



Issue 28  
April-Jun 2010

# 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*

SEE OUR CATALOGUE on our website: [www.soundbitesderby.org.uk](http://www.soundbitesderby.org.uk)

## Vegetable Pedallers Sponsored Bike Ride!

Our cycle delivery scheme to people with mobility difficulties is hanging in for more funding, and we don't want to stop this valuable service.

So, we are planning a sponsored bike ride on a vegetable theme!

If you are willing to dress up as an aubergine, decorate your bike, or just sponsor someone else, please get involved! Ride expected to take place on Sun 11th July, sponsor forms available soon!!

## 'Food Inc' Potluck Supper Promotion

As of mid April, we will have a DVD of Food Inc to borrow (eye-opening documentary about the corporate control of food) , and are running a Potluck Supper Promotion.

Just invite friends and family to bring food over and watch the film together, register your meal with us and all guests receive 10% discount from us on ingredients for the meal. (Please note: online viewing of Food Inc previously advertised for April, is only available in the US!)

## Sound Bites Spoon!

Specially printed for Sound Bites, on FSC certified wood,

Now in the shop, only £1.50

Plus 'I'm a friend of Sound Bites'

badges...on the counter, 50p.

## 5 years old?!

We don't know whether to celebrate in May 5 years since we opened in the market hall, or December, 5 years since we opened on the Morledge, or both! Either way, we're very glad to say we're still here and still determined to survive!

## Hot Desk Here

We already have some interest in the hotdesking idea for our meeting room. Suggested rates are £50 a month for 5 days, or £80 for 10 days. Please see the enquiry form on the Therapy/Meeting Room page of our website.

## Friends of Sound Bites

If you want to help us achieve our aims (increasing access to more ethical food), please email to register your interest:  
[ruth.s@soundbitesderby.org.uk](mailto:ruth.s@soundbitesderby.org.uk)

Local/Organic Fruit & Veg, & Home Delivery

Lunch Takeaway & Outside Catering

Great Value Wholefoods

Fairly Traded Products

Eco House & Bodycare

Room for Hire

Library, Bookcrossing, Notices & Magazines



# Whats New?

**Organic Veg**

If you're interested in our **in-shop veg-bags** (from £4) or **Home Delivery scheme** (from £10 inc delivery) you don't need to commit to every week, you can have a trial, and fortnightly orders are available. Details of delivery, and our full catalogue are available on our website, or just email [home@soundbitesderby.org.uk](mailto:home@soundbitesderby.org.uk)

**What's in season:** Purple sprouting broccoli, leeks, cauliflowers, Jerusalem artichoke, all from Eden Farms in Lincolnshire, and to harvest wild in shady moist places, look out for wild garlic...!

We now also have herb and veg plants in pots for sale from £1.25

**On the Shelves**

## New in:

- Sweet Freedom **honey substitute** - just carob, grape and apple!
- Tiana **fair trade coconut milk** - twice as thick, 2 cans in one!
- Clearspring **fruit purees**, replacing Coteaux Nantais.
- **Birchwood forks and spoons**, to use instead of plastic cutlery if you are after disposables. £5 for 100 pieces.

## Coming Soon:

- **Luffa scrubbers** and more - did you know luffas are made from the fibres of a kind of cucumber?!
- more from Akoma - as well as black soap, we'll soon also have fair trade **organic shea butter and coconut oil** too.

## LOTS MORE FROM THE LATEST NATURAL PRODUCTS SHOW INCLUDING:

Eco anti-bacterial spray, raw snacks, string bags, coconut milk, Irish seaweeds, guarana energy drink, and even eco-shopping trolleys that save wild turtles...

# First Floor Room for Hire

We have space for more people to hire out this lovely room. Standard rate £6.50 an hour (non-commercial rates negotiable). Please get in touch with any queries. Also looking into the possibility of conversion to shared office space - please get in touch if you're interested.

## Therapies available

(see web for more info) To make enquiries contact the therapists:

### ◆ Reiki

Call Angie - 07760 152483

### ◆ Hopi Ear Candles / Shiatsu

Call Gemma - 07920 096683

### ◆ EFT / NLP, Bach Flower

Call Alexandra - 01629 825968

### ◆ Thai/Indian Massage /Yoga

Call Dionne - 07724 096861

### ◆ Reflexology, Reiki, and Champissage

Call Nicci - 07968 076155



## Palm Oil

Palm Oil is grown mainly in plantations in Malaysia and Indonesia, and expansion due to rising demand is destroying rainforest and peatland at an alarming rate. Palm oil is increasingly being used to produce biofuels, and is also in many foods. Pressure needs to be put on brands using palm oil to buy it from certified sources, addressing environmental and social issues. If you want to help writing to brands stocked by Sound Bites, email [ruth.s@soundbitesderby.org.uk](mailto:ruth.s@soundbitesderby.org.uk). Find out more at [greenpeace.org.uk/forests/palm-oil](http://greenpeace.org.uk/forests/palm-oil), or read the chapter 'Why be an ethical consumer' in the Fair and Square booklet at [www.fairandsquare.coop/](http://www.fairandsquare.coop/)

## From Ghana to Derby

We will soon be stocking traditionally harvested palm oil from Ghana, brought to Derby by Akoma Cooperative Multipurpose Society, and hope to set up direct links for some of our other suppliers who use palm oil.

## Fair2all fair trade shop

We met them at the fair trade market at the Uni and said we'd give them a plug - 17 The Green, Ashby de la Zouch, 07855 872157. Open Tue-Sat 10-4.30pm. [www.fair2all.net](http://www.fair2all.net)

## Handmade Cous Cous

Often people are surprised to learn that cous cous is not a grain in itself, but made from wheat. We have just got a new batch of hand-rolled and sun-dried cous cous from a fair trade women's co-op in Palestine. See [zaytoun.org/products/catalogue/couscous/](http://zaytoun.org/products/catalogue/couscous/)

## Below RRP bodycare

Bodycare often has a recommended mark up higher than food products, ie the manufacturers suggest you can sell it for more and make a bigger profit margin. We choose to keep over 20 prices lower however, to make the more ethical alternatives more affordable. For example:

Correct 11.04.10	Cotton Soft organic tissues	Weleda deodorants 100ml	Faith in Nature hand cream
<b>RRP</b>	<b>2.17</b>	<b>6.50</b>	<b>5.25</b>
<b>Our price</b>	<b>1.95</b>	<b>5.85</b>	<b>4.99</b>

# More

## UK's biggest factory farm plans withdrawn

Developers who hailed their plans for the largest dairy farm in Western Europe as a 'flagship for the next generation of the UK dairy industry' have withdrawn the application in the face of huge opposition- with 8100 cows, this feedlot plan posed a giant threat to animal welfare and ran contrary to the increasing belief that humane and sustainable farming is the only viable way to feed our planet. You can still take action at [www.ciwf.org/edm1037](http://www.ciwf.org/edm1037).

## Our Man with a Van

Chris who does Sound Bites home delivery is available for other jobs needing a van. Tel: 07905 346271.

## Nuclear / Green

Whether you were able to be at the 'Nuclear Dangers and the Green Alternative' meeting or not, you may find the recordings of the talks and discussion interesting to listen to. They are on the new Nottingham Diocesan Justice and Peace website [www.nottinghamjp.org/](http://www.nottinghamjp.org/) at the top of the 'Just Now' page.

## Roving Library

Sound Bites Social Change Library is currently housed in the Clockworks on Queen St, as Boo is closing. It can be accessed on Sunday afternoons, in the gallery room with easy chairs and beanbags for your comfort!

## Carnival Costumes!

Carnival drummers Calidoscopio are thinking of running costume making sessions on Saturday afternoons in June to take to the Derby Carribean Carnival in July. Sessions would probably be held in the Arboretum park building, making costumes on the theme of kitchen and household items to go with the giant grater they have already! If you are interested please call Beth on 07837 671988.

## Hula Hooping Club!

The club runs on Thursdays from 5.30-6.30pm, at the Derby City Gymnastics and Sports Centre (formerly Lancaster Sports Centre) at the top of Chapel St Car Park.

# news...

## Clockworks Community Garden

Over the winter at the previously abandoned Clockworks building on Queen St people have been busy clearing and cleaning in the garden and inside, and have hosted various activities from stargazing and drum workshops, to bushcraft, painting, and puppetry.

The building has a lot of history, with famous names attached. It is owned by a developer, but was empty for years until recently occupied as a social project. Pop down and find out more. Sunday afternoons you will find people working in the garden on planting and a greenhouse, bike repair, and now CityZine meetings and access to the Social Change library. If you have any plants, cuttings, seeds, tools, compost, or anything else useful to donate, it would be much appreciated. You can also donate cash at Sound Bites in our collection tins until July. See [www.oldclockworks.org.uk](http://www.oldclockworks.org.uk)

## Forest Gardens

*"few of us are in a position to restore the forests.. But tens of millions of us have gardens, or access to open spaces such as industrial wastelands, where trees can be planted , and...new 'city forests' can arise..." (Robert Hart)*

A self-sufficient community of species can be planted which will work together to provide good crop yields for the home. The forest garden mimics a temperate forest thereby negating the constant need to weed and fight pests. It is the ultimate example of companion planting. Contact [info@Conservationgardener.co.uk](mailto:info@Conservationgardener.co.uk)

## woofing for breaks

Don't forget there's a natural world out there! You can take a weekend or longer break with WWOOF, doing 4-6 hours satisfying work on an organic smallholding a day in exchange for bed and board. See [wwof.org.uk](http://wwof.org.uk)

## Support Broomfield Organic Field

Our most local organic veg since we began at the Farmers Market in 2004 has always been from the 'organic field' at Broomfield College at Morley. We've just heard the college has a planning application in to replace this field, and others, with a sports field, and organic production would have to move and go through 'conversion' to be certified organic again.

In the planning application (see [erewashbc.org.uk/planning/searchPlans.asp](http://erewashbc.org.uk/planning/searchPlans.asp) (ref ERE/0310/0030) there is no mention of current organic production, the fields being referred to as "existing fields" and "open space". In the assessment of trees threatened by the plans, others along the access routes are mentioned, but not the fruit trees in the organic field. It states that none of the land affected is an 'agricultural holding' or has any particular 'biodiversity features'. There is concern that since Broomfield became part of Derby college, their organic production is losing priority.

If local organic production and training is important to you and you want Derby College to give it priority, you could email [louise.curd@derby-college.ac.uk](mailto:louise.curd@derby-college.ac.uk), head of Broomfield. Planning decision due 5th May.

## Sturgess Village Green?

An impressive application to register Sturgess fields (owned by Derby Uni) as a Village Green in an attempt to protect the fields from development threats looks like it has a good chance of success. The community have fought hard - a Paypal account will be created for anyone wanting to help with campaign costs, tba...

## Woodbrooke Gardening

25 hours a week in exchange for bed and board, Quaker Study Centre, Birmingham. See [woodbrooke.org.uk/pages/gardening-friend.html](http://woodbrooke.org.uk/pages/gardening-friend.html) or call 0121 472 5171.

# Waste Not

## Leg Power!

Did you know, if you drive 5 miles to do your shopping, you will use more fuel per kilo of food than is used to fly food from Kenya... (see [www.fairandsquare.coop/](http://www.fairandsquare.coop/))

When the Morledge gets refurbished we are due bike racks outside the shop, and are still conveniently placed for buses. Look out for our new shopping trolleys - and for a bigger shop, there's our home delivery service!

## Mooncups

The Mooncup is a silicone menstrual cup designed by women to be a convenient, safe and eco-friendly alternative to tampons and sanitary pads. Loved by women all around the world, and made in the UK by a multi-award winning ethical business, the Mooncup offers an end to the waste, discomfort and expense of disposable sanitary protection. Sold at Sound Bites. See [mooncup.co.uk](http://mooncup.co.uk)

## Simple Chocolate Cake:

(sugar can be reduced/replaced)  
9oz self-raising flour, 3oz cocoa,  
9oz sugar, 120ml soya milk, 360ml  
sunflower oil. Mix dry ingredients.  
Whisk liquids separately, then  
slowly add to dry mix with a  
Sound Bites spoon (!) Preheat oven  
to 180C / 360F/ Gas mark 4 and  
bake for 30-45 minutes, check a  
knife comes out clean...

A filling can be made with cocoa,  
marg and sugar mixed to taste, and  
the top dusted with cocoa, and  
topped with blueberries if you like!

## No new incinerator in Spondon either!

Last newsletter we celebrated the success of the campaign to stop the building of an incinerator to burn 'waste' in Sinfin - now the Spondon campaign has succeeded too! Incineration can be seen as a quick fix by councils wanting to avoid fines for too much landfill, but there are cheaper, more flexible, quicker to implement solutions which are also safer for us and the environment. See [www.foe.co.uk/resource/briefings/lats.pdf](http://www.foe.co.uk/resource/briefings/lats.pdf) for more detail. See Facebook site 'No Incinerator on Sinfin Lane - Our Health Matters'.

## Want to dance with the Calidoscopio drummers in Derby Carnival?!

A new carnival dance class is starting - join in and enjoy learning funky and contemporary styles of dance from samba and funk to afoxe. Anyone can join in, and regular attenders will be invited to dance in the Carnival this summer! Classes Saturdays 12.30-2.30pm, at Darley Dance, 25 St James Chambers, St James St, £5/3 per class. Please call Beth on 07837 671988. [kaleidoscope-music.org.uk](http://kaleidoscope-music.org.uk)

## Payroll service for Veggie Businesses

Andrea and Adrian decided in the late 90's to leave the world of big business, and established Alpha Administration in 1996, to provide a tailor made service for customers with payroll and bookkeeping requirements, at very good rates. See [alphaadministration.co.uk](http://alphaadministration.co.uk)

## Collection tins by bills

Thank you for all the contributions to the last quarterly collection, which raised £30.41 for samples for Fair Trade Fortnight.

Your donations until the next newsletter will go towards the Clockworks Community Garden and Social Centre for little bits of equipment or seeds they might need. Pop in and see for yourself, most Sundays from about 1pm, 25-27 Queen St. See article inside.

Thank you to the people who have donated towards the printing of this newsletter.

# DERBY GREEN DIARY

For monthly updates please  
join our mailing list at  
[info@soundbitesderby.org.uk](mailto:info@soundbitesderby.org.uk)

**Sat 17 April** - join the Celebratory Cycle Ride around Derby City Centre, meeting at 12.30pm outside the Council House.

**Sun 18 April** - 'No Car Boot' - stalls welcome for the final day at Boo on Sadlergate. Please come down and sell your stuff, or come to buy! Closing sale now on...

**Mon 19 April** - Vigil outside Rolls Royce Raynesway to press for the cessation of Derby's involvement in the manufacturing of part of UK nuclear weapons system, 3-5pm.

**Thu 22 April** - 40th anniversary of Earth Day - can you add to the BillionActsofGreen.org?

**Sat 24 April** - Fair Trade Fashion Show, intro by Fair2all shop, Ashby. Mickleover Methodist Church Centre, Station Rd, 7.30pm. £3. Call 512448.

**Sat 24 April** - 'Garbage Warrior' film and intro to new Derby organisation 'Sustainable Support', aiming to build eco-houses in Haiti. Film 7.30pm, Q&A 9.30pm, party in the bar 10pm-1am.

**Tue 27 April** - Radical Reading group meeting to discuss the first chapter from 'The Power of Now' by Eckhart Tolle. Venue to be confirmed, more info at [sites.google.com/site/derbyradicalreadinggroup](https://sites.google.com/site/derbyradicalreadinggroup)

**Sun 2 May** - Comedy workshop for beginners, followed by comedy night, at Clockworks, tbc, contact [melon\\_fly@hotmail.com](mailto:melon_fly@hotmail.com)

**8-9 May** - National Mills Weekend - Heage Windmill 2 miles N of Belper open 11-4pm with cake and bread samples. [nationalmillsweekend.co.uk/pages\\_wind/heage.htm](http://nationalmillsweekend.co.uk/pages_wind/heage.htm)

**14-16 May** - Great local festival! 'Bearded Theory', nr Ashbourne, [beardedtheory.com](http://beardedtheory.com). Cycle ride organised from Derby, contact [dave.clasby@sustrans.org.uk](mailto:dave.clasby@sustrans.org.uk)

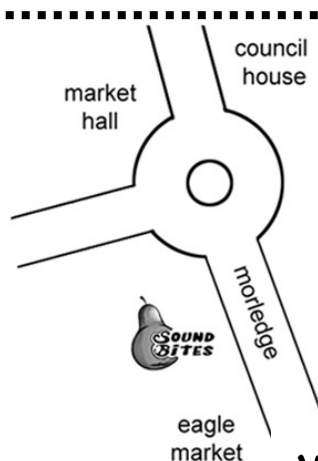
**28-30 May** - Another great local festival! 'Off The Tracks' nr Castle Donington, [offthetracks.co.uk](http://offthetracks.co.uk)

**Sun 30 May** - Come and meet fellow veggies and vegans and try out new veggie options at the Olive Café Bar at the Spot as part of National Vegetarian Week. Live music 12.30-3pm, & Latino evening!

**Sat 5, Sun 6 June** - Vegan Beer Festival, Sumac Centre, Nottingham. Live entertainment, food available, free entrance. Starts 12 noon.

**19 June - 3 July** - Co-op fortnight; International Co-ops Day 3rd July.

**Sat 10 July** - Derby Cycling Group Birthday Party at The Clockworks, 25 - 27 Queen St, 1pm till late including music, Dr Bike, city rides, maintenance workshops, bike art sessions, bike films, food by Sound Bites and possibly roller racing. Also come and see this historic building in the centre of Derby.



Compiled by Sound Bites Grocery, 11 Morledge  
Open Mon-Sat 9.30-6

We're very well placed for bus routes into the centre, and the Council Car Park is over the road, open to the public after 4.30pm weekdays, and all day Saturday. We run 2 delivery schemes - by bike for people with mobility difficulties, or by van to others in and around Derby. Please email [home@soundbitesderby.org.uk](mailto:home@soundbitesderby.org.uk) or call 01332 291369

[www.soundbitesderby.org.uk](http://www.soundbitesderby.org.uk)