



the Nibbler

Issue 39
Jan - Mar 2013

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) from

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

Planning Derby Real Food Fair 2013

Following the success of the Food Fair we organised last October, with over 500 people attending, we want to initiate a wider group to organise one for next October. If you are interested please read more about the first one on our website - see link from home page.

The first planning meeting for DRFF 2013 will be on Wed Feb 27th, 7pm. If you are interested, please contact us on ruth.s@soundbitesderby.org.uk, so we can plan the agenda and ensure we have enough chairs!

VP rider wanted!

We are looking for a fit, flexible, and friendly volunteer to help maintain our Vegetable Peddler service from April onwards. This job would require about 10 hours work a week, bagging the veg/groceries and delivering to customers in Derby by bike/trailer. If interested, please speak to Tim or Ruth. A current CRB certificate will be required.

Help promote Sound Bites at Derby Uni

This February we are running a stall at the Derby Uni Green Week at the Kedleston Road site. If you are chatty and friendly, and free on Wed 13th Feb between 10-3pm, would you like to volunteer to help at our Green Week stall??

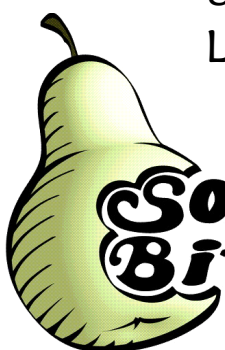
We will be wearing Sound Bites T-shirts, offering tasters, and letting people know more about what we do. If you'd like to help please email ruth.s@soundbitesderby.org.uk

Thursday late opening

From the end of January we will be changing the Thursday closing time from 9pm to 8.30pm.

Regular Chai Nights

Chai nights at Yaffle Cafe above the shop are becoming a regular event, the first Saturday of each month, 7-11pm. So far they've made pancakes, raised £50 for Vegfam (vegfamcharity.org.uk), hosted Derby on Board games for a night of co-operative games, and had a night of readings and rice pudding!



SOUND BITES

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

Our main direct supplier, Eden Farms, have been steadfastly providing most of the contents of our vegboxes throughout the winter, despite very trying conditions, in fact for the whole year. We have been told by another local grower that many who've been farming all their lives say they've never had a worse year - it must be a great challenge and we hope our custom is some support. The local salad will hopefully be back in February with new shoots, and we are still getting parsnips from Kirk Langley.

On the Shelves

Infinity Black Quinoa (£4.25 for 450g)

This highly nutritious grain is packed with complete protein and is gluten free. It is easy to cook and digest, and crunchy and delicious too.

Organico Rice (from £1.25 for 500g) **half price offers!!**

We now have on offer three yummy rices from Organico, at bargain prices: Wild Red Rice, Nerone (black) Rice, and Carnaroli Rice, the perfect risotto rice! All are fantastic, so hurry while we still have some!

We now have a new range of **Indian snacks**, made locally, which are delivered fresh (and still hot!) on Monday and Friday. Starting from 35p each, we stock potato, aubergine, and spinach pakoras.

Faith in Nature Pomegranate & Rooibos

An addition to the ever popular range, the shampoo and conditioner is fragrant and kind to all types of hair, and is currently on offer for £3.95 for 400ml.

9 Bar (Peanut)

We now stock these famous snack bars, they've finally produced a vegan one! Packed full of peanuts and tasty goodness on offer at 65p!

Clearspring Fruit Spread (Orange) (£2.79 for 290g).

Packed with 50% fruit and no sugar or other nasty stuff, this is a delicious and healthy jam to bung on your toast in the morning!

Rosemary's Relishes

Locally made, this lovely Pumpkin and Lemon jam (£2.25 for 200g) has become a bit of a winner, with its natural sweetness and curd-like texture. Go on, give it a try! Rye Bread now with spelt and fresh daily

Organic Frozen Raspberries now available in the freezer due to requests! £2.85 for 300g

Cold Season Yogi Tea (£2.19 for 15 bags)

Already a fave among the Soundbiters, this delicious new blend of lime, eucalyptus, and ginger, gives you an inner warmth that will help you through the colder months.

We've just tweaked the **Ultimate Muesli** recipe, replacing brazils with almonds - back on the shelves as soon as we clear it with the Soil Association.

Taste the Seasons free mag, soon available in our revamped leaflet area... much of the content is not suitable for vegans, but there is some good info in there on local and seasonal foods.

Upstairs * Yaffle Cafe Bookshop



For most of the week the first floor is taken over by the marvellous Yaffle Café. See insert. Yaffle 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.

Derby Carers

Sound Bites and Yaffle Cafe have been supporting a campaign run by local carers to save carers' services. Over 400 Derby people told the council that carers' services should be a priority. The consultation ended on 4 Jan and the campaign is now waiting for the cabinet papers, due out towards the end of the month, before deciding next steps. Thanks to all who participated in helping to 'Protect Derby Carers' Services'

T4 10 years old!

In November, local company T4 Sustainability Ltd (T4) celebrated 10 years in business and its new offices. Sound Bites provided the buffet and birthday cake as seen in the photo! Party guests also got to see their biomass boiler (burning waste wood), floor and wall insulation, photovoltaics, solar hot water and heat recovery fans.



T4 was started over 10 years ago by volunteers from Derbyshire Alternative Technology Association who would promote sustainability from a vehicle with solar panels and a wind turbine. As Paul reflected: "At this time these technologies were considered new and climate change, renewable energy and energy prices were rarely covered in the news, [now] the issues are in the news every day.

T4 are experts in a wide range of sustainability topics including solar hot water, photovoltaics, wood burners, wind turbines, heat pumps, energy efficiency, rainwater harvesting and permaculture. Their main company objective is to increase the sustainability of their local

community by offering impartial advice and installing sustainable technologies which are appropriate, affordable and provide the best possible performance and longevity. T4 works hard to help their clients make genuine, positive, long-lasting environmental improvements.



Over the years T4 has worked for homeowners, community centres, schools, businesses and local authorities, and their success has been due to the wide range of services provided and their attention to detail. The recent popularity of renewable energy has brought a dramatic drop in prices, particularly for photovoltaic panels which are now affordable to the average householder, and there are still very attractive returns available from the Feed-In Tariff. For more info see t4sustainability.co.uk

Enough Food IF...

Hunger in a world where there is more than enough food to feed everyone, is a scandal. Nearly 100 leading charities have just launched a campaign to pressure the G8– the worlds most powerful countries, meeting in the UK this year– to act on many issues that cause hunger, including corporate tax dodging, land grabs, shady government deals, and lack of investment in the small farmers that feed most of the world. Look out for the 'IF' campaign.

Via Campesina UK

A UK group, envisioned as the producer wing of the wider food sovereignty movement, is launching in March to link with the international alliance of small food producers.

www.viacampesina.org.uk

Quinoa Debate

Quinoa's popularity is generating valuable local farming income, but it may also be a factor in price increases which mean Bolivians are eating it less. In 2013 the Bolivian government may subsidise it for local consumption. Here is a report from the suppliers of our quinoa, (which is all fair-trade) about the importance of choosing organic:

“A few years ago, before the modern concept of climate change appeared, Andean ecology in the high mountains and plains had a very particular rhythm.. Over the past 4 to 5 years we have seen change, the most evident is that the colder highland areas have had an increase in temperature..[and] the soil has become more favourable for Andean crops such as Quinoa, potatoes, Canahua..



This phenomenon combined with the growing demand [for quinoa], has caused farmers to leave their well established ancestral farming practices whereby they would rest the land for several years between crops. Now the intensive use of the land and livestock expansion into traditional areas and wetlands has become a regular phenomenon. Organic certification regulates the amount of free roaming livestock and tree barriers that are required for specific crop sizes. Free roaming livestock replenishes the soils nutrients and native shrub barriers assist in preventing desertification.

In this way, it is important that our clients and Quinoa importers understand the importance of Organic certification not only in terms of food safety for consumers, but also in assisting in managing the growth of Royal Quinoa production in a way that reduces negative impact on the delicate ecology of the Andean Altiplano.”

Benizalte Olive Oil

We are pleased to be stocking Benizalte extra virgin organic olive oil from Alma Organics. It comes from small organic farms in the beautiful Alpujarra region of southern Spain. Many of the olive trees here are hundreds of years old and many of the estates are still farmed using traditional methods – the olives are hand picked and the whole family gets involved at harvest time.

This centuries-old way of life is becoming threatened as local farmers find it increasingly difficult to compete against large mono-crop estates.

The olives are pressed at the Flor de la Alpujarra Co-operative organic mill, a co-op formed in 2006 to support organic olive farmers in the region with a local organic mill to process their crops, and also helping them find a market for their oil.

The co-op has 47 members, all local small-scale organic farmers, who have chosen to cultivate their olive groves without the use of insecticides, pesticides or chemical fertilizers. It offers a fair price to producers, to ensure that the land continues to be farmed by men and women who believe that the rural environment should be protected and preserved, maintaining local ecosystems and bio-diversity. Previously they had to travel hundreds of miles to the nearest organic mill making it an impossibility for many.

The result is a healthy, high quality, full-flavoured oil. Because it is cold pressed it retains all the natural flavours, vitamins, antioxidants and other healthy properties of the ripe olive fruit.

By buying this oil you are supporting local small-scale organic farmers. This should encourage other local farmers to convert to sustainable organic methods, and help to preserve the unique ecology of the beautiful Alpujarra region.

Waste Not

A pallet load of plastic!

You may know that Sound Bites runs a refill scheme for Bio-D washing up liquid, laundry liquid and fabric softener. We just arranged the first pick up of 48 empty 25litre containers (that's 1200 litre bottles that have been refilled...and 48 25l containers that will be reused). We didn't know they should have been ready on a pallet, but managed to strap them down with packing tape and reused film from the new pallet that had arrived!

Donate your Fairtrade packaging and help promote Fairtrade Fortnight!

Spiral Arts, who are community visual artists based in the Arboretum Park, have been asked by Derby Fairtrade Group to work with schools and community groups to make art sculptures for Fairtrade Fortnight (Feb 25-March 10), and exhibit them in Derby Bus Station Spar Shop and the new Council House.

Please bring in the packaging from any Fairtrade goods you buy, drop it in the box in the shop by 11 February and it will be used in the project! Happy Fairtrade eating!!

10% off cases

You can save trips to town by buying in bulk - with the 10% case discount you can easily cover the delivery cost - see our online shop.

Collection tins by tills

Hedgehog Rescue in Sinfin. More info & pics at pricklyballlodge.co.uk.



The Current Charity collection is for the **Padley Centre supporting the homeless in Derby**. The government has made changes to housing and housing benefit rules, which **put thousands of people at risk of becoming homeless**. There is currently a campaign by 38 Degrees encouraging people to contact councillors about emergency plans to protect people in danger from freezing. 38degrees.org.uk

Scott's Vegan Lemon Drizzle Cake:

I made this rich moist cake for Graham's Leaving Party, as he loves lemons! The Coconut Palm Sugar adds a wonderful toffee-like flavour.

275g Doves Self-Raising Flour
200g Coconut Palm Sugar
1 tbs Baking Powder
Zest & juice of 2 & 1/2 lemons
100ml Sunflower Oil
150ml water
150g Coconut Palm Sugar

1. Pre-heat the oven to 160 C / Gas mark 5
2. Put the flour, baking powder, 200g of sugar and Lemon zest in a bowl & mix well.
3. Mix the water, oil & juice of half a lemon together in a jug, and then slowly add to the dry mixture, stirring the mixture well until fully combined.
4. Place into a lined loaf tin & bake for 35 minutes, until golden & cooked in the centre.
5. Once the cake is cooked, take it out of the oven & stab it with a fork all over the top of the cake.
6. Mix the remaining 150g of sugar & lemon juice together well & pour over the top of the cake while it is still hot. Leave the cake in the tin to cool.

Farewell Graham!

This month, we sadly say 'adios' to Graham, one of Sound Bites' founder members, who leaves us for new adventures in Shrewsbury. We shall miss his friendliness, his wisdom, and his enthusiasm. 'Buena suerte!' Look out for the staff and shopfront photo soon on show!

Thank you for your generosity in the last collection. A total of £42 was collected for **Prickly Ball Lodge**

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

Small Ads.....

'Derby Talks!'

Derby Talks aims to develop a 'community' of professionals and interested individuals wishing to attend talks and presentations on subjects related to therapy, creativity, development, health and wellbeing.

The first talk is by Brigid Wells on 'Trauma Stewardship - how to thrive and avoid burnout'
5th February 2013, 7.30pm
Burley House, off Uttoxeter Road.
Refreshments provided, and time to network. Monthly events.

For more info and to book, please go to *Derby Talks!* website at derbytalks.weebly.com, and anyone interested in presenting a talk, please contact Natasha Sephton - 07504 196732
natasha@creativeartstherapy.co.uk

Stormy Hall Seeds

Based in N.Yorkshire, part of the Botton Village Camphill Trust, Stormy Hall grow, process, test and distribute a wide selection of vegetable, flower and herb seeds. Stormy Hall only produce open-pollinated and pure line varieties, enabling you to save and grow your own seeds reliably to type. Varieties are selected to do particularly well in organic growing conditions and are well tested heritage types.

In our experience the germination rates are exceptionally good, and the quality of produce excellent. Sound Bites carries a small range. For a full list & more info contact:

Stormy Hall Seeds, Danby Head, Danby, Whitby, N.Yorks YO21 2NN. Tel. 01287 661368. Email: stormy.hall.botton@camphill.org.uk

Alcohol

For customers who might be missing their vegan organic wines and beers:

www.vinceremos.co.uk can mail order any wines that we used to sell – and lots more!

For Pitfield beers, contact www.dominionbrewerycompany.com for latest news of availability of beers and online ordering.

For Sam Smith beers, go to the Abbey pub in Darley Abbey and enjoy them in a great pub.

Green Man with a van

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

Counsellor available

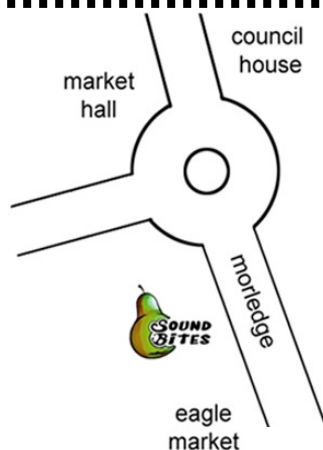
Qualified counsellor, reasonable rates. Contact Tim Almy MBACP

Cycle Repairs

For affordable and reliable cycle repairs contact Al 07719631310 / freewheelingcyclerepairs.co.uk

Cooperative Enterprise Hub

Are you a co-operative or do you want to become one? The Hub has been set up by The Co-operative as a one-stop shop for free advice, training and access to finance for new and existing co-operatives. Find out more at www.co-operative.coop/enterprisehub, or call 0844 324 5701.



Sound Bites, 11 Morledge DE1 2AW
Open Mon-Sat 9.30-6 (Thu til 8.30pm)

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 - or call 01332 291369

www.soundbitesderby.org.uk

DERBY GREEN DIARY

February- March 2013

Tue 12 Feb - 'Chasing Ice' - free documentary on the changing glaciers, hosted by Midlands Co-op, book tickets on 293653. 5pm drinks at Belper Co-op, 6pm film at Belper Ritz cinema. More info on the film at chasingice.co.uk

Wed 13 Feb - Green Week at Derby Uni, Kedleston Road - day of stalls and info - 10-3.30pm.

Thu 14 Feb - Leafletting at Derby train station for affordable ticket prices (average fares are 26% higher than pre-recession). 7.30-9.30am. Call Peter on 600612 if you can help. www.farefail.org

Fri 15-Sun 17 Feb (and March)- Working weekends at Wild Peak housing co-op, Belper, including lane maintenance, tree planting, renovation and dry stone walling. A weekend aimed at skillsharing for women is also planned. If you are interested in any of these please call 01773 850493 or email friendsofwildpeak@gmail.com

Sun 17 Feb - 'Greener Gardening', 2nd meeting of 'Towards Sustainable Derby', a group looking at economic, environmental, social and spiritual aspects of sustainability. 12.30-2pm, Friends Meeting House, St Helens St. Bring your lunch. Tea/coffee provided. For more info call Steve Adams 07885 410732.

Mon 25 Feb - Peoples Kitchen monthly community meal, Boyer St Community Room. 6/7pm, see facebook or posters. £2 a plate.

Mon 25 Feb - Sun 10 March - Fairtrade Fortnight - try some new fair-trade foods!

Wed 27 Feb - Evening Planning session for Derby Real Food Fair 2013 - at Sound Bites. Please contact 01332 291369 or ruth.s@soundbitesderby.org.uk

Sat 2 March - Energy Saving and Eco Fair, Hilton Village Hall (nr Etwall), 2-5pm. See www.c-changes.com/Energy-saving-fair-hilton-derby for more info.

Sat 2 March - Chai night, with readings by local authors. Yaffle Cafe, 7-11pm.

Tue 5 March - 'Enough Food for Everyone IF...' St Marys Centre, Darley Lane. 7.30pm.

Wed 6 March - 'Energy we can all afford', Public Meeting/Question Time, by Derby Climate Coalition, on the UK Energy Bill. St Peters Church, 6.30 for 7pm.

Sat 9 March - International Womens Day event, Derby Council House.

Sat 9 March - Derbyshire Community Climate Action Network Conference, at the Derbyshire Eco Centre, Wirksworth. To book contact Nick Pigula on 01629 538304. See www.everybodys-talking.org for more info.

Fri 15-Sun 17 March - working weekend at Wild Peak, see Feb.

Sun 17 March - 'Stuff' - choosing what to buy, 3rd meeting of Towards Sustainable Derby. See 17 Feb for details. 12.30-2pm.

Mon 25 March- Peoples Kitchen monthly community meal, Boyer St Community Room. 6/7pm, see facebook or posters.

WE CAN PUBLICISE YOUR EVENTS!
Please email
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!!!)



Ch-ch-ch-ch-Changes!

As David Bowie says! There's a lot going on at the café at the moment, changes to how we're doing food, decorations, new events, be careful, if you blink you won't know how we took over the world! Here's some of the changes afoot... (please note, much of this edition is a bit vague and the news in general is that there will be news! But news that there will be news is still news. News.)

The Expansion of Yaffle?

Rumours surrounding possible expansions in Yaffle have been floating about of late... We're trying to make more space by getting smaller bookshelves... We've been eyeing up Sound Bites roof, we've been considering converting office space upstairs. One way or another Yaffle is putting on weight. I blame the cakes!!!

Hot meals in the day, EVERY DAY!

Its been a while coming, now we do a daily special at Yaffle. We change our special every Monday and Thursday at the moment and have from this week redesigned our staff schedule to allow Yaffle staff dedicated time to cook you the best food we can possibly muster! Its a ridiculously cheap £4.95 at the moment, come up and try it!

Exciting Changes to Meal Night... THU 6.30-8.30, FRI 5.30-8.30

Given new possibilities in terms of space and resources we're considering changes to the way we do the meal night. Watch this space (I say that a lot don't i?!)...

Booking recommended. 07799815083. Some of this months meal night themes are:

Feb - 7/8 Syria, 14/15 Romania (not many spaces left for this one!),

21/22 Georgia, 28/1 Spain

Mar - 7/8 Morocco, 14/15 Cyprus,
21/22 Mongolia, 28/29 Brazil

Georgian Choir at Georgian Meal Night!

Book quick, Derby Georgian Choir will be singing at our meal night on 21st Feb and since there's a lot of them there's limited space available. 07799815083 to reserve your table...

Comedy Night at Yaffle!

Following a successful night on 26th Jan we're looking ahead to our next weird and wonderful comedy night. Warning, we do favour comedians with a difference so don't expect a live version of what you get on the telly! Future events may be ticketed due to scarce space, ask in the cafe for details or watch out for posters...

Dinner Parties

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

Chai Nights

We now have regular Chai Nights on the first Saturday of the month from 7-11pm. So far we've had a chai and pancake night, a chai and board game night, and a chai and readings night. You may have guessed the formula, the night contains chai and an activity! Aren't you clever... This months Chai night though by the time you get this information it may be too late for you to come to it, we will be serving Malian food and raising funds for refugee camps in Mali (Sat 2nd Feb). Hope you can make it.

www.yafflecafe.co.uk