



Issue 40
Apr – Jun 2013

the Nibbler

Newsletter of Sound Bites
Derby's independent wholefood grocery
& info space (see map on back page)
A not-for-profit workers' co-operative

Yaffle Café & Books upstairs! 11–5 Mon–Sat (meal nights Thu & Fri)

Shifting Stock!

You may have noticed things moving around in the shop recently...beans and pulses have replaced alcohol (no longer stocked), real bread is now opposite the till, cocoa powder is in the baking section, and all the gluten-free ranges (flours, grains, flakes, pasta) are now on the main shelves instead of in the middle. These are now highlighted by a yellow strip behind the shelf labels.

We are also sifting out the very slow selling stock, so you will see a number of special offers for lines we are discontinuing - take advantage and help make space for new things! Special offers on: crocheted vegetable brooches, wheelie bin bags, gluten-free lasagne, floor cleaner, pumpkin oil, black treacle, fruit punch cordial, hibiscus tea, heavy duty hand cleaner, furniture polish, and more...

Veg Ped Update

Tim has now hung up his cycling shoes, after making well over 500 trips around Derby (more miles than his legs care to remember!). We are hoping to get a volunteer to carry on the VP tradition in the near future and in the meantime, our delivery driver Chris is taking the bags on his veg box round. So happily, the VP customers will continue to receive their fruit and veg for the foreseeable future.

Befriending Scheme

If you have an hour a week to befriend an older person, please call 01433 620263. www.ageuk.org.uk

Support Padley

On March 31st the funding that the Padley Centre received from Derby City Council to provide shelter, advice and support to help the homeless to deal with their issues and move into their own tenancies ceased. Without funding the Padley Hostel would have to close and over 100 people a year who are helped by a short stay at the hostel and then moved on to sustainable tenancies may have nowhere to go other than the streets of Derby. The Padley Centre is asking the public to help keep the hostel open by donating just £2 a month (£24 a year). See padleygroup.com or call 01332 774480 for more info.

Derby Carers

Protect Derby Carers Services are pleased to announce that Derby City Council have decided to withdraw their financial decision to reduce carers' services and start a fresh consultation process from 21 March with a final decision due to be made in August 2013. We would like to thank Sound Bites and Yaffle cafe staff and customers for supporting our campaign.

Remember...
Home Delivery
Available, inc
Veg Boxes &
Bulk Discounts!
www.soundbitesderby.org.uk

Whats.....New?

Organic Veg

UK Growers have still not recovered from the unfavourable weather, and you will have noticed a severe lack of UK greens so far this year, as well as leeks and cauliflowers being smaller than usual, and carrots sketchy... Lets hope this spring brings with it a bit more light and warmth... Robin our Ilkeston salad man has planted more variety for us this year, and Kniveton salad bags are back too. Keep supporting local growers !

On the Shelves

We are delighted to be selling **gluten-free cakes** made by a local supplier, **Cooper Cakes** of Ilkeston (www.coopercakes.co.uk). Angela specialises in gluten-free cakes and desserts and has recently started experimenting with vegan recipes. The cheesecakes have proved popular, as have the banana and chocolate muffins. Angela loves experimenting with new recipes. So keep an eye out for new products with chocolate pralines due soon.

Fresh Sauerkraut- New from Rawhealth, this superfood comes in 410g and costs £3.19. Healthy and very tasty too!

Two new additions to the **Pukka** range of teas: Golden Chamomile, rich and naturally sweet and After Dinner, a delicious blend of fennel, chicory, and cardamom. Both cost £2.29 for 20 bags.

Spelt biscuit hearts, lovely little nibbles from **Amisa**. A sugar-free treat to have with a cuppa (£2.69 for 150g)

From Ener-G, **Pure Rice Bran**, a gluten-free nutritious supplement (£3.25, 227g)

Already a snack favourite, **Cofresh Hummus/ Lentil Chips** are flying off the shelves. Try Chilli and Lemon (135g) or Creamy Dill (115g), both £1.75 each.

Or for a simpler taste, try Tyrells' **Naked Crisps**: potato crisps unsalted or flavoured (65p for a 40g bag)

Sojade have brought out a lovely, **custardy coffee dessert**. Ideal for pouring on a pudding or scoffing from the pack! (£1.32 for 530g).

And if you don't know already, every Monday Sanjukta brings us still-warm **spinach and onion pakoras**. Tasty and substantial, these sell (very quickly) for 75p each.

Rico chilled salsas are now Marcela Flores ambient salsas in jars! £1.59 each.

Fresh organic **basil and coriander plants** now in! Plus a range of **organic seeds**!

...keep an eye out for new products. We try to get new items in on a regular basis but if there is something you'd like us to sell, do let us know.

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.

Bread News

Since Sound Bites began we have been selling organic bread from Paul's in Melton Mowbray. They even lent us their mobile oven for a stall in Derby Market Place while we were still in our unit in the Market Hall. Now Paul's have come top of the chart on the Ethical Consumer's score card. See <http://www.ethicalconsumer.org/buyersguides/food/bread.aspx>

We are temporarily unable to stock Manor Farm bread (which we used to get on Thursdays) due to delivery difficulties, so we have begun ordering some of our Paul's bread as longlife packed to last the week. This way there is also less wastage which has allowed us to hold down the prices, even though Paul's have just raised them by 10%. We want good bread to be as affordable as possible, so take advantage and try it if you haven't already!

Paul's use just natural ingredients, listed on the packet, and no artificial additives or processing aids. As well as wholemeal and seeded, we stock their spelt bread, seeded baguettes, and wheat, spelt and rye sourdoughs. We stock their gluten-free bread in the freezer, and can get herb bread, focaccia, ciabatta, olive or basil bread to order. If you want to be sure to get the loaf you want, pre-pay by end of Tuesday for Friday pm, or Thursday midday for Monday pm. Where possible, we will add orders up to the morning of delivery.

The sourdough process uses wild yeasts, and increases the protein and digestibility of the bread, often making it suitable even for people who cannot normally digest wheat. Sourdough bread undergoes fermentation processes which release and create more nutrients, and tends to have a slight tang and chewy texture which are very satisfying. Give it a go – spelt, rye or wheat (Pain de Campagne - wholemeal or white, inc a special 2kg loaf to order!)

Bee Friendly!

The bees need our help! Over recent years their numbers have fallen dramatically. Changes in weather, unpredictable seasons, neo-nicotinoid pesticides, disease and dwindling food sources have had worrying consequences. We need bees and insects to pollinate foods we rely on.

So what can we do? First email or write to your MP to ask them to support a ban on neo-nicotinoid pesticides (STOP PRESS: the EU has just passed a vote to ban them for 2 years, but our government didn't support it!) Perhaps it would be detrimental to UK Environment Minister Owen Paterson's share portfolio! These pesticides have been proven to adversely affect bee's memory for pollen location, their ability to forage and their 'waggle dance' communication system.

Practically we can help bees in our gardens, yards, window boxes and hanging baskets, by planting things they like, and providing year round food sources for them.

Don't use pesticides. Leave dead herbaceous perennials standing at the end of the year and plant hedges as both provide shelter for solitary bees.

Plant Tulips, Crocus, Foxglove, Black Adder, Common Poppy, Borage, Mahonia & Wildflowers. Encourage Ivy, which is the last winter source of food.

A full list of bee friendly plants can be found here: www.lbka.org.uk/pollinator_friendly_plants.html Beekeeping itself is hard & at the moment not recommended, as it may add to the problems.

By gardening we can all help to keep the bees!



Pick up a campaign postcard and a poster of bee friendly plants in the shop.

Provamel/Alpro

Sound Bites stock a range of alternatives to cow's milk, but when we heard in 2010 that the prominent soya brand Provamel/Alpro had been bought out by Dean Foods, the largest dairy agribusiness in the world, we discontinued most of their products. Provamel did seem very good about sourcing their soya in traceable and long-term direct relationships with farmers, rather than on the open-market, which is good in terms of avoiding genetically modified soya, but we did not want to now be financially supporting their parent company, Dean Foods.

We did keep a few Provamel lines that we couldn't find substitutes for, as it is hard to disappoint customers! Now, in 2013, a new volunteer has prompted us to look again, and we have found various substitutes and more info to support a complete boycott of Provamel.

The Cornucopia Institute in the USA, which conducts research on food issues to provide info to the public and support ecologically produced food, has labelled Dean Foods as 'ethically deficient' in their survey of dairy farming. Dean Foods invest in large scale factory farming, and in opposing the labelling of genetically engineered food, both practices absolutely opposed to the motivations many people have for choosing organic soya milk. Through another of their companies, Horizon Organic, they produce 'organic' milk in ways that undermine the spirit of organic standards for animal welfare and product safety, and put genuine family-scale organic farmers at a disadvantage.

Alternatives now offered in Sound Bites are an all-organic range of nut, grain and rice milks, plus soya milks by Plamil (vegan UK company), Sojade (French soya) and Granovita (smaller cartons with screw top). We have also found soya custard from Sojade, and Koko coconut shakes.

For more info see cornucopia.org/dairysurvey/FarmID_134.html

Sick of Supermarkets?

In the wake of the horsemeat scandal, and the trust issues which have been raised about food sources, a growing number of people are turning their backs on supermarkets and processed food. One of our customers Jade Beecroft has been writing a very interesting daily blog since January - <http://myyearwithoutsupermarkets.blogspot.co.uk>

It is worrying how far removed many of us have become from the sources of the food we eat, and in some cases even the basic skills of food preparation from years of reliance on ready meals. Recent conversations with customers have included horror stories of power-washer recovered meat, processed with paintstripper-like chemicals to produce 'beefburgers'; powdered animal & human hair added to foods you thought were vegetarian; even human bones entering the food chain through gelatine factories... Irradiated watery fruit and vegetables and heavy use of preservatives and salt to extend product shelf lives; and excessive packaging...

Supermarkets have changed the way we shop and cook from the way our grandparents did, they are like alternative town centres, except with free parking!

So what can we do? Start reading food labels! What's in this thing? Where did it come from? Who made it? Take a bit more time for food. Start cooking from ingredients, local organic fresh fruit & veg can be surprisingly cheap & actually tastes of something. Make things, bake things. Think about where the money you are spending is going, who is it supporting, who will it help? Try to shop locally, independently, many smaller shops are struggling with the shift to online purchasing. Obviously, shop more at Sound Bites! We think about everything we stock in the shop from the point of view of value, nutrition & ethics, with a bit of sugary leeway given for some vegan treats!

Waste Not...

Easy-cook grains

Try the following eco-friendly, foolproof method for cooking wheat, spelt, barley or other grains:

- Fill a wide-mouthed vacuum flask one third full with grain (about 200-250g for a 1 litre flask).
- Cover by about 2.5 cm with boiling water.
- Screw on the lid and leave overnight or for a minimum of 8 hours.
- The next morning the grains will be plump and ready to eat as part of a breakfast or for preparing another meal.

Resourceful Tips

If you have an **electric shower**, taking the head out of its wall mounting and using it hand-held at close range means you don't need the dial to be set so high, as the water doesn't lose heat before it reaches you.

If you have a **microwave**, that starts sparking, there's probably no need to dump it - it is often just that the waveguide cover (which looks like metallic card and slots in on the side inside) is damaged or has a splash of food stuck to it. (Be careful when cleaning) You can buy a replacement sheet big enough for 2 repairs online for about £5 including postage.

Collection tins by tills

Centre, from end of January to end of April this year.



The current charity collection is for **Women's Work**, an independent charity based in Derby, that was set up 10 years ago to provide respite, advice and support to female substance misusers, especially those involved in street sex work in Derby. It has now widened its scope to include women and families with complex needs, targeting its services at individuals affected by drug and alcohol use.

Recipe - Scott's Quick Curry

- 1 large onion
- 1 green pepper
- 1 courgette
- 1 leek
- 1 tablespoon curry powder
- 1 tsp cumin, 1 tsp chilli flakes (optional)
- 1 tablespoon oil
- 1 glass pineapple juice
- 1 glass beetroot juice

....First wash & then chop all the veg....

1. In a steel saucepan on a medium heat fry the courgette with half the onion & the green pepper until soft/brown then set aside in a bowl.

1.5. (In a separate pan , start to cook your rice now!)

2. Fry remainder of onion & the leek, when softened add the cumin & chilli. After 1 min add the curry powder & stir for a further minute.

3. Add the juices & cook on a low heat for 10 minutes. Add the cooked pepper, courgette & onion and cook for a further 10 minutes or until thickened.

Experiment with different veg, ie cauliflower, aubergine or parsnips, just try & get a thick sauce but retaining texture. Its nice to add fresh spinach, or coriander at the end too. The juices make it naturally sweet & red :)

Serve with Sound Bites long grain brown rice, which is lovely (takes about 35/40 mins to cook).

Staff News!

We are delighted to welcome Kirby as a new co-op member and Natalie and Emma as new casuals. Kirby has volunteered and worked as a casual at Sound Bites for over four years, and it's great to have some fresh input to the management - look out for décor changes on their way...!

Thank you for your generosity in the last collection. A staggering total of **£150** was collected for the **Padley**

Remember: Catering Available!

Small Ads.....

Reclaimed wood

East Midlands Wood Recycling CIC is a social enterprise that has been set up to reclaim, reuse and recycle wood, providing wood for sale at a great price – wood that otherwise might have been either chipped or sent to landfill before its useful life was over. They now have a good supply of giant wooden cable reels and plan to make chunky coffee tables for sale soon! Call 360000.

Open Wed-Thu 10-2, Sat 9-12.
Wholesale Market, Chequers Road.
eastmidlandswoodrecycling.org.uk

Green Man with a van

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

Cycle Repairs

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

Wheat Bran from Heage Windmill

We are now stocking wheat bran ground locally at Heage windmill! The mill produces stoneground flour from certified organic wheat grown in Colchester. The bran is a by-product of the white flour. It's great to be supporting a local supplier and one that uses renewable energy – the wind! The mill, built in 1797 and restored to working order in 2002, is a unique Grade II* listed building set in the Derbyshire countryside, with spectacular views towards the Derwent Valley Mills World

Heritage Site. It's open at weekends and bank holidays and offers guided tours-heagewindmill.org.uk. Why not visit to see where your bran is produced? The mill is within cycling distance of Derby – a perfect day and out!

Preserving and Brewing

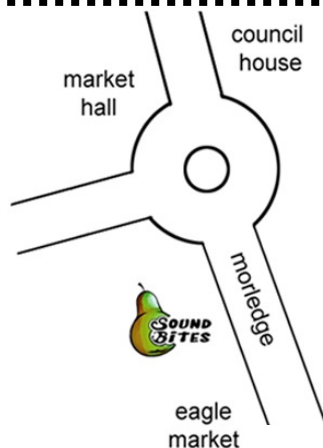
We are Better Bitter, Derby's new home brewing and preserving shop. We sell equipment and ingredients that will allow you to make your own beers, wines and preserves, including things you can't get anywhere else. But we're more than just a shop! Food and drink should be social, so we will host brewing and preserving competitions and events in Derby, sharing recipes, ideas and inspiration. We'll also have a community recipe book. Brewing is fun and easy - come and see us in the Market Hall to find out more!

Green Door Printmaking

have set up in Banks Mill on Bridge Street after being based in Normanton. They are Derbyshire's only open access artist studio dedicated to the art and craft of innovative and environmentally-sound printmaking. They have a call-out at the moment for their International Print Exchange and a range of spring/summer print-making workshops coming up. See www.greendoor-printmaking.co.uk

Lebanese Restaurant

Cosy place just up from Lidl on the other side of Normanton Road-lots of veggie starter dishes which you can mix & match to make a meal.



Sound Bites, 11 Morledge DE1 2AW
Open Mon-Sat 9.30-6 (Thu til 7pm)

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

April – June 2013

Fri 3-Sun 5 May - **Peak Climate Change and Eco Festival** - Family day on Saturday, plus evening talks from key speakers £5 (Cromford Mills), and free film 'Chasing Ice' (Matlock Bath). See arkwrightsociety.org.uk or call 01629 825995.

Sat 4 May - **Monthly Games Night** at Yaffle Café, food and drinks also available. 7-10pm.

Tue 7 - Thu 9 May- **Chasing Ice**, film by former climate change skeptic, Quad. Free on 8th- email Tanya.Noon@midlands.coop

Tue 7 May - Justice & Peace meeting, **Local Charities – needs and response:** presentations from 'Talk it over' - pregnancy and post-abortion support, 'Derbyshire Positive Support' – for HIV, and 'Padley Group' – for people with complex needs. 7.30pm, St Marys Parish Centre, Darley Lane.

Thu 9 May - **NHS privatisation** - realities behind the debate, Brunswick Inn, 7.30pm. Contact joe.clark39@yahoo.co.uk

Sun 12 May - **Food Foraging** and cooking workshop by Apple Core and Green Health, Shipley Park, 10.30-3pm. £5 adults, £3 kids, tickets from apple-core.org.uk

Thu 16 May - Moving On workshop, how to support friends and neighbours with **unemployment and claimants issues**. 11am-1pm, JET, 284 Normanton Rd. Contact derbyunemployed@yahoo.co.uk

Sat May 18th - **'Women's Poverty – a Wake up Call!'** Speakers, discussion and planning for action, 10.30-4.30 St Mary's Parish Centre – Contact Camilla 346920

Sat 18 May - **Unusual musical entertainment** at the new Artsmith gallery, 109c Monk St. 1-5pm drop in workshop (£2), 7pm performance (£5). For more info see metamono.co.uk

Sun 19 May - **Clothes - a Towards Sustainable Derby** meeting, Friends Meeting House, St Helens St, 12.30, bring lunch. Info Steve 07885 410732.

Thu 23 May - **Lessons from the Poll Tax**- presentation of research on the Derby struggles of 1990, Brunswick Inn, 7.30pm

Mon 27 May - First meeting of a proposed **Derby Palestine solidarity** group, Yaffle Café, 7pm. Food available.

Sat/Sun 1/2 June - **Belper Goes Green** fair, Belper Rugby Club, See transitionbelper.org

Thu 6 June - Sentencing day for **'No Dash for Gas'** campaigners, www.nodashforgas.org.uk

Fri 7 - Sun 9 June - **Women's Work Weekend** at Wild Peak housing co-op, Belper. Skillshare in working with chainsaws, tractors, carpentry, dry-stone walling etc. Call 01773 850 493 / friendsofwildpeak@gmail.com.

Sun 16 June - **Local/National action** - campaigns you can join, a Towards Sustainable Derby meeting, Friends Meeting House, St Helens St, 12.30, bring lunch. Info Steve 07885 410732.

Thu 27 June - Film showing of **'The Rochdale Pioneers'** (52mins) dramatising the beginnings of the co-op movement. TBC.

Sat 29 June - 'Furthest Point from the Sea' **festival in aid of homelessness** projects in Derby, Market Place.

Mon 1 July - Talk and exhibition on by **Peace News delegates to Iran** - TBC.

Thu 4 July - **History of Derby Co-op** - starting in 1850. Brunswick Inn, 7.30pm

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-Sat 11-5
Meal Night: Thu 5.30-8.30
Fri open til 7pm**

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



Ch-ch-ch-ch-Changes!

We told you times were a changing in the last nipper, sure enough they are! New open times, events in the pipeline, revamped meal nights, new facilities, expansion still a possibility... Ooolala!!!

New earlier opening times!

From 7th May we're now open from 11am each day and we'll be including breakfast specials in our morning menu. Vegan sausage, organic beans, toast, mushrooms and tomato breakfast with a drink for just five pounds!

Fancy Food Night

We are in talks with a top chef about a monthly fancy food night. You get five courses of lovely vegan food approximately £25 so a bit more than our usual fare but the food will be on another level... Keep an eye out on facebook/Sound Bites noticeboard for more information or join Yaffle's mailing list by emailing yafflecafe@gmail.com

International Meals on Thursday night only. Friday closing time now 7pm.

THU 5.30-8.30, FRI 5-7pm

Internationally themed food will now be available on Thursdays though at an earlier time of 5.30pm, Friday will serve the day menu and refreshments till an earlier closing time of 7pm.

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

May - 2nd Cuba, 9th Russia, 16th USA, 23rd Bangladesh, 30th Palestine
Jun - 6th South Africa, 13th Ireland, 20th Nigeria, 27th India
Jul - 4th Thailand 11th Sri Lanka, 18th Bulgaria, 25th Mexico, 31st Greece

Comedy Night at Yaffle!

Our comedy cabaret night is back, on

Saturday 25th May, expect the unexpected! Reserve seats on 07799815083. 8pm start, £3 entry.

Film Night!

On Monday 20th May we'll be showing 1920's horror classic The Golem! Doors open 7pm, film starts 7.30pm, entry £3, this is a classic in the Fitz Lang style and should be wonderful, I'll be doing a short talk on it before hand. Hope to see you there! Reserve seats on 07799815083.

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.

Saturday Monthly Games Nights

Our monthly late Saturday Night is back on 4th May, the first Saturday of every month for board games and other pleasures! Come along with your favourite board games and make use of our top floor chill out space and late night vibe, 7-10pm..

Derby Palestine Solidarity Campaign

A new group is hoping to emerge and is holding its first meeting on 27th May. If you are interested in joining or finding out more then you can come to Yaffle Café at 7pm on 27th May. Palestinian food will be available.

Malawi Kitchen

Above is a picture of our sister kitchen in Malawi! (Apologies for the picture quality!). Following sales of sock monkeys in this building, the Monkey Bay Fund were able to build a 'Yaffle Sound Bites' kitchen which helps to feed local families. Check Monkey Bay Fund on Facebook for more.

www.yafflecafe.co.uk