



# the Nibbler

Issue 31  
Jan—Mar 2011

Newsletter of Sound Bites

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

*A not-for-profit workers co-operative*

**With Yaffle Café and Bookshop open upstairs! Tue/Thu/Sat**

**Order a delivery online at [www.soundbitesderby.org.uk/cart](http://www.soundbitesderby.org.uk/cart)**

## New shop front

The scaffolding is down, and the new shop front revealed...

Commissioned by the landlord in conjunction with the City Centre Grant Scheme, the front has been restored, in a similar style to it's earlier days, and the solid wood should last 150 years. It lets in much more light, and a direct view into the shop, a great showcase for the display of organic fruit and veg.

## Energy saving fridge

In early February we are expecting the installation of a new fridge through the Energy Efficiency Grant for Small Businesses. It will replace both our current open fridge and the drinks fridge, but uses less power overall, keeping the cold air in with sliding doors, and working on a remote motor which will reduce overheating of the shop in the summer.

## Late Night Thursdays

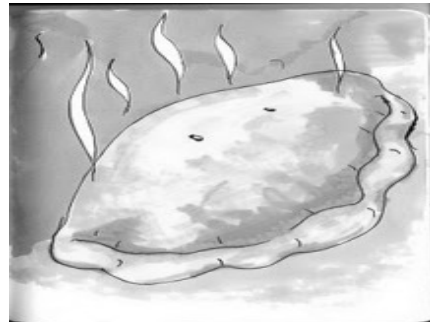
We will continue to open until 9pm on Thursday evenings in 2011. Why not combine it with an evening meal in Yaffle Café too?!

## Online Shop Open

Veg box or not, our secure online shop is now available. Please spread the word if you know others in our delivery area, which covers Belper, up to Ripley, across to the M1 and down to the A50. If you can display or distribute flyers, please ask at the till.

## Hot pasties at Yaffle

You can now buy a pasty in Sound Bites and take it upstairs to eat in, heated up and with a side salad!



## Cost price reusable bags

All Sound Bites own bags are cost price (ie we make no profit on them). Choose from sturdy paper bags for just 20p, organic cotton for £1, or our beautiful red jute bags now only £2.

Local/Organic Fruit & Veg, & Home Delivery

Lunch Takeaway & Outside Catering



Great Value Wholefoods

Fairly Traded Products

Eco House & Bodycare

Room for Hire / Regular Events

Library, Bookcrossing, Notices & Magazines

# Whats New?

**Organic Veg**

**What's in season:** still got lovely Lincolnshire winter cabbages, celeriac, carrots, beetroot etc, plus local Brussels sprouts and parsnips. Last of the apples direct from the grower, but still getting UK apples wholesale. Lots of good citrus fruits from Spain.

If you're interested in our **in-shop veg-bags** (from £4) or **Home Delivery scheme** (from £10 inc delivery) why not have a trial? Fortnightly orders also available. Details of delivery, and catalogue are in the shop, or on our website, (now with online shop) or email [home@soundbitesderby.org.uk](mailto:home@soundbitesderby.org.uk)

**On the Shelves**

## **New in:**

**Veggie Guides** - new guide featuring 600 places to eat, sleep, and shop vegetarian. Covers North of England, from Derbyshire up to Northumberland. Restaurants, cafés, takeaways, pubs, B&Bs and shops. Detailed reviews, inc whats on the menu for vegans. 240 pages. £9.95.

Larger **vegetarian haggis**, in time for Burns Night (Jan 25th)

**Recycled scourers** - soon in.

New **gluten-free biscuits** (double choc, ginger/walnut, lemon zest, or hazelnut) and **gluten-free buckwheat crackers**.

**Organic Chilli sauce** - back in!

**Dehulled hemp seeds** - back in!

**New ales** from Pitfield, due to arrive in time for the Derby Winter Ale festival, 24-26 Feb. (at the Roundhouse)

PLUS.... Always **new books** in the Social Change library, and Yaffle bookshop, above the shop.

## **Upstairs \* Yaffle Cafe Bookshop**

### **Yaffle independence**

Yaffle Café is a separate entity to Sound Bites, very complementary but a tenant not a part of the same organisation, so please if you do take food up from downstairs, buy a drink from Yaffle too!

### **Warmth on Toast**

Yaffle Café now offers all things toast, such as toasties, toast, beans on toast, a steaming bowl of soup ... with toast! Coeliacs are welcome to bring their own bread. The room is warm too, unlike the shop!

### **Meals on Thursday eves**

The monthly meal nights on Thursdays are now weekly! Main course is only £4.50, starter and dessert also available.

### **Monthly Games Night**

The Christmas special featured a whole menu of games, warm-ups for starters, more in-depth games for a main course, and sweet games for dessert... there were recognisable board games, card games, and more interactive games for the whole room to get involved in. It was great! Next one Thu 27th Jan.

### **Extra Guest**

Yaffle has been asked to take part in the Extra Guest campaign - customers are invited to put £1 in a pot to fund sustainable food projects - [theextraguest.com](http://theextraguest.com)

## **Room for Hire and Therapies**

The room is also available for hire Mon/Wed/Fri, for meetings, workshops, exhibitions, and therapists, standard hire rate £6.50/hr. For therapists details, or to make an enquiry, please see our website or contact us.

## Friends of Sound Bites

The next meeting is on Sat 5th March, when we'll also be doing a stall at the International Women's Day event at the Assembly Rooms 9-4pm. FOSB exists for people who want to help promote Sound Bites, for example running stalls/events; doing research/fundraising. If you are interested please email [ruth.s@soundbitesderby.org.uk](mailto:ruth.s@soundbitesderby.org.uk)

## Wholefoods Update

Infinity Foods, our main supplier of bulk wholefoods, tries to keep a lid on prices where possible, but global factors do have an impact. The two main factors they say are 'a very cold winter last year meant late planting of many crops & consequently late harvest. This then exposed the crops to torrential rainfall at harvest which has happened in Canada & Russia ruining lentil & buckwheat crops and in Turkey where apricots were decimated. Secondly, demand from China domestically is pressurizing prices higher across many commodities even if the crops are good, for example, pecans, walnuts, & mung beans, etc'.

Organic pine nuts have just come down in price after shooting up last year, which means they'll be back on our shelves this month.

## Volunteer Projects

### Palm Oil / Snax

We currently have 2 projects for willing volunteers - researching palm oil in our products, and promoting our snacks to more venues. Our snacks are currently available in the Silk Mill, the Shakespeare, and The Crompton. The Crompton also sell Organic Seed & Bean chocolate, and run ongoing art exhibitions including the popular participatory beer mat drawing. Next event is an 'Amuse-Bouche' where all participants make some tasty morsels for everyone to try! Call 733629 to enter, or email [crompton11@ntlworld.com](mailto:crompton11@ntlworld.com)

## Lembas now a co-op!

Our main wholesaler, 20 years old, has just transferred to collective ownership and is being supported by CBC, see [www.cbc.coop](http://www.cbc.coop)

# More

## Empowering Derby

Empowering Derby is a project created by 3 popular education workers in Derby, to voluntarily run Open Space (or OST) sessions every other month in different parts of the city, giving people a forum to explore the questions most important to them, on the theme of creating the change we want to see.

Open Space is a technique for running meetings where those who attend are invited to come up with topics to discuss, small groups are then set up to look at these topics, and participants are free to move between groups.

The first session in 2011 will be at the Ukrainian Centre, Sun 27 Feb, 2-6pm.

## Derby People's Kitchen

The idea to do a PK in Derby came out of a previous OST (see above) to provide the opportunity for people to eat together, and meet each other, at low cost. It has been running a community meal in a different venue each month, since September 2010. As it is run voluntarily, and some food has been donated, there has been some surplus generated by the events, which has so far been donated to the OST organisers for room hire costs, or is going towards buying cooking equipment such as very large pans. If you want to donate home-grown veg please email [DerbyPK@yahoogroups.co.uk](mailto:DerbyPK@yahoogroups.co.uk)

## Combatting Debt

A bill is due in Parliament which includes a variety of measures to prevent people getting into so much debt, including requiring the Post Office network to integrate with credit unions, and restricting the interest rates of credit companies.

100 MP's need to be in the House of Commons on Fri 4 Feb for the bill to go to the next stage of legislation. Derby Justice and Peace Network propose an action to support this bill.

You can write to your MP to ask them to attend for the Consumer Credit and Advice Bill, through [www.writetothem.com](http://www.writetothem.com)

For more info see [www.endlegalloansharks.org.uk](http://www.endlegalloansharks.org.uk)

## Derby Campaign Against Climate Change

DCCC have alerted us to the government plans to privatise the national forests. There is an on-line petition being organised by 38 degrees: [www.38degress.org.uk/page/s/save-our-forests#petition](http://www.38degress.org.uk/page/s/save-our-forests#petition)



If you are interested in helping in a potential Save Sherwood Forest Campaign contact the Climate Alliance [info@climatealliance.co.uk](mailto:info@climatealliance.co.uk) who will pass your details on.

For more info on the Ratcliffe on Soar trial (which has exploded in the national media in recent weeks over the issue of undercover police) see [ratcliffeontrial.org/home/](http://ratcliffeontrial.org/home/)

## Sustainability Festival

Derby Uni is holding an event to raise awareness of sustainability/ social responsibility, 28/9 March.

## Council Cuts

30% of the grant aid for the voluntary sector in Derby is being cut for 2011-12 compared to 2010-11. Derby City Council have an online questionnaire where you can comment on the strategy, open til 13 March. Google 'DCC Grant Aid Strategy 2011-2015' to find the link via the Community Action Derby website.

## 'Big Society' training

It's easy to be cynical about the Big Society concept, when most of the Cabinet are millionaires and they're making cuts, but you might still want to make use of this free training: Community Research and Planning, Neighbourhood Action Planning, Partnership Working, Managing Conflict, Restorative Justice, Community Leadership, and Democracy Days. [emep.org.uk](http://emep.org.uk)

## Medialens Review

By James Hatley

If you're compelled to peer through an eyeglass at the shocking day-to-day complicity of the media in some of the crucial issues affecting world peace of the day, there can't be many more worthy sources than Medialens.

Since 2001 Medialens ([medialens.org](http://medialens.org)) have been doing a tremendous job holding the media to account, describing how mainstream newspapers and broadcasters operate as a propaganda system for the elite interests that dominate modern society.

By publishing regular articles analysing media output (on topics such as climate change, Israel and Palestine, Iraq, Afghanistan, Wikileaks smears and Iran) they offer detailed up to date demonstrations of how news and commentary are 'filtered' by the media's profit orientation, by its dependence on advertisers, parent companies, wealthy owners and official news sources. Most alarming is its focus on media often assumed to offer a more 'liberal', 'balanced' or 'independent' position on world affairs, sources such as the BBC, Guardian, and Independent.

This website will hopefully send you screaming towards other such valuable resources like Znet, Democracy Now, Schnews, Peace News, New Internationalist and Red Pepper (many of which are available online, in Sound Bites, or Yaffle Café upstairs).

You can receive these articles by doing little more than accessing their website, typing in your email address and pressing 'subscribe'. Or if you fancy reading the Medialens book 'Newspeak in the 21st Century', pop into Yaffle Cafe and speak to James.

## Tarnished Earth

The Co-operative Bank are touring an exhibition highlighting the devastating impacts of extracting oil from tar sands. The street display will be in Birmingham until 13 Feb, and in Manchester from 5-26 April. See [www.toxicfuels.com](http://www.toxicfuels.com)

# Waste Not

## Walking for Warmth

Walking and extra clothes can be a much cheaper and more energy-conscious way to stay warm in the cold weather.

## Spare wicker baskets?

If you have any spare, we would like to replace those we use for veg display, which are now a bit battered. We'd also like lidded take-away trays, for kitchen use.



## Cheapest dental floss

Apparently you can simply use unbleached cotton thread instead of buying dental floss. So we've been told!

## Pickles/Fermentations

The fermentation that takes place when pickling produces an attractive tangy taste, and vitamin B12, so they're a valuable addition to vegetarian and vegan diets.

### Onion-Miso quick pickle:

Place 3-4 fine-cut onions in a bowl. Dilute 1 tbsp barley miso in 3 tsp water and mix in.

Press the pickle for 2 hours-2 days by putting a saucer in the bowl with a heavy food jar on top. Makes 8 servings.

## Collection bins by tills

Thank you for all the contributions to the last quarterly collection, which raised £74.16 for the People's Kitchen Xmas meal, which was held at the Boyer St activity centre for homeless clients. Their new catering kitchen was inaugurated, and they are now planning cooking courses.

The next collection, until April 2011, will be towards the community orchard at Kirk Langley. See [www.meynell-langley.co.uk/orchard](http://www.meynell-langley.co.uk/orchard) for more info.

Did you know we are on facebook?!  
Yaffle Café is too...

## Small Ads.....

### Orange Peel Café

A new Caribbean café has opened just by Duckworth Sq (near old Debenhams), with a third of the menu suitable for vegans and diabetics. From fried plantain for just £1, to Ackee, Butterbeans and Spinach, with brown rice, cous cous or bulgur wheat, for £4.50. Open Mon-Fri 8-5, except Fri til 3.45. Also open Saturdays from 8pm.

### Heart of the Park Café

The Heart of the Park café is now run by the Arboretum Community Project, a Community Interest Company, and will be hosting the January People's Kitchen. They also provide work experience and training for deaf people and those who are hard of hearing.

### Chernobyl Children Shop

The charity shop on Curzon Street is appealing for clothes, bedding, even old rags for recycling. They can pick up. Call 07777 678305.

### Eco retrofit

For case studies of interesting examples of Eco- Construction, Renovation of houses, or Eco-Lifestyle options in West Bridgford, see [wbeco-houses.co.uk](http://wbeco-houses.co.uk) The group also have regular meetings, and access to knowledgeable experts.

### Green Man with a van

Sound Bites driver Chris is available for jobs needing a van - please call him on 07905 346271.

### Bike Express holidays!

For a unique trip, see [www.bike-express.co.uk](http://www.bike-express.co.uk) - £131 one way, UK pick up (nearest Nottingham M1), by coach, taking you and your bike to the Mediterranean!

# DERBY GREEN DIARY

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

Please check with organisers

**Sat 22 Jan** - Socialist Burns Night - 3 course meal, poetry, readings and Derbyshires famous 'Loscoe State Opera' raggle-taggle folk band. £20 or concessions by arrangement. Please book on 01335 370374 or 07979 230175. Fundraiser for Derby People's Charter, Morning Star newspaper and the William Paul Society. The Waterfall Pub.

**Mon 24 Jan** - People's Kitchen - monthly community meal. Venue this time: Café in Arboretum park. 6-8pm. £2 a plate.

**Fri 29 Jan** - Feedback Theatre from Belper perform scenarios from the experience of Transition Derby. 6.30-9pm, Friends Meeting House.

**Thu 27 Jan** - Games Night at Yaffle Café, 6.30-9pm.

**Mon 31 Jan** - One Million Climate Jobs Now! - speakers at Friends Meeting House, 7-8.30pm. Tea/coffee from 6.30pm.

**Wed 2 Feb** - Full Cost Recovery workshop by Community Action - making realistic funding applications - book by 28 Jan. For info call 342272.

**Sat 5 Feb** - Samba party - West Indian Community Centre. tbc

**Sat 12 Feb** - Transition Derby groups day - food, transport, energy, allotments, awareness: Help begin to plan these groups, 6.30-9, Friends Meeting House.

**Tue 15 Feb** - 'Amuse-Bouche' (tasty morsels!) at the Crompton Tavern, Crompton St. See [www.cromptontavern.co.uk](http://www.cromptontavern.co.uk)

**Fri 25 Feb** - Fair Trade Coffee Morning 10-12. Cathedral Café

**Sun 27 Feb** - 'Empowering Derby - creating change' Open Space session, Ukrainian Centre, Charnwood St. 2-6pm. For more info see article inside.

**Mon 28 Feb** - People's Kitchen, venue tbc.

**28 Feb - 13 March** - Fair Trade Fortnight. Includes Fair Trade market at Derby Uni, and other events and offers tba.

**18 March - 9 April** - The Mountain Top - Award winning new Martin Luther King drama. Guildhall Theatre. From £8.

**Sat 19 March** - Alldayer gig at the Bell, including 'Empowering Derby Youth' MC's performance.

**Sat 19 March** - tbc, public meeting on transport, with Transition Derby.

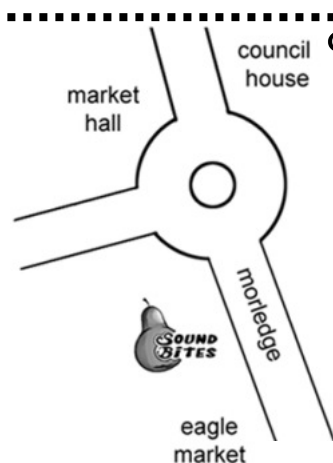
**Mon 28 March** - People's Kitchen, venue tbc.

WE CAN PUBLICISE YOUR EVENTS!

Please email

[ruth.s@soundbitesderby.org.uk](mailto:ruth.s@soundbitesderby.org.uk)

- we do a monthly emailout.



Compiled by Sound Bites Grocery, 11 Morledge  
Open Mon-Sat 9.30-6 (Thu til 9pm)

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 5.30pm 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)