

# the Nibbler

Issue 35  
Jan - Mar 2012

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)

## Vegetable Pedallers

In December, we took delivery of our shiny new Pashley bike (coinciding with the death of the old one!), which has already done sterling work peddling the Christmas veg and groceries around town and will continue to do so throughout winter. Our thanks, once again, go out to all who helped us achieve this goal. We will now be looking at ways of raising money for proper tubs for the trailer (and some bionic legs for Tim!).

Funding, however, remains an issue for the scheme. We are currently investigating other possible sources of income and welcome any ideas from our customers to generate funds for its future. Regrettably, however, we have to also be realistic about the future of the initiative, certainly in its present format.

We will not relinquish Pedallers lightly and will continue to look for ways to support those in the

community who have benefitted from the scheme in the past and those who might need support in the future. However, whatever happens, the bike will continue to be a part of Sound Bites, as a 'company vehicle', be it for catering or for general delivery. By doing this, it will help to maintain a proud tradition of sustainable and eco-friendly freighting.



Thanks to everyone for their support throughout last year. We would like to wish everyone a happy and harmonious 2012!

Local/Organic Fruit & Veg, & Home Delivery

Lunch Takeaway & Outside Catering

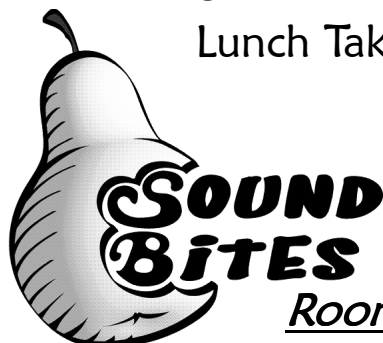
Great Value Wholefoods

Fairly Traded Products

Eco House & Bodycare

Room for Hire / Regular Events

Library, Bookcrossing, Notices & Magazines



# Whats New?

Organic Veg



As we approach that time of year when local produce is scarce, make the most of what is in season – hardy winter greens, leeks, stored roots, squash and some defiant cold weather salads. Soups and stews and warming casseroles are the traditional way to see us through until the first new crops of late Spring and early Summer. We will have some imported european vegetables for some variety, but will champion the local and seasonal above all. English apples are keeping well so far, but are predicted to last less well after the hot Summer last year. Other fruit has to be imported for now.

On the Shelves

## **Shambhu's Cheesecakes ... in the chiller**

A delicacy that defies belief – a fabulous vegan treat

## **Vegusto non-dairy “cheese” ... in the chiller**

Superb vegan “cheeses” from Switzerland. Made from nut butters rather than soya. Not a budget option, but a great product.

## **Entice non-dairy “ice-cream” ... in the freezer**

Locally produced vegan “ice-cream” from coconut milk – chocolate and vanilla flavours. One to give Booja Booja a run for their money.

## **Sauces of Choice**

Cook-in sauces, chutneys and dressings produced locally. All sugar-free with a range made specially for children – less lumps!

## **Mr Popples Chocolate**

Another great raw chocolate in a variety of flavours to complement the Concious Chocolate range. This is a firmer texture, just as healthy and delicious. An indulgence that does you good!

## **Go-Max-Go Bars**

Sometimes a vegan just misses those naughty treats – like an occasional Mars bar, Snickers or Milky Way. Which is why Go-Max-Go came up with their tastier, healthier but remarkably similar vegan bars. We don't claim that they are health foods. But they are very nice.

## **Vegan Jerky!**

Soon available – dried smoked tofu, and ‘fruit leathers’ in many flavours, handmade in Wales.

## **New on Magazine Rack**

The latest issue of the occasional land rights magazine The Land is now in, focussing on 'The Future of Our Forests'. Now £4.

## **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.

# More ●●●●●●●●●●



## Cotton

The average "100%" cotton T-shirt contains only 73% cotton! The rest is made up of chemicals and resins used to grow and make it.

We like to consider cotton one of the most natural things around – but it's not as nice as you think.. Cotton is the world's most sprayed crop, using over a quarter of all insecticides used today. The average cotton crop is sprayed 8 to 10 times a season. It's production is bad for the farmer, bad for the water table, bad for the factory worker and bad for the river and sea. It takes 17 teaspoons of chemical fertiliser to raise the 9 ounces of cotton needed to make a T-shirt. That's why Sound Bites T-shirts are made from organic cotton. Something you can wear safely next to your skin all day.

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## Cheaper QUADCinema Tickets

Midweek films on Wednesdays at 2pm include free tea/coffee and biscuits and full-price tickets are £5.75 instead of the usual £7.40. Films are also shown regularly in 'the Box' room which are also at the discounted rate

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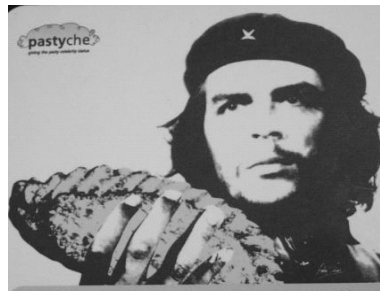
## Young Parent or over 50?

QUAD offers free creative sessions on Tuesday afternoons for new or expectant parents under 25 to meet others, learn skills and share experiences.

## Pasty News!

Sadly Saker vegetarian foods have ceased production of their pasty range. We will continue to stock their four types of sos roll, tomato, spinach, nut & mushroom and sweet chilli. Flapjacks and cakes are unaffected!

We have a lot of new savouries in the chiller including products from Paul's Bakery and Forest foods : wraps, burritos, parcels etc



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## Cheaper Trains

Did you know that for many train journeys you can split your ticket and get a cheaper deal? ie you buy the journey in 2 or more parts instead of return all the way. Try out your route at <http://splityourticket.co.uk/>

## Cheaper Buses

If you're going to a local cinema/theatre or football event, you can get a special discounted group 'zig zag play' ticket for £10, for up to 5 people to travel all day (after 9am) on Trent Barton buses. Just show your event tickets to the driver. See [www.trentbarton.co.uk/zigzagplay](http://www.trentbarton.co.uk/zigzagplay) for more info.

Also, if you're aged 55 or over you can get discounted 'zig zag' for yourself to travel all day (after 9am) for only £3.50.

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On Wednesday lunchtimes they have £3 computer skills workshops for over 50's.

For more info Contact Charlotte Convey for more info: 01332

## ... news ...

### Allotment Sharing

Inspired by the ad placed in the last newsletter, we would like to invite others to post requests for help wanted, or land to share, in the newsletter. We are also thinking about creating a web-based networking site to enable more people to get involved in growing, harvesting and processing local foods.



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### New Gluten Free Legislation

Several of our own-brand grains and flakes (millet, quinoa, buckwheat, rice) are naturally gluten-free. However, we do pack them in the same room as other grains and flakes that do contain gluten.

We have now been advised that legislation comes into force in January 2012 stating that all products labelled "Gluten-Free" must contain less than 20 parts per million of gluten, which is the maximum level advised for many people with Coeliac disease.

As a result, labelling of these products will no longer state that they are gluten-free as we cannot guarantee this level. The gluten-free section of our online shop has also been amended. However, you can still consider these products 'very low gluten'.



2012  
make it  
co-operative

Take  
part

20 UNITED NATIONS  
12 INTERNATIONAL YEAR  
OF CO-OPERATIVES We build a better world

From Argentina to Zambia, during 2012, the 1.4 million co-operatives around the world will be celebrating the co-operative advantage and demonstrating how we can build a better world. In the present political and financial crisis people all over are looking for fairer and more sustainable ways to live and organise our communities and workplaces. This year all sorts of co-ops will get involved with offering co-operative solutions to that quest.

Sound Bites is a little co-op in a relatively unco-operative corner of the world. But we feel proud to be part of such a positive global movement. And we will strive to do our bit throughout 2012.. and beyond.

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### News from the Community Climate Action Network

Community Action Grants Available in Derbyshire - Derbyshire County Council are offering Community Action Grants of up to £1,000 to help small groups run projects that improve life in their local community. Groups are invited to apply anytime up until 14 December 2012. The council considers applications every three months and the next deadline is 27th January 2012.

[www.derbyshire.gov.uk/  
community/lottery\\_funding/cag/  
default.asp?vd=cag](http://www.derbyshire.gov.uk/community/lottery_funding/cag/default.asp?vd=cag)

New funding database for energy efficiency and renewable energy measures, on council buildings, social housing, or other decentralised energy projects  
[www.energysavingtrust.org.uk/  
england/funding/search](http://www.energysavingtrust.org.uk/england/funding/search)

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# Waste Not .....



## BioD Refill bottles

We are struggling to supply enough washing up liquid with the refill bottles we get returned. Regrettably this means we have to go back to our old system just for washing up liquid bottles. If we have returned bottles to refill we can replace it with a cheaper refill from behind the till, but without bottles to refill we will have to sell new bottles at full price.

## Herby Roof Garden?

An idea has been floated to create a small herb garden on the roof outside Yaffle Café, to provide fresh herbs for the café, and possibly to sell. If you have cuttings or plants to donate, please pop in to Yaffle Café! (Mon-Sat 12-5pm) Thanks.

## Collection tins by tills



Thanks to everyone who contributed to the Tools For Self Reliance collection we collected £37.38 and a large box full of donated tools. We think this is such a great project that we have decided to collect tools for the charity throughout the year. If you have any old hand tools or old sewing machines just drop them into the shop, or contact us to arrange collection. Our next collection is for Monkey Bay who help children in Malawi. We are selling lovely handmade Sock Monkeys on their behalf and welcome donations.

## Toners

Please recycle your printer toners with us (as well as inkjet cartridges and mobile phones) – as well as reducing waste, in the last 3 years we have raised £250 for Sound Bites from your donations. Thank you!

## Pancake Recipe

- 1 cup flour (whichever kind you prefer)
- 1 tablespoon sugar (I used organic cane sugar) for sweet pancakes
- 2 tablespoons baking powder (yes tablespoons!)
- 1/8 teaspoon salt
- 1 cup soymilk
- 2 tablespoons vegetable oil

- 1/ Set out all your ingredients.
- 2/ warm a pan to medium heat.
- 3/ Combine the 4 dry ingredients in a bowl.
- 4/ Add the soy milk and vegetable oil to your mixture.
- 5/ Mix until smooth.
- 6/ Spoon one pancakes' worth of the mixture into the pan.
- 7/ Flip when you see bubbles in the middle of the pancake.



- 8/ Repeat until the batter is gone, and try not to eat them all while you're cooking them.

Don't forget **Sound Bites catering service** is available for any occasion. During Fair Trade Fortnight we will be putting on an event for prospective catering customers. If you are part of an organisation that uses catering, or might want to book some yourself, please let us know if you are interested in attending. [ruth.s@soundbitesderby.org.uk](mailto:ruth.s@soundbitesderby.org.uk)

## 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 01332 773419/07981302673

### 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!

### Volunteer Opportunities

Derbyshire Positive Support is seeking volunteer receptionists, to support their work supporting people who are HIV positive, their partners, families, friends and carers. Email members@derbyps.freereserve.co.uk or Tel: 01332 204020

### Derby Homes Mediation

**Volunteers** – up to 1 day a fortnight. Working alongside another mediator seeking resolution to neighbour disputes. Training provided. Please contact lisa.newman@derbyhomes.org

**Derby Kids Camp** is a 100% volunteer-run charity committed to providing FREE holidays for Derby's most deserving young children - applications being taken now for volunteers for summer 2012, see [www.derbykidscamp.co.uk](http://www.derbykidscamp.co.uk)

### Brinsley Animal Rescue Centre Charity Shop

Wanted: Suites, Tables, Beds, Pushchairs, and good quality Clothing. Opening Times: Mon-Sat 9-5pm. Sun 10-4pm. Old Kennings Garage, Butterly Hill, Ripley, DE5 3LT. 01773 570385.

### Gardener Wanted (paid)

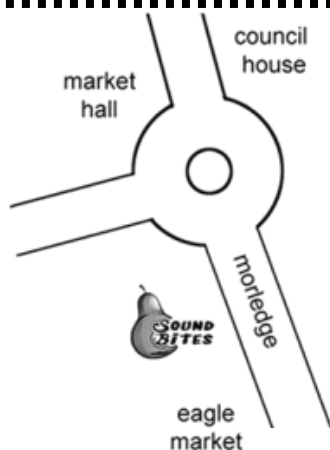
Allestree  
Approx 5 hrs per month. General maintenance.  
For details contact George 07432694767

### Corn Starch Spoons

Having finished the supply of birchwood spoons, we decided to order cornstarch spoons instead this time. They are better for soup (as the wooden ones would go flat!), and feel much nicer on the tongue! They can also be washed and reused. Save us 5p every time by bringing your spoon with you! We can also sell them in quantities for parties etc. (£2.65 for 50 spoons.)

### What's Your Bag?

Jute bags, paper bags, turtle bags... have you got enough at home (that you always forget to bring in)? Well our own 'bag lady', Ali Clarke, is producing 'bespoke' cotton bags in the new year, at only £1.50 each, to add to your collection.



### 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)

# DERBY GREEN DIARY

January - March 2011

**Thu 19 Jan** "Alice Wheeldon: falsely accused Derby Suffragette" supporting Derby People's History Group. Friends Meeting House. St Helens Street. DE1 3GY. 7.30pm.

**Sat 28 Jan** - Chesterfield Potato Day - come buy from 44 varieties of seed potatoes, plus onions, shallots, and garlic, and support Transition Chesterfield. 10-2pm, Pavements Shopping Centre. Info: [food@transitionchesterfield.org.uk](mailto:food@transitionchesterfield.org.uk)

**Thu 2 Feb** - Free Introduction to Renewable Energy for Your Home The Carriage Shop, Roundhouse, 6pm-9pm. Book by emailing [caroline.harmon@mea.org.uk](mailto:caroline.harmon@mea.org.uk)

**Sat 4 Feb** - Letter Writing session at Yaffle Café! Got thank-you letters to write? Old penpals or distant friends you never seem to contact? Come along and put pen to paper! 11am-midday.

**Tue 7 Feb** - Speaker on 'The Work of Derby Women's Centre'. St Marys Parish Centre, Darley Lane, 7.30pm. Justice & Peace Group.

**Fri 10 Feb** "The Art of Protest" Practical Posters Workshop. All welcome. Quad, 1.30 - 4pm.

**Wed 15-Sat 18 Feb** Winter Beerfest featuring many local breweries, at the Roundhouse, Pride Park. Free shuttle bus from city centre, bands on every evening. £2-5. [derbycamra.org/winter-beer-festival](http://derbycamra.org/winter-beer-festival)

**Thu 16th Feb** "To whom do we owe the debt?" Join a discussion of economics, based on reading, eg 'Whoops'. Friends Meeting House, St Helens St, 7.30pm.

**Thu 23 Feb** - Hidden Film Heritage - amateur footage of Derby collected from sheds, attics and cupboards! Local Studies Library, 7.30pm. £6. Includes refreshments and Q&A. Bookings 642240.



**Sat 25 Feb** - How to make vegetarian sushi - demo by Hiroko Clark of Japanese Ideas. 11am-2pm, in the shop. See website [japaneseideas.co.uk](http://japaneseideas.co.uk) for details of cooking classes!

**Sat 25 Feb** - 'Cut and Sew' event organised by Transition Derby and Derby LETS (Local Exchange Trading Scheme) - repair/adjust old garments, or make something new from recycled fabric - from 4.30pm, Friends Meeting House, St Helens St. Bring food to share. Please RSVP for attendance [William@creatinginsight.co.uk](mailto:William@creatinginsight.co.uk)

**Mon 27 Feb - Sun 11 March** - Fairtrade Fortnight tastings in the shop, Sat 3 March 12-2pm.

**Wed 7 March** - Study Tour: Creative Energy Homes Project, showcase of energy-efficient homes. Nottingham University. Booking essential, contact [ccan@mea.org.uk](mailto:ccan@mea.org.uk) 07748 508704. Event runs 2-3.30pm.

**Thu 8 March** - Film "Everything is Possible" about Sylvia Pankhurst to celebrate International Women's Day. Followed by a discussion. Quad. 6.15pm.

**Wed 21 March** - Duffield Singers fundraising concert for trip to support community singing in Palestine in May. 7.30pm, Christchurch, Belper.

**Sun 25 March** - Walk towards Summer! Clocks go forward today, come walking on Meynell Langley paths, starting at Sound Bites 9.30am. Approx 2 hours one way. Bring packed lunch and good footwear!

WE CAN PUBLICISE YOUR EVENTS!

Please email

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

- we also do a monthly emailout.

# The Nipper

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

Newsletter of Yaffle Cafe and Bookshop (The Nibblers little sister!!!)



**International Yaffle Meal Nights:  
Ooo La La!!!**  
THU 6.30-8.30, FRI 5.30-8.30

We've been round the world several times since the last Nipper! Personal highlights were the gorgeous chunky French ratatouille, Greek roast beetroot with potato sauce, and a legendary Veggie Haggis! We've even had natives of the above countries praising our efforts! A quote from the Greek night: 'it reminded me of my Mums cooking, and it was so nice to find such an original Greek recipe'!

From February we'll be jazzing up our meal night by running monthly 'series', themes linking that months meals. In February, destinations of the Orient Express (including on 9/10th food inspired by the Dada art movement...), then in March food from the Silk Road. April is Douglas Adams month including a trip to space! And countries visited in his travel series 'Last Chance to See' (homes of various endangered species). Here's where we'll be heading...

**Jan** - 19/20 - Italy, 26/27 - Hungary

**Feb - Orient Express** - 2/3 - Germany, 9/10 Switzerland (Dada special), 16/17 Serbia, 23/24 - Bulgaria

**Mar - Silk Road** - 1/2 Turkey, 8/9 Russia, 15/16 Kazakhstan, 22/23 India, 29/30 China

**Apr - Douglas Adams** - 5/6 Indonesia, 12/13 - Space, 19/20 - Chile, 26/27 Congo

## Bad Film Night

Chris who you may have seen working in the cafe is connoisseur of both cult films and films that are so

bad they're brilliant! So we're going to try out a terrible film night! The first will be on Tuesday 21st February. Check the website for further details...

## Dinner Parties

We've held a few cracking dinner parties over Christmas! Our Christmas veggie Haggis went so well people have been begging for the recipes! If you're interested in having a dinner party here yourself, here's the deal... If you can find 7 or more of you we can cook you a lovely three course meal for £10 per head! Just 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 on 07799815083 for more info

## Coming Soon - Yaffle Cafe Cake Book!

Our legendary chef Janine known by those in the know to cook cupcakes beyond the realms of the imagination of the most imaginary of minds, is now releasing a book of all her secrets sometime in the spring. Yum!!!

## Yaffle Comedy Workshops

Derby's open mic standup comedy scene is a joy to be part of as ever with Yaffle Cafe running monthly comedy nights in Belper (the Queens Head, every 3rd Wednesday of the month) and Burton (The Star and Garter, every 2nd Thursday). If you like acting daft and want to join in the fun, the latest Yaffle stand-up workshop will help to gently ease you in, commencing on February 22nd...

If you're interested in giving it a whirl email [yafflecafe@gmail.com](mailto:yafflecafe@gmail.com). Also check [www.derbycomedy.co.uk](http://www.derbycomedy.co.uk) for Yaffle associated comedy night listings.