



the Nibbler

Issue 33
July-Sep 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 & Bookshop upstairs! 12-5 Mon-Sat (meal nights Thu)

Order a delivery online at www.soundbitesderby.org.uk/cart

Veg Pedallers

Whilst Veg Pedallers continues, four years on, to provide an essential service to its customers (people with mobility difficulties), we still face funding challenges that threaten its sustainability. Our existing bike sorely needs replacing and the current target is to fund a new one, not only as a replacement but one that can cope with an increase in customers. Our heartfelt thanks go to all at Lush for providing support and space for a stall last month, to raise funds and awareness. They have further offered to run a benefit gig locally. But any ideas to keep this valuable service on the road will be gratefully received and seriously considered. Contact Tim, in the shop or by phone (01332 291369).

Artists Wanted!

We would love to liven up the "Nibbler" with witty drawings, pithy cartoons or just generally engaging illustrations. But we're not very good at drawing. If you could help us, we'd love to hear from you...info@soundbitesderby.org.uk

Collective Effort

Up til now the Nibbler has been mainly written by one or two people, but from this issue, it is being put together collectively by the 5 Sound Bites co-op members and James from Yaffle Cafe!

Mark Thomas...

...was sighted popping into Sound Bites for some antipasto and then for a green tea in Yaffle Cafe. The tea must have given him a burst of life because he then went on to do a rather brilliant two hour comedy gig at Derby Theatre! Oh and did we mention that he said that the 'shop and cafe were lovely'?!!!

Healthy Start

If you are pregnant or have a child under 4 years old you may qualify for free Healthy Start vouchers. Healthy Start vouchers can be used in Sound Bites to buy fresh and frozen fruit and veg. For more information and to apply you can call 0845 607 6823 or visit www.healthystart.nhs.uk. You can also get forms in doctors surgeries and from midwives and health visitors.

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

Enjoy all our Summer vegetables in salads, stir-fry or light dishes for hotter weather. We will be sourcing as much as possible from our very local growers around Derby – can't get fresher than that!

Summer fruits too for their delicious short season: currants, berries and stone fruits. And why not freeze or preserve some to enjoy out of season without unjustifiable food miles.

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

On the Shelves

~So what do you do with old greetings cards? What about putting them into the ground to grow insect-friendly wild flowers... **Plantable cards** £2.99

~Hemp the wonder plant! You can wear it, eat it, tie up with it, save carbon by growing it... and now you can drink it too.

Hemp milk £1.99 - with all the nutritional benefits.

~You may have enjoyed Rowanberry chocolate cake, carrot and coconut cake, coffee and walnut muffins and apple pies – all made within walking distance of Sound Bites. Now there are delicious home-made **Rowanberry preserves**. Check out the various flavours in the shop now.

~Take an iconic Indian Restaurant in Leicester – put their signature curry sauces in packs – and you have Tiffin! The **superb sauces** come in four styles: Classic (mild), Bhuna (medium), Chilli Fry speciality (hot) and Jalfrezi (hotter!). Just stir in cooked veg. (or whatever you like) for the nearest you'll get to an authentic fresh curry outside of the restaurant. All sauces £2.99

Open Mon-Sat 12-5, plus Sats from 11am, and Thu meal nights 6.30-8.30pm Meal Nights

Our meal nights are doing pretty well, we've even got a few regulars! Most recent meals include a tapas night with smoky patatas bravas, and more recently Russian red bean and plum sauce with shredded cabbage. Yum yum! Still only £4.50!

4 *s Food Hygiene

'Very Good' according to the proudly displayed Food Hygiene certificate, not bad for such a homely cafe without the shiny stainless steel kitchen you might find in some of Derby's posher venues!

Radical Media and Social Change Library

Lately the Social Change Library has been strutting its stuff at events such as Global Education Derby training, and Mark Thomas' gig, in particular our colourful new leaflets full of fascinating radical media weblinks. Pop in for a copy (and a coffee!)

Glen Tomney

There's shamanic psychedelia pouring forth from the walls of the cafe by the excellent local artist Glen Tomney, and if you like his stuff, prints are available for just £20. Work to shake your mind like a Polaroid picture! See ShamanicPan-tree.co.uk

Room for Hire and Therapies

The room is also available for hire while the cafe is not open, for meetings, workshops, exhibitions, and therapists, standard hire rate £6.50/hr. (Mon-Fri 8.45-11.45am, and 5.20-6.20pm except Thu) Evenings and Sundays may be possible by arrangement. To make an enquiry, (or for therapists details) please see website or contact us.

Catering Diary

In June we did 3 catering jobs for Global Education Derby, for their AGM, a training event, and a leaving party. We have just catered at the Belper Food Festival in order to promote the service, and are planning some catering taster events later this year for organisations and individuals who may be interested. If you work for an organisation that uses catering and think we should send your organisation an invite, contact ruth.s@soundbitesderby.org.uk

Where possible we deliver by bicycle and trailer, which on top of the fact that most of our ingredients are organic, must make us the lowest carbon caterers in the region!

Sprouted Seeds

Since the E-coli outbreaks in Germany and France many people have stopped buying sprouted seeds. Our suppliers Aconbury Sprouts have published a statement on the safety of their sprouts which we are displaying in the shop. They want to make clear that unlike the recent cases where the sprouts involved were produced on a domestic scale, Aconbury sprouts are rigorously tested both at the seed stage (which is where most harmful organisms have been shown to come from), and at the finished product stage, as well as staff, water, production environment and equipment. In line with the Food Standards Agency recommendation we will temporarily stop using raw sprouts in our baguettes, but still stock them in the shop.

Wholefoods update

We have just found out that the sunflower seeds and pumpkin seeds we stock are heat treated to prevent bacteria such as E-coli and salmonella. This is recommended by the Food Standards Agency, but means they would not be considered truly a raw food.

T-shirts

Look out for the new Sound Bites T-shirts coming soon! Organic and fair trade cotton - with the slogan 'Powered by Vegetables' !

More

Derby 50K Club

Derby 50K Club believes there are at least 50,000 people living in Derby who believe in all or most of the following: * Co-operation, kindness and justice. * That people should feel safe in their homes. * That people should look after each other and voluntarily contribute to each other's welfare. * Should be able to feel comfortable in their sexuality, open minded thinking and much more. * Do not support unjust wars, torture, false imprisonment, prejudice and racism. Derby 50K Club organises occasional lively seminars and networks with all other organisations in Derby who generally support the above aims. Derby 50K Club's initial objective is to become known and to find others who share some or all of the aims. See the Diary section for forthcoming event on 7th September.

Natural Sanitary Protection

Natracare sanitary products were launched in 1989 by Susie Hewson in response to a World in Action documentary on dioxin pollution and it's part in sanitary protection manufacture.

Most sanitary pads are made of 90% crude oil plastics (which are not biodegradable and end up in landfills or the oceans), and dioxin-releasing chlorine-bleached woodpulp.

Natracare use only certified organic, plant-derived materials that are renewable and compostable.

Sound Bites sells Natracare sanitary towels and tampons. We also sell reusable 'Mooncups'.

Freezer

You might not know that we have a freezer! We stock frozen fruit, veg and bread, including a speciality gluten free/yeast free loaf! We also have a range of dairy free ice creams and ice lollies, we would recommend Booja Booja sugar free luxury ice creams made with cashew nuts! Other frozen items include pastry, pies, sausages, healthy home made ready meals, tempeh, mexican tamales and vegan cheese cakes!!

news...

Cuts Workshops

Local activist and all round good egg Tao Jonez is running another workshop at the Bless on the 20th July, 7pm. Come and discuss ways for you to engage with the devastating impact of the government spending cuts.

38 Degrees – Save our Forests (etc)

The current top 3 campaigns on the 38 Degrees pressure group website are about Rupert Murdoch, Saving the NHS, and What do the Forests mean to you? You can take action, signing their petitions, and for the Forests issue, there is a short survey you can fill in, to feed into the independent panel that will be making recommendations to the government. See 38degrees.org.uk

Herbal medicines registrations

From the 30th of April this year herbal medicines and remedies fell under new legislation passed by a government body, the Medicines and Health care products Regulatory Agency. The EU required the UK and some other countries to pass this law to stop unlicensed herbal remedies being sold. There are some good points to this new legislation. For example, to obtain registration the manufacturer must prove the product has been made to strict quality standards and must contain information on the packaging about what the product is used for.

However, unfortunately a product can only become registered if it has been recognised by the MHRA as being in use for a minimum of 30 years, 15 of those within Europe. Although most herbal remedies and medicines have been used for thousands of years it will now be difficult for producers to obtain registration, particularly for Chinese and Ayurvedic herbs.

Some smaller companies have found the price of registering products too high and have been forced out of business, and practitioners have noticed a smaller range of products available. Herbal teas and herbs and spices with a history of culinary use are still widely available but many herbs with a long history of medicinal use are now unavailable to customers. Who is this really benefiting?

Rebellious Media Conference – 8/9 October 2011

If you are: frustrated with the mainstream media's coverage of war, climate change and the economy, or already making your own media; interested in acquiring new skills or finding out more about exciting radical media projects from around the world; want to join the resistance to the corporate takeover of the internet, or discuss how we can harness the digital revolution to help bring about radical social change, then this is probably something you should go to.

A weekend of talks and workshops with a fine programme of speakers, including the great thinker of our times Noam Chomsky! Also John Pilger (the War you don't see), Laurie Penny (Penny Red), and Michael Albert (znet).

If you don't happen to win the free raffle in Yaffle Cafe (a Yaffle raffle!), tickets are available on the website and cost between £15-£75 (you choose your fee).

www.peacenews.info

Peace News

The above conference has been arranged in part by the wonderful anti-war rag Peace News. Peace News is a terrific monthly zine, focused on reinforcing anti-war campaign networks, containing excellent articles by acclaimed writer and gentleman Milan Rai on a range of global issues, as well as a densely packed monthly events calendar. Only a pound from the back of the shop, have a look!

Current Animal Rights campaigns

Submitted by a Sound Bites customer

The ban to stop animal testing of cosmetics due for 2013, the EU wants to postpone for 10 years. Petition available at www.buav.org Campaign to highlight vivisection, and the 4 main charities that experiment on animals. See www.animalaid.org.uk

Big Issue

We were asked to sell the Big Issue in store, sponsoring a vendor and raising awareness of issues of homelessness. Although we agreed, its not certain if this will go ahead, but we have been given some back issues for display to raise the profile of the magazine, so please have a look.

Waste Not

BioD Refills

We have always dabbled with a bit of refilling bottles of household cleaning products. Now we have taken a big step forward by making a huge bulk order, filling our shed with washing up liquid, laundry things and sundry other cleaning products and refilling bottles on an unprecedented scale!

It's cheaper for all of us, it saves lots of plastic and it requires less transport (fewer "cleaning miles".) We think it can only be a good idea.

Please help us by returning empty bottles for refilling (washing-up liquid, laundry liquid, fabric conditioner and multi-surface cleaner.)

And just help yourself to a refilled bottle from the household section of the shop – we don't need to deal under the counter any more.

Food Waste

Don't chuck out the 'tops'! Beetroot, celeriac, and many other roots (NB not carrots!) have tasty leaves that make great stock for soups or risottos. Keep citrus fruit peel: when dried out, it makes good kindling for fires!

Incinerator

According to a leaflet dropped in, the refusal to allow the Sinfine Lane incinerator to be built has been overturned on a technicality. £25 million is to be given to the developers by Derby City Council and council tax is to be increased to pay for this. You can sign the letter in the shop to the Secretary of State or email our MP (Pauline Latham - www.writetothem.com) or write to her at The House of Commons, Westminster, SW1A 0AA. Or write to the council leader Phillip Hickson phillip.hickson@derby.gov.uk / Council Leader, Council House, Corporation St DE1 2PR.

Small Ads.....

Green Man with a van

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

Development Education

Global Education Derby have a selection of development education materials they no longer use, that are free to anyone who wants them. Please contact them via their website, or call 298185.

Quaker Pegg book

Esteemed customer George Drury has brought in his fabulous book on 18th century Derby figure William 'Quaker' Pegg, famed for his floral ceramics, fiery personality and activity amongst the Quakers. Come and have a look at it in Yaffle Cafe – only £7.99

Counsellor available

Qualified counsellor, reasonable rates. Contact Tim Almy MBACP.

Spicy Peanut Chilli

(as made for Belper Food Festival)

Roast 450g peanuts in the oven for 10 mins, then grind up. Chop 1 onion, 3 sticks celery, 2 carrots, 1 green pepper, and deseed and chop 1 chilli. Fry veg with 4 cloves chopped garlic, and the chilli, for 5-10 mins. Add herbs and spices halfway through: up to 1tbsp chilli powder, half tsp cayenne pepper, 1tbsp ground cumin, 1tbsp oregano, 2tbsp basil. Add the peanuts, 1 tin tomatoes (or 3 fresh ones), 2tbsp molasses/treacle, and enough stock to just cover. Bring to boil and simmer 30 mins stirring often.

Serve with a dollop of yogert!
(Remember not to touch your eyes after chopping chillis!)

From 'Another Dinner is Possible' cookbook, available for reference in Yaffle Café.

Collection bins by tills

Thank you for all the contributions to the last quarterly collection, which raised £19.80 for the 'Swap Tears for Smiles' initiative supporting victims of domestic violence.

The next collection, until mid October 2011, will be for Veg Pedallers, to go towards raising money for a new bike - we are aiming for £1500 through various means, to buy a Pashley delivery bike (same as postal delivery bikes) - (see article on front page for more info)

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

DERBY GREEN DIARY

For monthly updates please
join our mailing list at
info@soundbitesderby.org.uk

Please check with organisers

Tue 19 July – Support Derby
Bombardier Workers – Public
Meeting to discuss job cuts at
Bombardier and what can be
done. Meet at QUAD, 7pm.

Wed 20 July – Understanding the
Spending Cuts workshop. 6.30-
8.30pm, the Bless, Chapel St.

Sat 23 July – March for train
building jobs at Bombardier. 10am
Bass Rec. March to Silk Mill.

Sat 23 July – ‘Disability Awareness
from Derby to Palestine’ – Derby
Uni, Ked Rd, Kirtley Building. 1-
5pm. Featuring Jody McIntyre,
Lowkey. Call 372428. Adv £5. £8
on door.

Wed 27 July - MIWK comedy
night - featuring 5 mins each from
30+ Derby acts! Free entry, the
Shakespeare, Sadlergate. 8 til late.

Thu 28 July - Mon 1 Aug - Peace
News summer camp. Great
workshops, food, camping, and
low cost. See www.peacenews.info

Sat 30 July - Unravel film project
at the Quad. See derbyquad.co.uk

Mon 1 Aug – Respect Fur Animals
benefit, Bar One, Newland St 7pm

Fri 5- Mon 8 Aug - Animal Rights
UK gathering near Northampton.
See www.argathering.org.uk or
call 07899 775493/07951 304652.

Sat 13 Aug – Derby march against
Foston pig ‘farm’ 12-4pm. See facebook.

Wed 10 - Mon 15 Aug Earth First
summer gathering 2011, East Anglia.
See earthfirstgathering.org.uk or call
07788591766 (active from 31 July)

Sun 15 Aug - Brinsley animal rescue
open day, call 0845 4582813 or see
www.brinslyanimalrescue.org

Sun 21 Aug - London vegan festival,
Kensington town hall 11am-8pm, £2
robandal55@googlemail.com

Fri/Sat 26/27 Aug - Ashleyhay
festival, near Alport, Derbyshire.
Eco/charity event ashleyhayfestival.co.uk

Fri 2 - Sun 4 Aug - Green Peaks Eco
Music festival- adults £35 child £20
under 5’s free! Nr Ashbourne, see
www.greenpeaksfestival.co.uk

Wed 7 Sept - Derby 50K Seminar
‘Banks - are they out of control?’
Email - venablesk@yahoo.co.uk

Fri 9 Sep - Potions Club autumn
workshop - gather and make your
own potions - 10.30 Atlow Mill,
2pm Derbyshire Eco Centre. Call
01629 533038 to book.

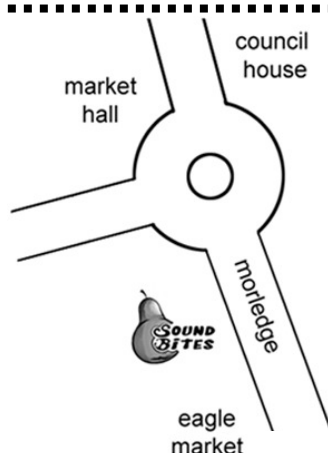
Sat/Sun 8/9 Oct - Rebellious Media
Conference, London. Lots of great
speakers. From £15. peacenews.info.

Friendly Football Kickabout

Every Sunday 10-12, Arboretum Park
No kit, no £’s, open to all!

WE CAN PUBLICISE YOUR EVENTS!

Please email
ruth.s@soundbitesderby.org.uk
- we also do a monthly emailout.



Compiled by Sound Bites, 11 Morledge DE1 2AW
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
or call 01332 291369

www.soundbitesderby.org.uk