs therapy room will be on site, so you can put faces to names, ask a few questions, or even receive a free taster treatment. Gift vouchers for Valentine's and Mother's Day will be available. Pick up a pink flyer to get the offers. To launch the month there'll be a free paper maché drop-in session upstairs from 1-4pm on Sat Feb 2nd where you can make a heart-shaped gift for a special someone - it could be for yourself!

Local / Organic Fruit & Veg

Sandwiches, Salads and Soup

Great Value Wholefoods

Fairly Traded Products

Eco House & Bodycare

Noticeboards & Magazines

Meeting / Therapy room



Whats New?

Organic Veg

Local Food Supply

As oil prices rise local food supplies will become increasingly important to avoid the costs of transportation. If you know any more potential local suppliers we would be very interested to hear from you. Here is what our current local suppliers are harvesting mid Jan: Broomfield College at Morley- brussel sprouts, calabrese and red and white cabbages; Trinity Farm at Awsorth- beetroot, spinach, chard, salad bags, and kale - red Russian and black kale (cavolo nero), New House Farm at Kniveton- pumpkins, and salad, and Faith, Hope and Enterprise in Kirk Langley- leeks, carrots, and curly kale.

On the Shelves

Zedz Gluten Free goodies - we now offer a 10% discount if you buy any 5 pasties or muffins (fresh or frozen) - say when you pay!

Fair Trade Fortnight discount! There'll be 10% off all Fair Trade products for the whole 2 weeks, and we'll be launching new fair trade products including teas, bodycare and spices!

Faith in Nature bodycare products - we now stock a purifying facial wash, and face and body scrub, refining toning lotion, restorative hand cream, and deep moisturising night cream.

To mark **Chinese New Year** (7th Feb) we will be introducing a new range of ingredients and sauces for stir-fry dishes...

Unfortunately, the no added sugar St Clements bars and cookies have been discontinued, as have the lovely Sheperdboy bars, both due to suppliers difficulties, but we do have a new Chocolate and Raisin **organic no added sugar flapjack** from Saker bakery!

Shift magazine - a new magazine for debate and analysis, topics such as Climate Camp and the No Borders movement. Also a comic book style graphic history of Iraq, called **Iraqi Oil**. Only £3.

New this Jan - **Stem ginger cake**, 24% ginger! And no added sugar! Delicious... and stem ginger oat biscuits, or fruit n spice, by Nairns.

Or for home baking, **unbleached baking** parchment and cake cups.

New organic, vegan and fair trade Cabernet Sauvignon wine, which is **sulphur free!** There is generally less sulphur in organic wines anyway (some say this is why you're less likely to get a hangover), but sulphur free is pretty rare.

Pure cranberry juice... on special offer in January...

Therapy/Meeting Room **First Floor**

A new noticeboard for the therapists is being planned for the entrance, with photos of each therapist, and more space for more flyers - we now have 14 therapists on the books! Come along and meet them on our free taster days, Sat 9th and 23rd Feb. You'll also be able to get more details from our new look website up by February...

Our first floor room is available for hire at **£5 an hour** (non-commercial rates negotiable). It is ideal for meetings of up to 10 people, or can be used for craft activities, small events and exhibitions, rehearsal space or something else! Please get in touch to discuss any ideas.

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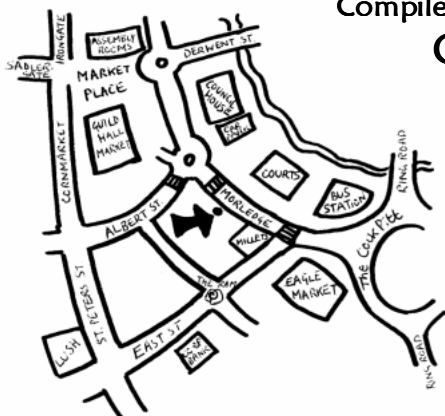
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www.soundbitesderby.org.uk

Café Harmony

Esther is now very close to signing the lease, for Derby's new vegetarian café/restaurant at the end of Friargate...keep your eyes open!

Apple Core Group

If you would like to receive the next newsletter from the Apple Core Group, who are planning an organic garden in Markeaton Park, please email clarkymilarky@yahoo.co.uk

Wild Ways

Going on a search for wild plants is an adventure, and at this time of the year, as you'd expect, there's not a lot growing out there. But there is always something! What to look out for...holly and ivy. Both make good traditional remedies. Ivy ointment soothes burns. Holly tincture soothes bad tempers. Both are poisonous to eat. Berries that are safe to eat are hips and haws. There's still plenty of both around, much improved in taste by the frost.

Perhaps the most surprising plant to be found at this time of the year is chickweed. Small, green and deceptively tender looking, it grows strong throughout winter and even through the snow. Because it's so hardy, it's not very popular with gardeners. It's quite likely to be pulled up and discarded by anyone who hasn't yet discovered how lovely it is. As a salad leaf it's tender and highly nutritious. It also makes a tasty soup. As well as being a delicious food, chickweed can be made into a lotion. It's particularly good for treating eczema and is mild enough to be used for children and babies.

So get wrapped up warm, go for a long walk and keep your eyes open. You might find some botanical gems. At the very least you'll have some good exercise and plenty of fresh air.

The Potions Club Safety Check: Always forage responsibly - for more information and recipes to use wild, common and garden plants for fabulous food and drink, rural remedies, and herbal household products visit www.potionsclub.com email info@potionsclub.com or phone Diane on 01335 372113. The Potions Club Recipe Collection is available from Sound Bites at £8.

More

How I went car-free

From a conversation
with Katherine Watson.

'It all started when my car broke down. I asked myself how important the car was to me and decided it was a chance to try going car-free.

I live in Derby and work just outside Burton, but so do several of my colleagues, so I started car-sharing and can get a lift most days. I hadn't realised driving stressed me but now I'm a lot less stressed, and I've made good friends! We sit nattering for 20 minutes, and I contribute to the petrol costs.

The other thing I've done is get a folding bike, so the times I can't get a lift I get the bus and then cycle the last 10 minutes. I can also use the bike to visit friends in Leicester or Belper via train or bus. The bike I chose cost me £670 with rack and panniers but within a year it will have paid for itself and I'll have it for life. This type also tucks the oily chain bits inside and is more compact than others.

I've also found that while I was driving the weather seemed harsher outside, but now it's about having the right clothes - if I'm prepared then it's not a problem, and I appreciate the seasons more.

Cycling also gets exercise into my week, helps me destress at the end of the day, and the movement warms your body up too, so it's working more efficiently.

People talk about the freedom of having a car but it became a burden to me. In the last 2 years I had used it more and more, trying to do too much with my day. Now for the odd time when a car would be useful I have joined onto someone else's insurance and pay them 31p a mile including petrol.'

Isn't it good that Sustrans (the sustainable transport charity) just won £50 million to improve cycling and walking facilities through 79 projects across the UK!

See www.sustransconnect2.org.uk
for more info.

news...

Olive Harvest

Report from Rosemary Read of Derby, on return from a Zaytoun tour in occupied Palestine (Zaytoun import the olive oil and soap we sell in the shop)

Plump dates, **loads** of olives, an olive oil press, even an olive oil soap factory: these are just some of the things we saw on our Zaytoun tour.

But more important were the people: olive pickers, date sorters and packers, leaders of co-operatives (al Zaytouna), students of the Palestinian Agricultural Relief Committee (PARC) telling and showing us what they were learning, leaders of small communities so aware of what faced them – all these people and many more inspired me. They had hope in the face of overwhelming adversity. [Hundreds of thousands of olive trees have been destroyed to build illegal settlements, settlement roads and the Separation Wall]

The hope was made most obvious at the Olive harvest celebration in Jenin when those who must have been extremely tired, (because olive picking is very strenuous) danced for hours, arms linked and not just smiling, but rejoicing. The harvest was in and somehow they would not just survive but triumph.

The olives, dates and other produce had been picked in the knowledge that getting their goods to markets overseas would be extremely difficult. First get them through the checkpoint – and another – and another – while hoping to keep them in a saleable state. Get through the port in spite of difficulties with Israeli customs. Find an assured market. None of this is easy.

Well, I now know that thanks to Zaytoun (UK) and other importing organisations elsewhere, their hope has a measure of realism. Life is not going to be easy. (I think of a journey of 60 miles that took me 5 and a half hours because of all the barriers). But things can improve if we go on buying, helping them go on hoping and living.

You can find out more about the situation in Palestine from www.btselem.org, an Israeli site for human rights in the occupied territories.

Wild Peak

Exciting new housing co-op - ethical investment opportunity!

Sound Bites collection this quarter is going towards Wild Peak, a new small housing co-op established to buy a property and land for ecologically sound, affordable housing in Derbyshire. They have 8 members, and aim eventually to house 10-12 people. The housing co-op is a limited company run by its members. Members have equal power and responsibility within the co-op and make all decisions. Since the co-op owns the property, members are in effect both tenants and landlords, but no-one can profit individually from the property.

Wild Peak Housing co-op is currently negotiating the purchase of an exciting property in southern Derbyshire and should soon be looking for help with funding for renovation and conversion work to turn a run-down house into an ecologically sound co-op. They are offering a loanstock scheme through which people can invest small or large sums for a chosen fixed term at a fixed rate of interest. Please contact them for more information. Anyone who can offer help with conveyancing or preparing planning applications, or who knows about rising damp or log-fired boilers is also very welcome to get in touch!

Projects they intend to pursue include environmentally appropriate tree-planting and ecological restoration, increasing levels of self-reliance for food and energy needs and possibly a venue for environmentally sensitive group camping. The co-op will also be a base for Wild Things Ecological Education Collective, a workers' co-op run by some of their members which provides experiences and learning adventures in the outdoor world to children and young people.

Wild Peak is a member of Radical Routes, an organisation of co-operatives working for social change.

Address: 3 Granby View, Smalldale, Bradwell, Hope Valley, S33 9JQ

Website: www.wildpeak.org.uk

Email: wildpeak@phonecoop.coop

Phone: 0845 3451623

www.radicalroutes.org.uk

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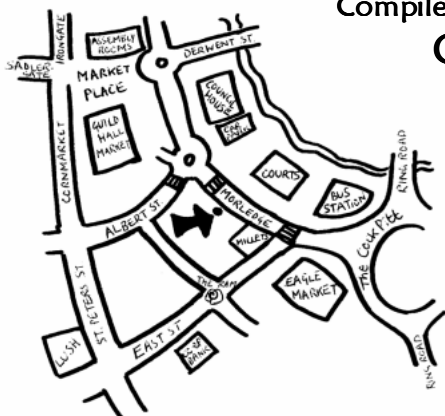
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