



the Nibbler

Issue 44
Apr-Jun 2014

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)



Au Revoir but not Goodbye, Ruth

Ruth stood down as a member of the Sound Bites workers' co-operative at the end of January. Her departure is the end of an era as it means that all four of the founding members of Sound Bites have now moved on.

We are indebted to Ruth for all that she has done: having the vision and ambition to set up Sound Bites, the commitment to see the project through, and the enthusiasm and sheer hard work to make Sound Bites what it is today – and for being such fun to work with! Thank you, Ruth.

Ruth is working on a new project to create the Wholefood Shop Action Network (WSAN). Its aims are twofold: to strengthen and promote new and existing wholefood shops through the exchange of ideas; and to inform and inspire staff and customers to take action on local and global food issues. WSAN is currently building a website to act as an online information-sharing and networking hub. Meanwhile you'll still see Ruth around as she is continuing to do some work for Sound Bites and is still working at Yaffle Café.

We welcome Ali and Chris as probationary members. Ali has returned to being a member following a stint as a casual member of staff. Chris has been packing and delivering our veg boxes for years.



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

Bigger is Better!

Just a little note to say that we can do our packed items in different sizes at your request, all the way up to a whole sack! We can also order special request items in for you if you're having trouble finding something. We have a 10% discount on buying a whole case of something - so don't be afraid to stock up on your favourites!!!

01332 291 369

What's.....New?

Organic Veg

Spring has sprung... we have an abundance of UK salad and radish from three local suppliers, chard, UK asparagus coming in soon, expecting new potatoes in a few weeks, UK beetroot, the tail end of UK roots such as carrots, celeriac. UK apples will be over soon but rhubarb is already in. Soon: plug plants grown locally including herbs, flowers and veg plants e.g. Cherokee trail of tears beans.

On the Shelves

As ever we like to tempt and delight you with this section, so for this quarter's new products, cast your eyes downward....

- Rebel Kitchen - sugar free natural coconut milkshakes. Amazing flavour, full of real ingredients: cocoa and banana flavours, more to come!
- Nut milk bags - strong, reusable, and multi-purpose. Soak your own nuts to make fresh raw nut milks at home!!!
- Good Hemp Oil - full of omegas, grown in the UK
- Yutaka frozen edamame - soya beans for every occasion
- Bear fruit rolls - all flavours now available, natural treats for kids!
- Raw Kelp Noodles - low carb, nutritious, versatile product. Also available infused with green tea extract
- Xotic coconut based yoghurts - increasing our soy free range, currently in hint of lemon or lime flavours
- Go Pals power wraps - nori wrapped raw food pick-me-ups. Curry in stock, new flavours in shortly!!
- Yummy Scrummy nutritious brownies - studded with goji berries and full of tasty wholesomeness
- Living Food of St Ives raw fudge bars - the ever popular choc pie company is branching out with goji, vanilla or peanut butter fudge bars, OR two new seed pies!
- Sound Bites Kanoha plain rice crackers and Japanese peanut crackers hitting the shelves to fill that need for munchies.
- Clearspring Brown Rice Vinegar - fab little condiment.
- Seed and Bean hazelnut or ginger chocolate bars
- Faith in Nature coconut shampoo and conditioners now available, moisturising and smell fantastic.

As ever, we really do want to hear what you want, so feel free to drop us recommendations - maybe you want to be able to get hold of something more locally...

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.

Everyone Loves Earthworms

Other than birds, a few parasites and parasitic flies, and the occasional mammal (a mole, a fisherman - a tropical-fish fancier), earthworms have few enemies. The birds they attract to the lawn eat them, but from a soil food web perspective all is not lost. Not only does bird guano contain nutrients and micro organisms, but bird feet carry protozoa, and these are spread about when the bird hops from spot to spot. And, occasionally, a bird will drop a worm into a new location (but not the early bird, who always gets the worm).

Look at the benefits of earthworms. They shred debris so other organisms can more



readily digest them. They increase the porosity, water-holding capacity, fertility and organic matter of soils. They break up hard soils, create root paths, and help bind soil particles together; they cycle nutrients and microbes to new locations as they work their way through soils in search of food. With all these benefits, isn't it strange to count the gardener as one of the predators of the earthworm? Rototilling and other mechanical methods of turning soil destroy earthworm burrows and reduce or even destroy earthworm populations by cutting them up into pieces that don't ever regenerate whole worms. And the gardener who uses chemical fertilizers is literally throwing salt on the wound: these chemicals are salts that irritate worms and chase them out of garden soils.

A noticeable worm population is a clear sign of a healthy food web community. It means organic matter, bacteria, fungi, protozoa and nematodes are in place. With these at the base, chances are the other parts of the soil food web are in order as well.

From *Teaming With Microbes* by Jeff Lowenfels and Wayne Lewis (2010).



Lush Derby are teaming up with the Marine Conservation organisation The Black Fish to bring you an incredible weekend of live music and art on Saturday 3 - Sunday 4 May. Come along to the store to see the ultra talented artist Jack Lightfoot create live art during the day, buy raffle tickets to be in with a chance of winning some amazing prizes and then join us at Bar One on the Sunday evening 7pm-12pm for a night of incredible live entertainment.

Contact Jenny@theblackfish.org for more information.



Alvaston Park Friends

Each year volunteers from Alvaston Park Friends organise a community event for local people to attend. The event is light hearted with a combination of entertainment, live music, workshops, sporting competitions, science demonstrations, information stalls and much more. Now in our fourth year the event is growing increasingly popular so we're looking to people to help us support and grow this event and we have some opportunities available... We're looking for local groups / organisations who would like to showcase their work at the event through an information stall, retail stall or workshop or perhaps even a fundraising activity. We are also looking to take on more volunteers to help organise this year's event to make it bigger and better than ever. We're particularly looking for people who have experience of organising live music as we have a dream to host 'Derby's Got Talent'. This year's event is due to take place on Sunday 27th July 2014.

For more information call Rachel Bradley on 07970185576 or email Rachel-bradley@hotmail.com

GM Free Derbyshire Campaign and Survey

A new group has been formed in Derby from a concern about the use of genetically modified (GM) ingredients by restaurants and takeaways. GM is the introduction of genes with a particular trait from one organism into the DNA of another organism. GM food is not grown in the UK but can be imported. GM food was rejected by the British public in the late 1990's and labelling laws were introduced. However, cooking oil containing GM soya is now widely available from wholesale catering suppliers, and many restaurants and takeaways are using it without notifying customers.

People are against GM food because it is an unpredictable interference in natural processes, which can spread to other plants and be toxic to animals and humans, and the safety tests are inadequate. GM monocrops dispossess small farmers, reduce biodiversity, and increase chemical spraying, causing harm to growers, consumers and the environment. Ultimately GM is pushed by large corporations who are pursuing profit at everyone's expense.

There is currently a lot of pro-GM propaganda in the news, but it is unnecessary - we can and do develop crop varieties and grow enough food for all without GM.

GM Free Derbyshire have started a campaign to let restaurants know about GM oil, help them switch to non-GM oil, and raise awareness among the public. They plan to publish the results on a website and facebook, and can provide outlets with window posters to show which oil they are using. Outlets may not have known what GM was, or been aware that the

labelling laws mean that if they don't inform their customers if they are using it, they could face a criminal conviction and a fine.

Soya is one of the main crops grown as GM, modified to be resistant to glyphosate, the active agent in Monsanto's herbicide 'Roundup'. Most countries have rejected the growing of GM crops, so more than 90% of the GM crops are grown in North or South America, who have seen an outbreak of 'superweeds' also developing resistance to glyphosate, and therefore more chemicals are used.

In Argentina almost 100% of the soya crop is GM, and in 2013 a group of mothers from Ituzaingo in the north of Argentina took their concerns about the sharp rise in birth defects and cancers in their children to the country's leading embryologist, who found a link between glyphosate and malformations. After a vigorous campaign the mothers succeeded in getting a ban on aerial spraying around their village, but of course there are many other people and places affected.

We can help by refusing to accept GM foods in the UK, and insisting on

labelling so that people know what they are buying. If you want to help please



contact gmfreederbyshire@gmail.com. One of the first things they want to do is work with the local suppliers to prioritise access to non-GM oil. They also have a short survey to help further the campaign. You can take part at www.surveymonkey.com/s/BVS37YY

Waste Not...

Spring Foraging

Last year I went on a brilliant foraging day out that was organised by Apple Core CIC. We spent some time collecting young wild edible herbs, washed them and made an entire meal for about 15 people. If you fancy trying out foraging here's a few tips... Spring is an excellent time for foraging for a wide variety of recipes, including wines. See the end of the article for recommended books. It is essential to have a good book with pictures of the plants and how to identify them so you don't accidentally eat poisonous plants. It is essential for the continued health of our wild places that you only collect plants that are growing in profusion, and then only in such quantities that the viability of each colony is not endangered. If you find a patch of wild garlic for example, take a few from each area rather than a lot from one area.

There are some plants that are illegal to pick, which you can find out about from the Nature Conservancy Council. Also it is illegal to uproot any plant without permission from the landowner. It is better to leave bulbs in place and only pick a few leaves from each plant. Avoid picking from the side of roads as the plants there will be polluted. An off-road cycle path would be a safe place to forage. In April

and May you might find some of these in abundance...

Salad leaves: Hairy bitter-cress, Chickweed, Hedge garlic, Sorrel, young dandelion leaves (high in vits and minerals), young hawthorn leaves (also known as bread and cheese), Violet leaves and flowers, Ramsons (also makes an excellent pesto)

Use as a flavouring: hedge garlic, wild garlic or Ramsons (quite a strong garlic flavour)

Use as mushrooms: Morel fungi (not widely found),

Use as a tea/coffee: Gorse flowers for tea(gloves necessary!), Dandelion root as a coffee substitute

Use as spinach: Chickweed, young nettle leaves (very nutritious, use gloves to pick), Cleavers, Bistort, Sorrel, Dandelions leaves, young comfrey leaves (use caution before eating this)

As a vegetable: young ground elder leaves and shoots, Hog-weed shoots.

For wine or beer making: sycamore sap, Birch sap, nettles for beer, Gorse flowers, Dandelion flowers

It's a good rule of thumb to eat only small quantities of any foraged food, until you know that the food agrees with you, or that you like the taste! BOOKS.....

*Food for Free by Richard Mabey to take foraging with you. This is a small paperback that you can fit in a coat pocket that has really accurate information and tips about foraging.

*Wild Food by Roger Phillips- this is large book so not suitable for taking foraging but it has excellent photographs and loads of good recipes. It's in order of seasonal availability. This book mentions that Laver (a seaweed harvested in Wales) has more protein per gram than soya beans. Laver 'bread' in a tin is sold in Sound Bites, delicious on toast.

*Any good wild flower/plant identification book such as Collins Nature Guides for accuracy.

Collection tins by tills



Thank you for your generosity in the last collection. A total of **£107.80** was collected for The Donkey Sanctuary. The current collection is for Elvaston Reserve Action Group supporting the sustainable management of the reserve via community involvement, practical and educational activities. Contact elvastonreserveactiongroup@mail.com

Stone Soup

Serves 4 as a starter

Stone soup can be made of any ingredients. It comes from a folk story about making something out of nothing. This is a basic recipe that can be adapted to the season or what is in the cupboard!

2 medium onions

Garlic 5 cloves or more

3 big potatoes

2 big handfuls of mixed foraged herbs e.g. stinging nettle, wild garlic, sorrel, dandelion, fat hen, hedge mustard

Margarine or oil

Stock cube

Salt and pepper

Chop onions / garlic finely. Peel and chop potatoes into small cubes. Roughly chop herbs. Heat oil in a heavy based pan. Add onions/garlic and fry until golden. Add potatoes and cook for 5 mins. Cover with boiling water, add stock cube, cover and cook for 10 mins. Add chopped herbs and cook until tender (about 4 mins). Season to taste and serve as it is, or blended.

Taken from *The Thrifty Forager* by Alys Fowler

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.

Derby Counselling Centre

We offer affordable, confidential, 50-minute weekly therapy sessions in a safe environment, with non-judgemental listening, empathic feedback, and acceptance of you as a person, encouraging self-understanding, self-reliance and self-healing. 01332 366863

Vegetable Pedallers vacancy

We are looking for a volunteer who loves cycling for our delivery round to people with mobility difficulties. This involves two runs of approx two hours each (maybe less) around Derby with a bike trailer, delivering ready-packed organic vegetables. Presently there are six customers. This is a much appreciated service, where a volunteer can develop a friendly relationship with elderly or other mobility limited people. It improves fitness too! As part of this round there can also be a pick-up of samosas from Shahenshah in Normanton for the shop if this suits.

To find out more contact tim@soundbitesderby.org.uk or give the shop a ring on 01332 291369.

NEWS FLASH!!!

Hey Jute

Oh boy! This is exciting! Sound Bites Jute Bags are due to arrive in the UK (after a long sea trip...) this weekend and so can be delivered next week!! Can't wait to see them!!

Green Kids of Derby

Organic clothing for kids, stall 109 Guildhall Market

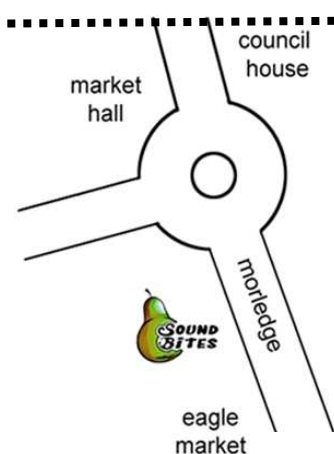
Birth Wisdom

Maternal reflexology and birth doula for personalised care and support during pregnancy, labour and birth.

Contact Diane Walters
07799 481580
www.birthwisdom.co.uk

Antenatal workshops by Lucy Kay

Qualified Natal Hypnotherapy Practitioner
lucykay.co.uk/natalhypnotherapy
07958106517



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 2014

18th April - 31st May Belper Arts Festival
www.belperartsfestival.org

Fri 2 - Mon 5 May - Breaking the Frame, politics of technology gathering, Unstone Grange nr Sheffield

Sat 3 May Vintage Art and Food Market, Soundbites will be there at Blacksmiths Yard, Sadlergate. 10 - 4pm

Sun 4 May - GM Free Derbyshire meeting, prep for Belper Goes Green stall, 4pm, Yaffle Cafe

Tue 20 May - Spirit Level author talk 7.30pm. Why Equality is Better for Everybody - David Price will talk about "The Spirit Level" which demonstrates the damaging effects of inequality in modern societies. Friends Meeting House (next to Radio Derby)

Sat 24 - Mon 26 May Belper Open Houses
www.belperopenhouses.com

Thu 22-Sun 25 May - Bearded Theory festival at Catton Hall nearish to Burton. www.beardedtheory.co.uk

Fri 23-Sun 25 May - Wild Peak working weekend housing co-op, Belper. Call 01773 850 493/
friendsofwildpeak@gmail.com

Sat 24 May - March Against Monsanto - worldwide including Nottingham - 11am, Market Square.

Sat 24 May - Regional World Development Movement - workshop on agribusiness campaign - 1-3pm, Leicester, bring lunch. More info from Mary Steiner on mary.steiner@btopenworld.com or 0115 922 6702.

24-27 July - Northern Green Gathering, near Ashbourne, see www.nggonline.org.uk

Tues 27 May **One Life! Live It! Inner Peace and Confidence** A Talk by Sunny Willows (Life Coach, Therapist, Entertainer). Finding inner peace. Our perceptions make us who we are. Feel the fear and do it anyway. The natural way to think. Taoism. 5-6pm @ The Yaffle Café. Please book in advance. Tickets £5. Tel. 07896345564
www.sunnywillows.co.uk

Sat 31 May - Sun 1 June - Belper Goes Green fair, Belper Rugby Club. FREE. Sound Bites will have a stall on Saturday and Sunday 11 - 4 pm, also a bookcrossing stall run by Chris, and GM Free Derbyshire is doing surveys plus... all kinds of stalls, workshops and performance. Vegan Beer available! The organisers are looking for help stewarding etc. Contact David George
d.george349@btinternet.com

Sat 7-Thu 12 June - Sheffield Documentary Festival

Sun 15 June - What are co-ops? session, Towards Sustainable Derby meeting, Friends Meeting House, St Helens St, 12.30, bring lunch. Info Steve 07885 410732.

Recipe

Vegan Rhubarb Muffins

2/3 cup brown sugar
1 cup finely chopped rhubarb
1 1/2 cups plain wholemeal flour
1/3 cup oil
1 egg substitute
1 tsp baking soda
1/3 cup soya milk
1 1/2 tsp vanilla extract
1/2 tsp cinnamon
1/2 tsp ground ginger

Combine ingredients and pour into muffin cases. Bake 350 F/ 180 C for 35 mins.

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!!!)

Meal Nights- Bookings Only

For the time being we've decided to make the meal night a bookings only affair (07799815083). Ideally we need at least a day's notice and will open depending on numbers (at least 4 unless the bookings are early evening, early bookings preferable). We will continue to put on special meal night events, and advise you to 'like' our facebook page or see the in-cafe events board.

Dinner parties

Have you a group who'd like to celebrate a birthday or simply being alive?! Ideally seven or more. Call 07799815083 and we can discuss options and possible dates. Previous parties have been £10/12 a head.

At large on the web!

If you've been to the café and like it, please review us and give us a boost on the web. Kind words on sites like Tripadvisor or Google and Facebook will really help us.

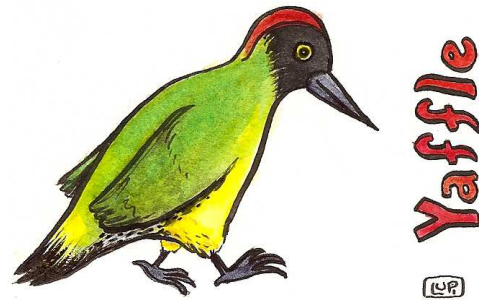
Colour-in Mural!

Come down and meet the artist of the stairs, Rowan, and help add some colour to the mural! - Tues 6th May, 4.30-5.30pm.

Film Night

On Thu 17 April the new 'GM Free Derbyshire' group put on an event in Yaffle Cafe to mark the annual international day of farmers' struggles. There was a meal & a half hour film- see it at www.seedsoffreedom.info/

A Minneapolis Yaffle !



We stumbled across a little painting of a Yaffle online and contacted the artist, who is a cartoonist based in Minneapolis - she said we can use it, and all she would like in return is us to send her an interesting book from the cafe, and to link to her website - so check it out <https://lupiloops.com> and look out for the little ambling Yaffle on signs we will be placing around Sound Bites to entice people upstairs!

New opening hours

We are making our hours 11-5 each day so its nice and easy to remember. We had experimented with opening a little later on Fridays but people rarely popped by at this time so it seemed a better idea for us cafe staff to go home, get an early night and get up nice and fresh for a busy Saturday ;)

One Life! Live It!

A Talk by Sunny Willows (Life Coach, Therapist, Entertainer) - exploring finding inner peace; our perceptions make us who we are; feel the fear and do it anyway; taoism... Tue 27 May, 5-6pm @ Yaffle. Please book your place in advance, £5. Tel. 07896345564 www.sunnywillows.co.uk

www.yafflecafe.co.uk