



# the Nibbler

Issue 36  
Apr - Jun 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

Sadly, our funding from Derby Council has finished. However, we're delighted to announce that we've received enough funding from the local NHS PCT, as part of their 'Stay Healthy & Warm' campaign (ask at the till for a leaflet), to keep us going for this year. We will look for alternative funding but, for now, we are still very much in business! We have also been nominated for the Derby Cycling Group annual award for Cycle Friendly Business! See diary.

## Derby Diary & Directory

In 2006 we produced a Directory of community and campaigning groups in Derby. There are now plans to update and expand it, courtesy of RamPAGES collective (latest newsletter available from us, Yaffle, or [derbyrampages.wordpress.com](http://derbyrampages.wordpress.com) please print off and distribute!). An initial update will be compiled this summer, with group listings and updates on activities, and again for inclusion in a Derby Diary for 2013! Email [derbyrampages@gmail.com](mailto:derbyrampages@gmail.com) for more info or to contribute.

## New Collection Hubs!

We've always wanted hubs (for 3 or more people) for our delivery scheme, to cut down on fuel and time, and we've just set up our first in Burton! An added bonus is that for hub customers, delivery is HALF price, and there's a smaller organic veg/fruit bag at £5.50 (normally start at £11). For more info see our online shop at [soundbitesderby.org.uk](http://soundbitesderby.org.uk). We would like to set up more hubs, so if you've a suggestion of a venue please contact us! We're currently looking at Tutbury and Derby Uni. If you can help promote the hub in Burton, please ask for our flyers or an email to pass on.

## Goodbye and Hello!

We are sorry to be saying goodbye to Patti, who is heading off on her travels later this year, after five years with us. We shall miss her warmth and her lovely cooking! But we are happy to say hello to Jane, who is joining our team this month. We also have 2 new volunteers, Alice, and Leigh - Welcome!

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*



# What's New?

## Organic Veg



At last, with Spring in the air, the home-grown range of vegetables is beginning to expand. Spring salads and greens, purple sprouting broccoli, and fresh herbs from local growers and our Lincolnshire supplier, cheaper Mediterranean produce, and the first European new season potatoes, are all signs of a new growing season.

It's a while until we see UK fruit (or do you class rhubarb as a fruit?) – always much harder to source locally than veg.

We continue to work as closely as possible with local organic producers – we just wish there were more!

## On the Shelves

**Vegusto** “cheeses”, are a top quality addition to the chiller. Swiss-made, soya-free, already very popular, they are deemed by aficionados to be the best vegan “cheese” on the market.

Wieners, cheese sauces, and sandwich slices are in stock too.

**Sandwiches** Tired of cheezely and hummus? Then why not ‘design’ your own new filling! The best entrant will get a free sandwich and see their creation join the regulars.

**Raw Chocolate Pies** Thanks to the customers who suggested we stock these, from living Foods of Cornish St.Ives. They're a sugar-free, gluten-free raw chocolate block with cacao nibs, in eight flavours – and great value too. A great healthy indulgence.

**Gregor's** homemade Polish rye bread is now back in stock.

Gregor says this bread is improved by a year of experience, with a crunchier crust, and with seeded rye and fruit rye loaves to come when the demand is there!

**Fuddles** - new in are Fuddles plantain chips handmade by Caroline in Derby! These crunchy and light curly snacks come in 3 flavours - Cajun, cinnamon, and natural. Eat slowly and savour the handcrafted flavour. Look out for a tasting session soon!

**Handmade washable sanitary pads** now available (made by Ali)

**New Magazine** - Vegan Views - now in colour and new to us - Vegan Views is only £1.50.

**Local Salad** now available in the fridge, picked from New House Farm near Ashbourne. Contents vary with the seasons, currently includes lots of winter purslane, also known as Miner's lettuce due to its use by California gold rush miners who ate it to get their vitamin C to prevent scurvy.

## 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 ●●●●●●●●●●

## **Eve Of St Agnes**

Eve Of St Agnes is a small company based in Derby, making organic hand-made skincare products. Emma Haywood, the founder, started creating her own organic skin care products after researching the nasty chemicals found in some of the products in her bathroom.

She realised it is just as important to take care when choosing what you put on your skin, as it is what you put into your body. So she decided to create a range of skincare products that were made with natural, organic, fairly-traded and sustainable ingredients. We already stock some of her products and will soon be getting in the new exfoliating cream, face cream and baby body butter! To find out more information, read the blog and see how to reduce your toxic load, please visit [www.eveofstagnes.co.uk](http://www.eveofstagnes.co.uk)

## **Scrap Your Car for £250 Bus Tickets!**

Arriva Buses are official partners of the 'Trade Your Transport' scheme, part of Cartakeback.com, the largest scrap car recycling network in the UK. Arriva are offering 5x 4-weekly bus passes when you scrap a car through them. See [www.arrivabus.co.uk/tradeyourtransport-midlands/](http://www.arrivabus.co.uk/tradeyourtransport-midlands/) or call 0844 669 0996 for more info.

## **Animal Rights Issues**

If you would like to help with CAP's campaign to ban the use of animals in circuses, and/or VIVA's campaign to highlight the plight of very young lambs, contact Dawn on 01773 822825.

## **Radical Mag Offers:**

Both Red Pepper and Peace News have offers on at the moment: tell your friends! You can browse the shelves at Sound Bites, but if you know someone else who might be interested, Red Pepper are offering a free issue if you text DKLN8 and the address to send it to, to 60777. Or go to [www.redpepper.org.uk/freecopy](http://www.redpepper.org.uk/freecopy) Peace News are celebrating their 75th anniversary year, and offering a year's subscription for your choice of donation (above minimum £7 to cover postage). See their new look website at [www.peacenews.info](http://www.peacenews.info)

## **Foston Pig Farm update**

After the development of an intensive pig farm for 26,000 pigs in Derbyshire was refused by the local council, it has been taken now to Derbyshire County Council. There is still time to write to them at Shand House, Dale Road South, Matlock, DE4 3RY. Quote Planning Application CW9/0311/174. Common reasons for objection include animal welfare, risk to human health, environmental impact, and the threat to smaller farms.

## **Work away**

Would you like to travel but can't afford it, or would you like to get involved with a new and exciting project? Then you might be able to find something you need on [www.workaway.info](http://www.workaway.info) There are thousands of people all over the world looking for 'workawayers' to do all sorts of jobs, in exchange for a bed and food. All you have to do is get there! Check out the host list to see some of the places available to visit. Subscription is £18 for 2 years or £24 for a couple or 2 friends travelling together and this gives you access to contact hosts to arrange stays.

## ... news...

### Board-games junkies

'Derby on Board Games' meets every month, 6-10pm at the Bean Café. Free entry. For details of the next meeting, check them out on Facebook. Also, look out for 'Con Quest' at the Assembly Rooms on April 14th (10am-7pm) and the 'Beer and Pretzels' board gaming weekend at Burton Town Hall on May 11/12th (details from Spirit Games, Burton).

### Co-operative Games

There is a new game, 'Coopoly', which counters the runaway capitalism of Monopoly. In Co-opoly, players have to collaborate to set up and run a democratic business! The game was designed by a workers co-op in the US, and made as ethically as possible in the US, with sustainable materials.

There is also a new co-operative Permaculture game in which players work together to develop a successful garden, learning about companion planting and co-operative decision making on the way! We are planning to co-operate with the new Derby On Board Games nights (last Wed of every month at Bean Cafe, Friargate Studios, 6-10pm), to put on a cooperative themed games night in the next few months. Look out for details!

### Pasty News!

Liz, who makes our lovely Chocolate Cake & Carrot Cake, is now making pasties for us! They're really great. At the moment we have Aduki Bean, Mixed Bean, and Roast Veg with more fillings in the pipeline...Yum!

## Monkey Bay

A huge thanks to everyone who helped raise a stunning £360 (with a bit to go!) for the Monkey Bay Fund. The money will be put to immediate good use as Margaret, family and friends are in Monkey Bay from 1<sup>st</sup> April for four weeks. They are there to support further building and training work towards housing, feeding and educating many of the of the children orphaned by AIDS in the community.

We hope to have direct news from Margaret for the next Nibbler. In the meantime, enjoy the good company of your sock monkey (there are 60 -70 of them out there!). To follow progress, facebook Monkeybay Fund Malawi.

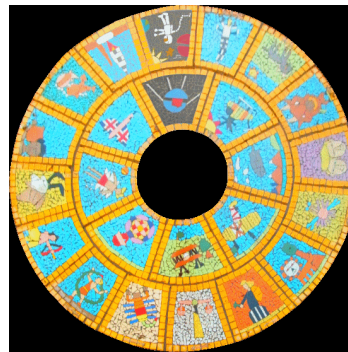


Image of the Sun Mosaic in **Alvaston Park Science Garden**

After years of work from members of the Friends of Alvaston Park, a Science Garden has been created in Alvaston Park, which you can access from the cycle path down the river from Bass' Rec. It includes a scale model of the Inner Solar System - that is the 4 planets nearest the sun, placed within the park where 1metre in the park represents 1million km in space... They are considering where to place the next planet which on that scale could be somewhere in the city centre....

*See [alvastonparkfriends.org.uk](http://alvastonparkfriends.org.uk)*

# Waste Not .....

## Our Own Recycled Fuel

We always had a policy not to routinely run a petrol driven vehicle, so our first delivery scheme was set up to run by bike. Then we found we could get recycled oil fuel from a local garage, and started a van delivery which can reach more people. This garage is now closed and we can only get this fuel from further afield, and the supply has been less reliable and more inconvenient.

We have now bought the necessary equipment second-hand, and secured funding from the Co-op Dividend Fund to build a shelter for it over the summer, with electricity and plumbing. So soon we should be processing our own recycled oil to fuel the delivery van!

(This is not the same as biofuel, which can have many negative impacts including raising food prices, deforestation, and displacing communities from the land they rely on-see [biofuelwatch.org.uk](http://biofuelwatch.org.uk))

## Recycled Paper

We are looking for a supply of recycle-able A4 paper to be used in the shop (used on one side only). Please contact us if you have any you are not using. We will collect.

## Collection tins by tills



Thanks to everyone who contributed to the Monkey Bay Fund. We have collected a staggering **£360**...so far! However, the demand for those gorgeous, funky monkeys has been so great, that we shall continue to sell them in the shop, and try and make more money for this worthwhile charity. For more information about what is happening with the money that was raised, see the News section.

Our next collection is to raise money for a 'Food Health event' in the late summer, which will include a showing of a new film called 'Planeat'.

## Recycling Helpers?

We are looking for a hardy soul to ferry our weekly recycling (paper, plastics, glass, and tin), by bike and trailer, from the shop to the Kingsway Sainsburys. Some cycling experience and a strong pair of legs a must! Also looking for help recycling aluminium foil weekly or monthly.

### **Puy lentil, rosemary and veggie sausage stew**

From 'Italian week' at the Yaffle Cafe, this was so good, people wanted the recipe and even bought seconds!

serves 4

2- 3 cloves of garlic

1 onion

8 sausages (we used Redwood Sage and Marjoram)

1 small chilli thinly sliced

2 carrots

2 sticks of celery

about a 3rd of a bulb of fennel

a few sprigs of fresh rosemary, stripped from the stalk

1 tin of tomatoes

half a bottle of white wine or 375ml of stock (we used wine)

1 - 2 handfuls of puy lentils

Fry the onions and garlic until onions are translucent, add the chilli, celery, fennel and carrots and cook for 5 mins. Add the rosemary, tomatoes and wine (or stock) and lentils, stir well and slice up the sausages how you would like them. Add the sausages and cook over a medium heat for half an hour to 45 minutes. Serve with rosemary roasted potatoes or garlic bread.

*Don't forget Sound Bites catering service is available for any occasion.*

Please contact [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 773419/07981 302673

### 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!

### Affordable Counselling

Derby Counselling & Therapy Centre provides low cost counselling, with experienced therapists, for local people on restricted income. A non-profit making charity, it has been running for 30 years. For details ring 01332 366863 or visit [www.derbycounsellingcentre.co.uk](http://www.derbycounsellingcentre.co.uk)

### Growing volunteers!

At Faith Hope and Enterprise.... we have a better connection now, with one of our members, Ruth, volunteering at this horticulture project at Kirk Langley. Lots of local veg to come, and more volunteers welcome (Tuesdays and Thursdays). See the weekly diary on our facebook page.

### Carers Break

If you know someone over 18 who does unpaid care work for someone, Carers Break offers free creative sessions, and a lot of other practical support:

please contact 01332 717777 or see [www.derbycitypct.nhs.uk/staying-healthy/are-you-a-carer/](http://www.derbycitypct.nhs.uk/staying-healthy/are-you-a-carer/)

### Green Gym Helpers?

Derwent Green Gym runs a group of allotments near the Meteor Centre, to help vulnerable young people and adults gain confidence and independence through gardening related activities.

They are looking for volunteers to help as both leaders & assistant leaders on the plots (Tue/Wed/Fri), and/or to help on the Committee (monthly meetings). Leaders would receive training, support and expenses paid.

Some of the vegetables grown are brought to Sound Bites to support the Vegetable Pedallers scheme. See [derwentgreengym.org.uk](http://derwentgreengym.org.uk) for more info and if you're interested, please call Sue on 01332 987252.

### One Note Sundays

A new monthly night at the Flowerpot! Live music featuring some of Britain's most creative and adventurous musicians in jazz, folk, classical and beyond. For one U.K. bank note. Pay in advance on-line or on the night: however much you choose, you'll be supporting creative music. See [coreymwamba.co.uk/one-note-sunday/](http://coreymwamba.co.uk/one-note-sunday/)



**Sound Bites, 11 Morledge DE1 2AW**  
**Open Mon-Sat 9.30-6 (Thu till 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

April - June 2012

*Don't forget Yaffle Café has international meal nights each and every week!*  
*Thu's 6.30-8.30pm,*  
*Fri's 5.30-8.30pm.*

**Mon 9 April** - Demo at Heckler and Koch, multinational arms dealer in Nottingham. 4-5pm. See diary on [veggies.org.uk](http://veggies.org.uk)

**Thu 12 April** - Brinsley Animal Rescue workday. See diary on [veggies.org.uk](http://veggies.org.uk)

**Tue 17 April** - 'What 50,000 people want' - PechaKuchaDerby. The Quad. All welcome. 7.30pm. More info [Derby50kay@yahoo.co.uk](mailto:Derby50kay@yahoo.co.uk)

**Sat 21 April** - Legal Observer training at Sumac Centre, Nottm. See diary on [veggies.org.uk](http://veggies.org.uk)

**Sat 21 April** - Café Philosophique presents 'Economic Crises, their causes' - Scarthin Books, Cromford. 7.30 for 8pm start. £4 entry includes food. More info call 01629 823272.

**Mon 23 April** - Film Showing 'Valley of Hope and Despair' - one West Bank village where Palestinians and Israeli's are working together to protect their water supply. Yaffle Café, 11 Morledge. 7pm for 7.30pm start. Donations requested towards the tour.

**Sat 28 April** - Annual Silk Mill / May Day march. Ending in Derby Market Place with stalls & food. Details tbc.

**Sat 28 April** - World Tai Chi and QiGong Day, demos and open sessions in Alvaston Park. 10-12noon.

**Sat 28 April** - World Day for Laboratory Animals national rally in Birmingham. Meet 12 midday in Victoria Square. See [www.wdail.org](http://www.wdail.org) or call 07703 643327. Donations appreciated towards costs.

**Sun 29 April** - Barn Dance fundraiser for Derby Samaritans. Meadows Inn, Cattle Market, Chequers Rd, 4.30-9pm. Tickets £5 from Ryans Bar, or call Mike on 01332 513445 or 07504 041046.

**Tue 1 May** - Justice & Peace group

and Derby Climate Coalition joint meeting on pros and cons of Biomass - speakers from Friends of the Earth and Sainsburys. St Marys, Darley Lane, 7.30.

**Tue 8 May** - Derby Cycling Group AGM and Awards Ceremony - including Veg Pedallers! 7.30pm, Friends Meeting Hse, St Helens St.

**Mon 14 May** - the Climate Jobs Caravan comes to Derby. To get involved call Reg on 676046.

**Thu 17 May** - Lively discussion group: 'Market economy or moral economy - is our economic system ethical?' 7pm, Multi-Faith Centre, Derby Uni, Kedleston Rd.

**Fri 18 May** - Georgian women's song and dance show. Georgia is a UNESCO World Heritage site for its harmony singing tradition. £10adv. VoiceBox, Forman St 7.30pm. [facebook.com/events/207356249364970/](https://www.facebook.com/events/207356249364970/)

**Thu 24 May** - 7.30pm Derby's Conscientious Objectors - find out more, Friends Mtg Hse, DE1 3GU.

**Sat 26 May** - Attila the Stockbroker (socialist surrealist singer and poet) & Rory Ellis (roots singer). Darwin Suite, £14/11. 7.30pm. 255800.

**Sun 27 May** - Mass action against new GM wheat trial crop in Herts. See diary [veggies.org.uk](http://veggies.org.uk)

**Thu 31 May** - Positive Economics discussion with Derby 50K - 'Global Economics' - 7.30pm, The Bless, Chapel St. More info [Derby50kay@yahoo.co.uk](mailto:Derby50kay@yahoo.co.uk)

**Sat or Sun 2/3 June** - Learning to build and use a bike powered generator. Free, limited places, contact [dave.clasby@sustrans.org.uk](mailto:dave.clasby@sustrans.org.uk)

**Sun 10 June** - Nottingham Green Festival, Arboretum Park, 12-6pm.

**Sat Sun 22-23 June** - Ashleyhay Festival, nr Alport Height. See [www.ashleyhayfestival.co.uk](http://www.ashleyhayfestival.co.uk)

WE CAN PUBLICISE YOUR EVENTS!

Please email

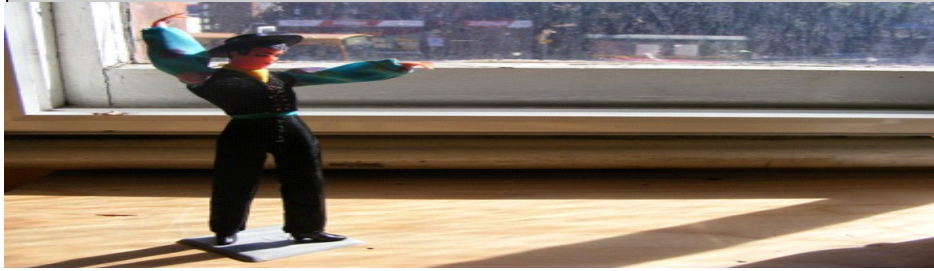
[ruth.s@soundbitesderby.org.uk](mailto:ruth.s@soundbitesderby.org.uk)

- 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!!!)



## Douglas Adams Month and beyond at Yaffle Meal Night

THU 6.30-8.30, FRI 5.30-8.30

All is well at our meal night. April is Douglas Adams month!!! We had this idea after reading 'Last Chance to See', a great book in which Adams tours the habitats of endangered animals and examines attempts to save them from extinction. Our food night will be taking place in some of these countries (so to speak). Booking recommended: 07799815083

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

**May- 3/4 Morocco, 10/11 USA, 17/18 Japan, 24/25 Ethiopia, 31/1 Ireland.**

## Riff Films

The first Riff Film Night was a success! Riff Films is an occasional event held at Yaffle featuring films from the public domain, from the odd, to the old, to the awful. In Feb we showed 'Plan 9 from Outer Space' and had a happy evening munching popcorn as zombies and aliens graced the wall of the cafe. Everyone agreed there should be another one, so here it is! On April 10th will be '*Sherlock Holmes: The Case of the Belligerent Ghost*' (dir: Sheldon Reynolds, 1954). Show starts 7.30pm, entry £3 (includes 1 free drink)

## Planning- New Menu Soon...

Yaffle is currently a retail space and is therefore restricted on the food we are able to sell generally, however we have just applied for change of use so that we can offer a more comprehensive menu! We hope to have a result in two months time...

## Cabaret Night

Starting on 7th May, for a trial period, this is a new weekly feature at the Yaffle Cafe. Its a one hour cabaret, £1 to get in, every Monday, hosted by one of Derby's more unusual comedians, alongside between one and three other acts of all shapes and sizes! The cafe will remain open for a while after the show...

Starting times pretty strict... Doors open 7pm, shuts 7.40pm, show starts at 7.45pm. Please note: we aim to be inclusive towards local acts and thus run the risk that occasional performances may cause offence to some viewers. Please keep this in mind if you consider yourself of a sensitive disposition. For more information on weekly line ups check the website.

## Dinner Parties

If you can find 7 or more of you we can cook you a lovely three course meal for £10 per head! Get in touch either on 07799815083 or [yafflecafe@gmail.com](mailto:yafflecafe@gmail.com) and we'll explain how it works.

## Yaffle Comedy Workshops

Here at Yaffle Cafe we're involved with comedy nights in Belper (Queens Head, every 3rd Wed of the month) and Burton (The Star and Garter, every 2nd Thu) as well as occasional stand-up workshops. If you like acting daft and want to join in the fun, our workshops are great fun and will help to gently ease you in.

Email [yafflecafe@gmail.com](mailto:yafflecafe@gmail.com) for info. Also see [www.derbycomedy.co.uk](http://www.derbycomedy.co.uk) for Yaffle associated comedy night listings.

[www.yafflecafe.co.uk](http://www.yafflecafe.co.uk)