



# the Nibbler

Issue 34  
Oct - Dec 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&Fri)**

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

## Organic September

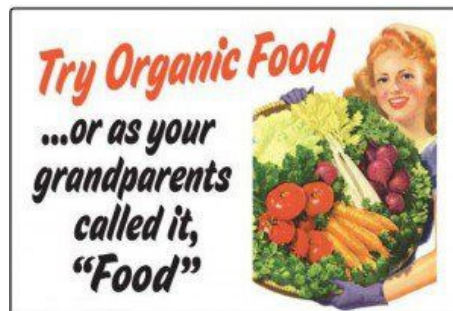
It was a busy month for Sound Bites – promoting the “organic” message through a wide range of activities.

- Every Saturday we sampled organic products to demonstrate the trustworthy quality of our organic food and bodycare products.
- We featured some revealing price comparisons showing just how clever supermarkets are at creating the illusion of cheapness when in many cases they are more expensive!
- At Derby Farmers Market and Spondon Village Fair we featured the organic vegetables and fruit whose eco-friendly production contributes so much to preserving wildlife and the environment generally.
- “Food Inc.” film show indicated the appalling practices of industrial agriculture, the danger of GM and the cut-throat business interests behind all of it.
- Yaffle café served delicious organic meals every Thursday and Friday night – and will carry on doing so!
- A lucky few enjoyed a wide-ranging organic beer sampling.

- Sound Bites organic t-shirts are still available.
- Congratulations to Alice Fitzpatrick, winner of a packed Organic Hamper – just for buying organic.
- Welcome to the new home-delivery customers who took advantage of September's offer. Do check our website if you are interested in a veg/fruit box or home-delivered shopping.

So that was Organic September...!

It was hard work, but worth it. We know we are very lucky to have so many interested, principled and loyal customers. It keeps us going. Organic September or not, we will keep on doing it because we believe it's not only right, but essential.



Local/Organic Fruit & Veg, & Home Delivery

Lunch Takeaway & Outside Catering

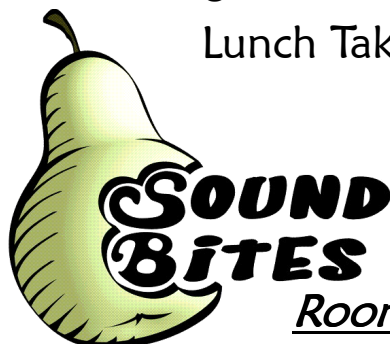
Great Value Wholefoods

Fairly Traded Products

Eco House & Bodycare

Room for Hire / Regular Events

Library, Bookcrossing, Notices & Magazines



# Whats New?



There's an abundance of English apples this year and we are stocking lots of different varieties from sweet Sunset and Gala through sharper Cox and Meridien to super tart cookers like Bramley. Mostly from Essex but an increasing number from even more local growers. Take a mixture and have your own "apple tasting" at home!

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)



## Booja Booja offer

We have a special offer on Banana Cognac Booja Booja Truffles! Booja Booja found some chocolate had been produced on a line that meant it may contain traces of milk. Many vegan chocolates carry an allergy disclaimer if production is outsourced to factories that also use dairy products, but these did not, so were recalled and stickered. Since then they have relaunched their truffles, which are now £6.99 a box. There are some great new flavours, and the most amazing handpainted chocolate boxes. A very special £22.

We have a stack of the recalled boxes, selling at £3.50 each or 3 for £10.

## Chocolate Beans Bye Bye .. for now

Regrettably, Derwent Lynton, who supply our popular chocolate beans, are moving from Derby to York. Consequently, we will no longer be able to supply them, so get 'em while you can! However, we now have carob drops (£1.95 for 250g), no-added-sugar choc drops (£1.80) and a wide variety of lovely chocolate bars. We will look at other alternatives.



## White Poppies and Purple Poppies

This year we will be selling two types of alternative poppy for Remembrance Sunday,

## Great Special Offer on Olive Oil

Organico Organic Extra Virgin Olive Oil: 500ml £2.95 / 1 L £5.00!

## All our own work!...

We now sell our very own Soundbites Organic Chai Mix, it's £2.10 for 50g - enough for 25 mugs - and really nice!



**Fruit and Veg Savers** to keep your fruit and veg fresher longer by absorbing the ethylene gas that hastens ripening, coming soon...

**Hadeel greetings cards** made with sand or embroidery, and beautiful **olive wood spatulas** from Palestine, coming soon...



## Earth Pathways Diary 2012

Our most popular diary sells out every year. It's Sound Bites staff favourite. Appearing soon.

## Upstairs \* Yaffle Cafe Bookshop



For most of the week upstairs is taken over by the marvellous Yaffle Café. See insert. Yaffle can now also put on private dinner parties!

## Room for Hire and Therapies

The room is also available for hire while the café is not open, for meetings, workshops, exhibitions, and therapists, standard hire rate £6.50/hr. Some evenings and Sundays may be possible by arrangement. See Sound Bites website or contact the shop.

# Waste Not .....



## BioD Refill bottles

All bioD washing up liquid, multi surface cleaner, laundry liquid and fabric conditioner bottles are now refills. This saves bottles being wasted, energy on recycling them and means we can sell them much cheaper than new bottles! The only problem we have found is bottles are not being returned and we are running out so please make sure you return your empty bottles for us to refill.

## No Home Should Be Without One ...

... a compost heap, bin or wormery that is – some way of capturing all the valuable plant nutrients that we discard in vegetable waste. And in the kitchen, a handy compost caddy makes the task of collecting it so much easier – and compostable bin liners make it clean and simple. Luckily we sell both – caddy £3.95/ bags £3.59 for 52. For tips on how best to make compost for garden, allotment or even indoor pots, google “Garden Organic” and explore the links. It’s recycling at its simple best.

## Grow Your Own....

There’s a small ad on the back page for an allotment share. That’s a great way to keep land in productive cultivation, pass on knowledge and experience, and to build confidence. In the future, we will have to rediscover such basic life skills. Let us know if you have a garden or other growing space you would like to share - or if you are looking for somewhere to grow - for the next Nibbler.

## Recipe

### Spicy Parsnips

adapted from a Romany recipe - best cooked on an outdoor fire!

Boil 1lb parsnips whole, then tear into shreds with 2 forks. Sprinkle with a pinch each of cloves, paprika and sugar. Keep warm.

Meanwhile fry 2 shallots in marg. Add a pinch of coriander, cumin, turmeric, chilli, allspice and a quarter clove of garlic. Add half a pint of stock and boil.

Remove from heat and add a spoonful of flour mixed with soya milk or yogurt and stir, then heat through again. Pour over the parsnips! Can be served over rice or other grain.



## Collection tins by tills



Thank you very much for your generosity over the last three months. A total of £70.62 will go towards our new Vegetable Pedallers delivery bike and trailer. That gives us £790 of our target £1500. See story inside. The next collection will go towards Tools for Self Reliance - see separate article for more details.

Don't forget **Sound Bites catering service** is available for any occasion. Quality delicious food at great prices. More info on website.

# More

## Vegetable Pedallers

There was mixed news for Vegetable Pedallers last month. We were informed that our funding, from Derby City Council, will end in March, so the search for new funding for this valued scheme continues. It has now well into its fifth year, delivering every week, in all weather conditions. It's too good to lose.

However, our campaign to finance a new bike for the scheme took a great leap forward during Organic Month, with a wonderful recital by guitarist James Rippingale in the beautiful Chapel of St Mary on the Bridge. A packed house heard a varied and enthralling program, and £400 was raised towards a long-overdue new bicycle. Our heartfelt thanks go to James for such a splendid evening. There will be more fund-raising initiatives in the coming months, so watch this space.

## Bee Petition

Neals Yard Remedies are running a petition to ban powerful Neonicotinoid pesticides linked to the dramatic loss of honeybees around the world.

Neonicotinoids are 7,000 times more toxic than DDT. DDT is a chemical pesticide that was used widely across Britain, Europe and the US – until it was shown to have chronic effects on the nervous system, liver, kidneys and immune system. It was banned in Britain in 1984. British beekeepers have lost up to 80% of their hives in recent years, more than any other country in Europe. This petition aims to get the British government to join France, Germany, Italy and Slovenia in banning these powerful pesticides, and help protect our precious bees.

Petition Closing Date: **31st October.**

[www.nealsyardremedies.com/bee-lovely-petition](http://www.nealsyardremedies.com/bee-lovely-petition)



## Price comparisons

We keep our pack down prices low by buying in bulk, paying ourselves minimum wage and having a dedicated team of volunteers. We also sell many products below the RRP including Sam Smith's beers, Beaming Baby products, Organico, Tyrells, Yaoh and Plamil soya milk. We recently did price comparisons on some of our most popular items and were surprised at how much cheaper we are compared to supermarkets and often our organic items are cheaper than other shops non organic! (prices in September ) key: NA: don't sell it; n/o: not organic

Product	Sound Bites	GNC	Tesco	Sainsburys	Holland & Barret
Black pepper 100g (Org)	1.35	NA	3.60 (n/o)	1.24	1.89 (n/o)
Sea salt 250g	45p	NA	4.75	49p	1.35
Mixed herbs 30g (Org)	60p	NA	2.00 (n/o)	85p	89p (n/o)
Mixed spice 50g (Org)	90p	NA	4.85 (n/o)	69p (n/o)	59p (n/o)
Curry powder 100g (Org)	1.65	NA	1.36 (n/o)	1.31 (n/o)	1.19 (n/o)
Pumpkin seed 1k (Org)	6.40	12.98 (n/o)	8.20 (n/o)	8.30 (n/o)	12.47
Sunflower seed 1k (Org)	2.60	6.25 (n/o)	4.25 (n/o)	7.25 (n/o)	8.30
Walnuts 250g (Org)	2.55	4.98 (n/o)	2.99 (n/o)	2.50 (n/o)	4.49
Almonds 250g ground (Org)	2.55	NA	2.65 (n/o)	2.63 (n/o)	NA
Apricots 500g (Org)	3.75	7.38 (n/o)	4.99 (n/o)	5.28 (n/o)	7.38
80 Fairtrade teabags bags (n/o)	1.89	NA	1.83	2.59	NA
80 Fair-trade tea-bags (Org)	2.60	NA	2.59	2.48	NA
100 Rooibos tea fair trade bags Org)	4.50	NA	NA	2.50 (n/o)	5.36



## ... news...

### Smalley Revolution 2011



A residents action group in the village of Smalley near Shipley Park has gained widespread support and got 6 members elected as councillors, on the manifesto of opposition to expansion of the open-cast coal mining in Shipley Park, and challenging a developer who is trying to get away with decreasing the proportion of affordable properties they build as part of housing expansion in the area.

### Raw Power

When you eat raw food you are eating live food which has all of its energy available and is not reduced by cooking. You are literally plugging in to the power of nature, absorbing the sunlight, natural moisture and earth energy gathered in the growing process, creating that 'amazing to be alive' feeling.

Try going raw just for one day. You will soon feel the difference as you are giving yourself a break from heavy, cooked starch and dairy which are particularly hard on the digestive system and largely responsible for many common conditions like candida, eczema, asthma, sinusitis, acne, obesity, migraine and many others.

You could try to eat 50% raw with an early morning juice and including more dark leafy greens like kale and spinach for lunch. Natural heat comes from herbs and spices like paprika, chilli, ginger and curry leaves for example, add these and you may be surprised by how warm you feel inside. As the heat combines with that natural surge of raw energy your whole being will feel more nourished and you may be surprised by how much you want to move, exercise or dance!

For recipes and more information please see [vibrantgourmet.com](http://vibrantgourmet.com)  
Thanks to Chrissy White for this article.

### Tools for Self Reliance

is a UK based charity that refurbishes old tools and sewing machines for re-use.

- UK workshops provide training and work experience for disadvantaged adults and young people.
- Refurbished carpentry, engineering etc. tools are distributed in kits to individuals and communities overseas where they will make a real difference. Sewing machines help start small businesses in Africa, particularly for women.
- Refurbished garden tools are sold in the UK to help raise funds or



distributed to help community projects.

Sound Bites charity collection will go towards TFSR until December. We will also arrange to take delivery of old, unwanted tools and get them to the nearest workshop in Northampton. It will be helpful to know in advance what tools you intend to donate, but please don't just drop them in to us – we will announce a co-ordinated weekend for delivery to Sound Bites in November. What a positive opportunity to clear out your shed/ garage/ cellar/ workshop!

Pick up a leaflet or visit [www.tfsr.org](http://www.tfsr.org) to find out more about the work of Tools for Self Reliance.

### New Layout Nibbler

We hope you like the new layout - the diary you can now pull out and pin up, and Yaffle Café have the whole other side, affectionately called The Nipper!

### Ken Loach archive

New in the BFI Mediatheque at QUAD is the archive of great British social justice film director Ken Loach, to celebrate his 75th birthday.

## 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.

### Counsellor available

Qualified counsellor, reasonable rates. Contact Tim Almy MBACP

### Wanted, help with allotment

I have a well established allotment near the city centre, but due to other commitments and interests am finding it increasingly difficult to devote the time needed to fully work and harvest it. However I'm reluctant to give it up and wonder if there is anyone who could informally contribute to the work and share the harvest. As well as vegetable beds, there is a greenhouse, a large poly-tunnel, fruit trees and soft fruit. All organic. If you're interested please give me a call on 01332 331187

### Alternatives Charity Shop

Alternatives are a Derby based small charity who work to improve the lives of adults with learning disabilities. A few years ago they placed someone with Sound Bites for work experience. Now they have opened their own charity shop in Spondon, which will provide more work experience opportunities, as well as raise money for the services they provide. If you can offer donations for the shop, they can be dropped in to 23 Chapel Side, Chapel St, Spondon, or call 07854 481014 for more info. If you are a UK taxpayer, the value of your donation can be increased by 28% if you fill in a Gift Aid form with your donation.

### Nearly-new Baby Goods

From Bump & Beyond is a new shop opened in Chellaston, Derby, selling new and nearly-new baby

goods including prams, cots, clothes, and more. High St, Chellaston, tel 07903 002927. Closed Weds and Suns.

### Shahenshah

If you love our scrummy samosas and pakoras, then visit 'Shahenshah' on Peartree Rd and find a great range of authentic Indian food, from a snack to a feast, at great prices!

### Seal wood cottage vineyard

Seal wood cottage is a grade II listed building near Swadlincote that has been restored into a holiday cottage. They planted a vineyard in 2008 with 2 varieties of white and 2 red and had their first harvest last year. Although it is not organic it couldn't be more local! Wines available at Sealwood Cottage, Linton, Swadlincote, DE12 6PA telephone number 01283761371

### Free Yoga Classes in Derby

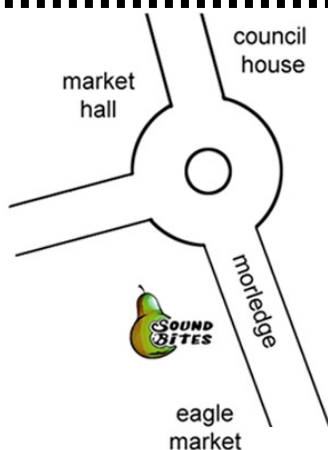
Mr Pammi Gupta is running free yoga classes in derby at the Hindu temple Gita Bhawan on Mondays and Wednesdays, 6.30pm – 8.00pm.  
96 -102 Pear Tree Rd , DE23 6QA  
Tel 07771 393294 or 01332 364579  
Sarita Walia 07944 124966  
A small donation to cover room hire and costs can be given.

### www.uncaged.co.uk

are running campaigns to ban circus animals and concerning the killing of dogs and cats in UK laboratories. Postcards available in the shop.

### We are selling our old cargo bike, the 8 Freight.

Have a look at <http://8freight.co.uk/> Or call the shop on 01332 291369 for more details.



### Sound Bites, 11 Morledge DE1 2AW Open Mon-Sat 9.30-6 (Thu til 9pm)

Getting to us: Derby bus station is only 200m away. There are cycle racks outside the shop, and disabled parking (other car parks nearby).

We also deliver: by bike for people with mobility difficulties, or by van to anyone else in and around Derby (including Belper and Ilkeston). See our online shop, or email [home@soundbitesderby.org.uk](mailto:home@soundbitesderby.org.uk)  
- or call 01332 291369

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

# The Nipper

(The Nibblers little sister!!!)

Yaffle Cafe is open:  
Mon-Fri 12-5, Sat 11-5  
Meal Nights: Thu 6.30-8.30  
Fri 5.30-8.30

Update from James of Yaffle Cafe and Bookshop, above Sound Bites.



**Yaffle Meal Nights: Seriously Splendid**  
THU 6.30-8.30, FRI 5.30-8.30

I'm usually modest when i talk about the things i'm involved in but seriously... Since the last Nibbler we're now open on Friday eves too due to the success of the Thursday meal night. We've also employed an excellent new chef, the food is therefore getting nicer and we now have more choice on the menu! And still shockingly under a fiver for a main course... To book 07799815083

We're also plotting further meal nights including an Indian night (i'm doing an Indian Cookery Course as we speak), and something a little unusual... Check the next edition of the Nipper for more.

The theme for the next few nights are as follows...

**Oct** - 6/7 - Brazil,  
13/14 - Sweden,  
20/21 - Thailand,  
27/28 - Romania (Halloween Special)  
**Nov** - 3/4 - Jamaica,  
10/11 - Palestine,  
17/18 - Scotland,  
24/25 - Greece  
**Dec** - 1/2 - Mexico

## Other New Things...

We've got a new fridge, wifi, a new PPL license so we can play music in the actual cafe, a new facebook page, a flashing newly decorated entrance, a new kettle (the old one died - RIP), a new chef, a pair of pet racoons living in a tiny forest on the door of the new fridge, and a new commemorative Ken Barlow spoon.

## Crazy Staircase

We've been talking to a brilliant psychedelic local artist (who's

exploded on the staircase of Yaffle Cafe! So soon your journey upstairs will be a buoyantly befuddling adventure!

## Dinner Parties

You can now have a Yaffle Meal Night all to yourself! If there's 7 or more of you we can cook you a lovely three course meal for £10 per head! Simply give us an idea of what kind of food you'd like, a theme, a particular dish, or check our sample menus and we'll rustle you up a treat. (Thu and Fri not available). Give us a ring to arrange your meal, 07799815083.

## Yaffle Cafe: A bit like California!

This flattery comes from two friends of our cake making star Janine, on a brief visit from California (not the Derby one!), which is by all accounts a bit of a veggie cafe paradise. On setting foot in the cafe they said 'Mmm... This is nice, its a bit like Native Foods'. Later in the conversation I asked what their favourite Californian veggie hotspot was to which they replied 'Native Foods'! Nice!

## Yaffle Comedy Show at the Quad

For months we've been running workshops for aspiring comics which has contributed to Derbys blossoming stand-up comedy scene (several participants recently performed at the Edinburgh festival). And on Tuesday 18th October we'll be showcasing at least 10 of these talents in the Quad cafe bar with a hope of tempting some feisty new recruits to come along for the next batch of workshops.

If you're interested in giving stand-up a whirl message me at [yafflecafe@gmail.com](mailto:yafflecafe@gmail.com). Also check out [www.derbycomedy.co.uk](http://www.derbycomedy.co.uk) for Yaffle associated comedy night listings...

# DERBY GREEN DIARY

October - December 2011

**Sun 9 Oct – Seed Gathering Sunday** – from trees in grounds of Broomfield Hall, Morley, DE7 6DN. Call 836631 for info.

**Tue 11 Oct – Human Rights Act** – Open meeting for Info and discussion. With experts on the Human Rights Act including from Derby Uni Law Dept, Nottingham Law firm Paragon, Age UK. 7pm for 7.30-9.30. Multifaith Centre, University of Derby, Kedleston Road, DE22 1GB.

**Sat 15 Oct - Amnesty International Flag Day** (street collection), City Centre 9 - 4.30. Help needed! Phone D 766536.

**Tue 18 Oct - Yaffle Comedy Show** an assortment of acts from Yaffle Cafe's famous comedy workshops. Quad Cafe Bar

**Sun 23 Oct – Annual Apple Day**, celebration of all things apple! Markeaton Park, Mundy Play Area, 11am-4pm. Organised by the Apple Core group.

**Sat 29 Oct – West Midlands Vegan Fair**, stalls and talks, 11am-5pm, The Civic, Wolverhampton. £1 entry.

**Sat 29 Oct – Positive Money** conference, about reform of the banking system, London. For more info see [positivemoney.org.uk](http://positivemoney.org.uk)

**Tue 1 Nov - World Vegan Day** – pick up a free booklet from the till!

**Tue 1 Nov – Thu 3 Nov - '4 days in Guantanamo'**, Quad cinema. Check with cinema for times, details and tickets. Thu 3<sup>rd</sup> - Panel Discussion post film.

**Sat 5 Nov - Compassionate Derby** event, organised by Derby Animal Rights group, stalls and talks. Details tbc.

**Sat 5 Nov – CityZen** event, plus all day street activities...

**Wed 9 Nov - Festival of Volunteering**, 10-3pm, Atrium, Ked Rd Derby Uni.

**Thu 10 Nov – Cameron's Social Backlash** – Talk/discussion, at the Gallery 'Place of Welcome', 35 Queen St. 7.30pm.

**Sat 12 Nov – Fruit Pruning** workshop, Ecoworks, Nottingham. 10am-2pm. £25/£10conc. 0115 9622200. [www.ecoworks.org.uk](http://www.ecoworks.org.uk)

**Sat 19 Nov – Hedgelaying** workshop, Ecoworks, details as above.

**Sat 26 Nov - Low Carbon Food Day**, all day workshop on the carbon footprint of food, Leicester. How to eat more sustainably and enjoyably. Suggested donation £5-10. Call 0116 2899074 to book.

**Thu 30 Nov - UK Mass Strike** - over 3 million expected to strike, in protest at government cuts.

**27 Nov-5 Dec – National Tree Week** – planting demonstrations and advice. Broomfield Hall, Morley, DE7 6DN. Call 836631 for info.

**Tue 13 Dec – 'Laugh them out of power!'** - Christmas Party and comedy gig, from 7.30pm, The Bless, Chapel St.

**Yaffle Meal Nights**, every Thu/Fri - see overleaf..



WE CAN PUBLICISE YOUR EVENTS!  
Please email  
[ruth.s@soundbitesderby.org.uk](mailto:ruth.s@soundbitesderby.org.uk)  
- we also do a monthly emailout.