



the Nibbler

Issue 48
Apr-Jun 15

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 (Thur eve bookings only)



Hodmedod's

'Born out of a Transitions initiative in Norwich, Hodmedod (local slang for a hedgehog) have, for the last three years, been supplying that rare commodity, a British-grown bean, to discerning punters. The company's aim was to re-introduce a nourishing and sustainable staple to a diet more suited to our climate and our changing environment, reducing reliance on imported beans and on meat consumption in general. Important to agriculture for crop rotation, beans have been a mainstay of food production for millenia. But like so many other parts of our agricultural heritage, we have let bean production languish or simply used them for animal feed or exported what we grew. It is thanks to companies like Hodmedod, that we are still able to maintain a connection to our culinary history. So the next time you want to make a chilli or dhal (just two or the many recipes you can try), give these wonderful beans and peas a go.

We currently stock Kabuki and Black Badger peas, as well as Fava beans and baked beans. But they have a wide range, so do ask if you want us to try a different variety. Happy eating!

Adverse Weather

Turkey and India were affected terribly last year with flooding and frosts, which seriously damaged the delicate hazelnut, fig and apricot crops of Turkey and a number of rice crops from India.

Currently at a record high price, we cross our fingers for these to come back down and that the mild winter may allow better crops this year. We urge you to maintain your love of organics where you can, we hope that this won't seriously damage the demand for quality organic produce over the longer term, with knock on affects global agricultural practice.

Silver lining: Turkish sultanas seem to have survived quite well, huzzah!

Remember...

**Home Delivery
Available, inc
Veg Boxes &
Bulk Discounts!**

www.soundbitesderby.org.uk

What's.....New?

Organic Veg

Starting to see the new season salads and greens coming through now which is lovely. Our suppliers have been growing under tunnels so have a good head start - we've had UK spinach already this year!

The next few months will see the fresh crops coming through of local tomatoes and cucumber, followed quickly by UK grown fruits. It is the time to get planting, we have seeds and seed potatoes at the ready for you to help supply yourself with fresh grown food...

On the Shelves

Trooping on as always we do to find you the finer things in life, get your peepers round these here treats then eh?

- Ombar coconut mylk buttons- raw and probiotic and yummy
- Vivani white nougat bars are possibly the best white choc ever...
- MORE CHOC - raw choc pies now have popcorn bits haha!
- Delphi tubs of antipasti, green and black olives
- Solid blocks of cacao chocolate. As dark as you can get!!!
- Cheese and onion crisps. Oh yes, and feedback is always amazing
- Gluten free gnocchi in spinach, tomato or plain. Really versatile ingredient and keeps in the cupboard for aaaaaages



- Pure elderberry juice
- Neem soap with active oils, it has a lovely citronella smell and claims to be good for troubled skin
- Dr Bronner's Magic Soap. We're testing the waters with this, apparently it is good for everything, from washing hair to the dishes, body parts to the laundry! Super concentrated and long lasting

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!

Rooms 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. We also have a meeting room for hire on the second floor which is available during the week, also £6.50/hr, or for long-term rent as an office.

Gardening In Gear

It's such an exciting time of year in the garden at the moment! Everything is sprouting and flowers are bursting forth...and so are the weeds! At Sound Bites we sell Bio Dynamic vegetable and herb seeds, grown at a camphill community, Stormy Hall in Botton Village (and occasionally flower seeds too), so it seems appropriate to have a run down of **things to do in the garden** in apri, may and june, the busiest times of the year for gardening.

Late April

*Weed and then Mulch trees and shrubs while the ground is still damp, especially fruiting ones. It may be necessary to water well first if it's really dry. Feed established plants, including soft fruit like raspberries and strawberries. Put straw under strawberries and remove runners so the plants energy goes into the fruit. Protect early blossom from frost if possible, using lightweight horticultural fleece.

*Sow directly in the soil: chervil, chives, dill, marjoram, parsley, sorrel, summer spinach, salad onions, radishes, parsnips, kohlrabi, late summer cabbages and some lettuce. Plant potatoes (cover to protect from frost), asparagus, Jerusalem artichokes, early onion sets.

*Sow under cover: carrots, French beans, tomatoes if you are quick!

May

*Sow annual and biennial flowers where they are to flower. Insects love poached egg plant, Alyssium, Evening primrose, Foxglove, Sunflower, Sweet William and Teasel. Any simple flowers rather than fancy double flowers are better for feeding insects, which all helps with biodiversity.

*Continue weeding around vegetable sowings

*Trim any flowering shrubs that have finished flowering.

*Sow outside: sweetcorn, lettuce, radish, cress, peas, outdoor cucumbers and courgettes (in pots), outdoor tomatoes (in pots, but will germinate faster indoors). Late May

start sowing beetroot, broccoli, French and dwarf beans, oriental veg. *Plant out previously grown seedlings such as Kale, broccoli, celery. Protect from slugs.

*Earth up your early potatoes and plant maincrop spuds.

*If you have a cordon fruit tree now is the time to cut back shoots growing in the wrong direction.



June

*Continue to earth up potatoes

*Plant outdoor tomatoes with a sturdy stake. Plant out leeks when they are the thickness of a pencil.

*Pinch out tops of broad beans sown in early spring, when they have set sufficient pods

*Sow directly in the soil: carrots, beetroot and a final row of peas.

*mulch around thirsty crops such as tomatoes, courgettes, squashes.

*Keep onions hand weeded as they dislike competition.

*Protect brassicas (cabbage family) from cabbage root fly with home made circular collars with a slit in that fit round the base of the stem. Can be made from old carpet or underlay.

*Net plum and cherry trees to protect your crop from birds.

*Herbs such as tarragon and savoury can be cut back hard if they are getting straggly. They will sprout again.

*Trim flowers from chives to encourage more leaf growth.

Don't forget our friends, the edible weeds and wild plants...Dandelion, nettle, wild garlic, hedge mustard, violas, chickweed, cleavers, sweet cicely, hawthorn leaves, hairy bittercress and many more. Check you have identified them correctly before eating. 'Wild Food' by Roger Phillips is an excellent book for doing this. I hope your garden/ windowsill pots are bountiful. Happy Spring !

Veggies Catering Campaign:
Thirty Years on the Vegan
Front Line

- by Sound Bites casual worker
Natalie

Most of Sound Bites' lovely customers will know by now that we are a not-for-profit worker co-operative, set up to give people access to ethical food and lifestyle choices. Over in Nottingham there is another non-profit vegan worker co-operative, Veggies Catering Campaign, who are currently celebrating thirty years of supporting campaigns for humans, other animals and the planet. For decades they have provided award-winning vegan catering and educational literature at a diverse range of events, such as green gatherings, radical book fairs, vegan fairs, protest camps, musical festivals, campaign marches, animal rescue open days and community events. Their colourful mobile catering trailer is well-loved by activists all over the country, especially when it's serving hot drinks in the middle of winter in a muddy field!

Over the years Veggies will have saved the lives of countless animals by helping people to make the connections between diet and animal suffering, through advocating an ethical plant-based diet. In their lifetime the average meat-eater will have eaten an estimated 11,000 animals so anyone choosing a vegan diet will help reduce demand for meat and dairy, meaning less animals bred to suffer.

By the time this newsletter goes to print they will just have finished providing food for the annual British Juggling Convention, a birthday celebration, a WEA workshop, a critical mass bike ride and a Nottingham Disabled Action Network event - all in the space of a week. This feat couldn't be accomplished without its dedicated team of volunteers, as all Veggies crew who attend events do so on a voluntary and non-hierarchical basis. During the 2014 tour over seventy individuals helped out with over eighty events, meaning a fantastic amount of vegan outreach was done and lots of important campaigns were supported. Special shout-out to Pat who has worked tirelessly with Veggies for nearly the whole thirty years it has been going, and Chrissy the dedicated Veggies chef who always rises to whatever culinary challenge she is given.

Some events Veggies will be at in upcoming months include World Day for Animal in Laboratories, London Radical Bookfair, Belper Goes Green, Great Yorkshire Vegan Festival, Northern Green Gathering, Earth First Summer Gathering and Peace News Camp. A full list can be seen on the website event calendar, which is updated regularly as new events are confirmed:

www.veggies.org.uk

You can also connect on facebook at 'VeggiesCatering' and twitter at 'VeggiesNottm'

I'm very privileged to be able to contribute in a small way to this fantastic social enterprise by dealing with the volunteer co-ordination side of things. So if you feel inspired to join the jolly Veggies crew then you can chat to me direct in Sound Bites on a Wednesday or a Friday or get me on nat@veggies.org.uk. If you'd like to have Veggies at your event then do get in touch as well.



VEGGIES

Have you heard of TTIP?

The Transatlantic Trade and Investment Partnership (TTIP) is a trade deal currently being negotiated - in secret - between corporate interests in the EU and the US. Campaign group War on Want say it is an assault on our societies by transnational corporations.

The launch of negotiations on TTIP was announced by President Obama in 2013, but they are highly anti-democratic. During negotiations neither elected parliamentarians from the EU member states, nor members of the US congress, are allowed any sight of the demands made on their countries or states.

TTIP threatens labour rights, food safety, banking safe guards, and public services such as the NHS. It supports Investor State Dispute Settlement (ISDS), which makes it either for corporations to sue governments for restriction of profits. It also proposes a new Trade Committee for corporations to co-write new regulations. Looking at food in particular, TTIP could erode regulations on food safety, pesticide use, animal welfare, GM food, environmental standards and local procurement - undoing decades of progress, because it sees these regulations as 'barriers to trade'.

- Watch a 4 min video <http://s.coop/1wjfy>
- Sign a letter to your MEPs <http://s.coop/1wjgl>
- Sign the main petition <http://action.sumofus.org/a/ttip-video>

Roasted Broccoli Soup

1 large head of Broccoli
1 Onion
Half a block of creamed coconut
4 cloves of garlic
2 tablespoons olive oil
salt & pepper

Wash the Broccoli, cut into 1 inch pieces, roll in olive oil in a roasting pan, season with salt & pepper. Heat oven to about 180 C, Halve the garlic cloves, roast with the broccoli for approx 25 minutes, until stems are tender & florets slightly crispy. Meanwhile chop the coconut into small slices and dissolve in a cup of boiling water. Dice and fry onion in saucepan with a little oil, until brown. Transfer cooked broccoli to saucepan along with the coconut milk, add boiling water to cover the veg, simmer & then blend.



Broccoli is packed with fibre and vitamin C, and also rich in vitamin A, iron, vitamin K, B-complex, zinc and phosphorus. It also contains a compound called Sulfoaphane which may help with osteoarthritis, protects the blood vessels, and even when rubbed on the skin can protect against UV radiation. Wow what a powerhouse plant!!

Collection tins by tills



Thank you for your generosity in the last collection. A total of **£.69.58** was collected for Aquabox. The current collection is for a community recipe and information book to be published through grass roots collaboration and organisations. Keep your eyes peeled for more on this in the future!

Remember: Catering Available!

Small Ads.....

Green Man with a Van

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

SUSTAINABLE FIREWOOD

Firewood for sale, from sustainably managed woodland. Free local delivery - ring Nathan on: 07580075801

The Fig - Eagle Centre Market

A fab little stall (number 22) providing all manner of natural remedies and solutions to your herbal health needs. Don't forget to stop by and support other local small businesses!

LEARN TO MEDITATE

with either 1-2-1 sessions, a 6 week course or weekly guided meditation classes. Come along, RELAX and have time just for YOU. Suitable for beginners and more experienced meditators. Contact Mel: 07847 900 586 or mel.lakin@hotmail.co.uk and



Derby Counselling Centre

We have been operating in Derby since 1981, offering affordable counselling in a stress-free environment close to the city centre. See Tim @ Soundbites for details.

Rise and Sing!

Harmony singing on a Saturday morning - a relaxed open environment welcoming anyone to the group. At St Paul's Church hall 10am-12.30pm £7/£5 a session.



Derby Women's Centre

A huge amount on offer at the centre to empower and develop women of Derbyshire in a safe environment. Services available such as counselling and social/creative activities plus workshops such as shiatsu and hypnotherapy. See <http://www.derby-womenscentre.org.uk> For more details.

Yoga Sports Specialist

Classes and private training available to help with sports specific training or general health benefit. See www.yogasportsspecialist.com for more information on classes available locally.



Sound Bites, 11 Morledge DE1 2AW
Open Mon-Sat 9.30-6 (Thu til 6.30pm)

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 +

Apr -Jun 15

22 April: Dance for Dementia

The beginning of dance workshops ideal for those with dementia guided by the lovely Andrea. 2-3pm at Deda , for more information contact andrea.haley2@btinternet.com or call 07910 139087

3 May: May Day Fayre

Micheal House School in Heanor are holding a summer fayre with all sorts of food and craft stalls, including an ORGANIC PLANTS stall. How wonderful! Only £1 for adults

23/24 May: Wild Peak work

weekend. Feel free to come along and help out at this wonderful housing co-op in Belper, working towards increasing their occupancy and finishing off some buildings. Lawn Cottage, Wyver Lane, Belper, Derbyshire, DE56 2EF Ph: 01773 850493 / txt: 07903 541341 . [\[friendsofwildpeak\[at\]gmail.com\]](mailto:friendsofwildpeak[at]gmail.com)

28 Jun: Flaming Skirts Festival

Amber Valley's contemporary arts festival in community spaces and places. Take part in art on the move, transported by double-decker bus. A day out of fun and delightful creative surprises at each Flaming Skirt Festival location in east Amber Valley. Experience the kind of contemporary art that could unfold in and around your community spaces and places regularly: refreshment performances, games, creative walking, installations, theatre, interventions... more details: Sally Lemsford 07974 785624

Derby on Board Games

There is a strong and super friendly community of board gamers in Derby, which meet every Monday evening at the New Zealand Arms pub, the third Thursday of the month at the Furnace pub, and hold a family friendly day at Bookcafe on the last Wednesday of each month. Absolutely everyone of every level is welcomed openly and it is a wonderful hobby to share with others, it has come a loooooong way since monopoly.....



LOCAL ALLOTMENTS NEED YOU!!!!!!

Ann, our wonderfully kind woman who takes our cardboard from deliveries and item boxes away for use directly on the allotment sites she manages is after more plot holders. All kinds are available and just waiting for your green thumbs to help turn them into veritable havens and vegetable patches once again. Interested? You should be.

Contact:
ann.jackman@phonecoop.coop
for more info.
You know you want to.....

WE CAN PUBLICISE YOUR EVENTS!

Please email
kirby@soundbitesderby.org.uk
We also do a monthly emailout.

The Nipper

**Yaffle Cafe is open:
Mon-Sat 11-5pm
Meal Nights Thursdays are now
bookings only!**

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

Yaffle Cafe's 5th Birthday!!!

We're nearly five! I know, where is the time going? What happened to all my hair?! Yaffle Café is still alive and kicking after five years. We thought we'd give you a bit of a history lesson, so here goes...

In the beginning was the café...

One day whilst sitting down in their kitchen enjoying a cup of tea, Monseieur and Madame Café had an idea that would change the future. They were struck by the poetry of the moment, of sitting around with a loved one having a cup of tea and talking about stuff.

In an ideal world all of life would be like this they thought, if we could provide just a tiny place where people can chill on this planet of stink and toil, before you know it everything else will follow leaving nothing but one big never-ending café (which is the name they vainly gave to their idea).

Hundreds of years on, look what's happened! Costbucks are trying to put a branch on every corner, planet, meteor, inside our minds, but are they spreading the paradise that Monsieur and Madame Café came up with all those years ago? If you think yes then you haven't been to Yaffle Cafe...

www.yafflecafe.co.uk

A star is born

On 17th June 2010 a new form of café gave birth to itself by opening. The idea was to create a space which would take all who sat in it to a sort of mental and physical paradise, where the flavours of over 30 different types of tea mingled with the mouths and minds of over 30 types of human in amongst a chaos of books and art, tastes and tunes, a multisensory experience which would bring its patrons into a state of euphoria, spreading its vibe across the Midlands and turning the world into an Eden which vanquishes all desire. We're not sure if we've quite achieved our aims yet, however we are averaging about 4.5 stars on social media, and hoping to notch that up to 5 stars!

VOTE YAFFLE CAFE !!!

In the last few days God has dropped off his CV, offering his services doing occasional cover. He's a bit temperamental, however we reckon we can knock him into shape, besides, he's excellent at heating food using thunder (not so good for raw vegans, but we do have a luxury raw pecan and coffee cake coming soon).

We've also put in a late bid to stand in the general election - instead of 5 years of Cameron why not 5 years of Yaffle Cafe ?! Our policies are universal mega incredibleness, happy days, good times & super wow.