



the Nibbler

Issue 54
Oct-Dec 16

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 meal nights)

ORGANIC SEPTEMBER

Every September, for folks in our part of the food system, we celebrate what it is to be organic! This year we had some tasters out, held a raffle for a hamper of organic goodies, and the shop was strewn with bunting—can't complain about that, can we?

- * Strawberries
- * Nectarines
- * Grapes
- * Spinach
- * Lettuce
- * Cucumber
- * Blueberries
- * Potatoes

But, the message is an important one:

- ◆ Fewer pesticides used in production, and used in a way which doesn't contaminate the environment
- ◆ Fresher as they aren't covered with preservatives
- ◆ Higher nutrient content
- ◆ Preserves soil structure and improves fertility
- ◆ Free of GMO's

In order, these are the most contaminated crops. Obviously, it wouldn't do to avoid them entirely if you can't find organic versions; a diet rich in fresh produce is still much better than one high in processed foods, but it can be a place to start for looking at ways to clean up the foods you eat!



It can be difficult to eat an entirely organic diet, but there are some things to prioritise...

The Dirty Dozen -

- * Apples
- * Celery
- * Bell peppers
- * Peaches

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

What's.....New?

On the Shelves

Tasty new things keep shop life exciting out here on the Morledge, so hopefully a few of our newbies have enticed you too—feedback is always welcome :)

- ◆ GoVegan Croissants; we've had these in apricot, cherry and chocolate filled flavours now, going well!
- ◆ Pukka teas - 3 cinnamon, wild apple and cinnamon, matcha green tea among others have worked their way into store..
- ◆ Higher Living turmeric golden tea, surprisingly tasty and with the healthy benefits of turmeric for cell protection
- ◆ Bute Island cheeses: wensleydale with cranberries, caramelised red onion cheddar, Greek style feta cheese.... And more!
- ◆ Booja booja - the brains behind the most decadent truffles ever have revamped and rebranded their ice cream range too. Sadly we say good-bye to Ginger, Maple pecan and Coconut, but HELLO to Hazelnut truffle, Chocolate salted caramel, Caramel pecan and Raspberry ripple and the classic Chocolate and the Vanilla classics are here to stay :) new truffles also to be found...
- ◆ Clearspring nori sprinkles, a great addition Japanese dishes and anything you want to toss over for boosted nutrition.
- ◆ Suma baked beans with little sausages in. Yes, you read it. The ultimate in cheats food and for camping is now VEGAN too!!



CHARITY RECITAL FOR CRISIS

In 2011, Soundbites organised a guitar recital to raise money to buy a new bike for our Vegetable Peddlers initiative (taking fruit and veg to Derby citizens with mobility issues). Our friend, James Rippingale, offered his considerable talents for the cause and the venue was the beautiful St Mary's Chapel-on-the-Bridge. Well, this has now become an annual tradition and next month (October 28th) sees the sixth time James and friends will have entertained us in this lovely (and rare) chapel. And in those years, we have raised money for an African orphanage, Samaritans, Padleys homeless shelter, Derby Counselling Centre, and Crisis. And although this year's recital will be a mix of music and prose, the cause will again be the homeless charity, Crisis. Tickets are available from Soundbites, so do come along. It is fantastic that we have been able to maintain this lovely tradition and our thanks must go to James (now moved to Glastonbury but travelling up specially) and Tim and all at the Chapel for their hospitality.

October 28th, 7pm - Chapel of St Mary on the Bridge

Free Entry!

Proceeds from event to Brinsley Animal Rescue

Compassionate Derby 2016

Back by popular demand for its sixth year!

Saturday 26th November 10:30am- 4:30pm

St. Peter's Church, St. Peter's Street, Derby



As I'm writing this the sun is blazing down and I'm contemplating ice cream. Actually, I'm always contemplating ice cream but that's quite beside the point. What's bizarre is that it's October and I'm going to talk about the 'C' word...Compassionate Derby! That's right, Derby's very own ethical living fair is back for its sixth year to get you all in the festive mood. There'll be 40 stalls of ethical Christmas gifts, vegan food and a programme of talks & cooking demonstrations from various local groups campaigning on behalf of animals, people and the planet. It's a great opportunity to learn how to get involved with local groups and initiatives without having to deal with that daunting moment when you turn up to a meeting with a room full of strangers.

Of course we'll be there with all of our shop goodies, directing traffic to our Aladdin's Cave on the Morledge. As well as that, we'll be operating the free samples table again, demonstrating how accessible and darn right tasty vegan food can be...if we haven't already done away with all the samples currently being sent to HQ. We love having a bit more time to properly engage with people, so make sure you pop by and come say hi!

What makes this year's event all the more special is the fact that all proceeds are being donated to Brinsley Animal Rescue. Brinsley is a vegan run animal sanctuary that rescues animals

destined for slaughterhouses. We fully recommend going along to Brinsley's own open day on December 4th. It's particularly poignant as the festive season falls upon us to visit the rafter of turkeys that live at Brinsley. Have you ever seen a turkey in real life? They look more like characters out of a George Lucas film than real life animals. They have distinct personalities and 'gobble' in complete synchronicity out of nowhere- it's quite the sight! In the words of Benjamin Zephaniah: "Be nice to yu turkey dis Christmas, invite dem indoors fe sum greens, let dem eat cake an let dem partake, in a plate of organic grown beans."

So in the spirit of Christmas, come along to Compassionate Derby, buy 'tofurkey' from us and support a local animal sanctuary by munching on doughnuts and sipping tea. Everyone's a winner!

THE DETAILS: Compassionate Derby at St. Peters Church
St. Peters Street.
November 26th.
10.30-4.30.
Free entry.



Recipe Corner

Quick Sweet and Sour Stir Fry

I discovered this by accident by combining left overs! A quick meal, nice served with noodles...Serves 2, or 1 greedy person like me.

Fresh ginger 1/2 inch piece
grated

Fry's Chunky Strips 1/2 pkt
(frozen)

1/2 Tin pineapple and juice,
cut into chunks

2 or 3 tablespoons of frozen
peas

1 small onion, chopped

A handful of frozen green
beans

2 tablespoons of cashews

Soya sauce

Biona Worcester sauce

Tomato sauce

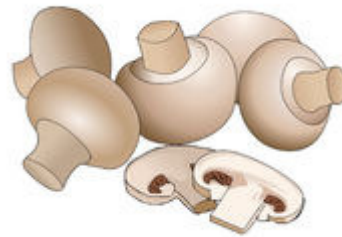
Cornflour

Fry up the onion until soft, then add ginger, Fry's chunky strips and cashews. Stir fry until cashews start to slightly brown. Add pineapple, peas and beans and stir fry for 2 or 3 mins. Mix together cornflour 1 tbsp, soya sauce 1 tbsp, Worcester sauce 1 tbsp, and tomato sauce 1 or 2 tbsp, stir until smooth and add a little water to make the sauce runny. Add to the stir fry, stirring all the time, until the sauce thickens and nicely covers all the stir fry. This sounds weird but is yum!



Mushroom and Carrot Loaf

- 2 cups onions chopped finely
- 1 tablespoon spread to fry
- 1 lb diced mushrooms
- 1 ½ teaspoons salt
- 1 tsp basil
- 1 tsp thyme
- 1 tsp dill
- 3 -4 cloves garlic minced
- 1 ½ lbs carrots grated
- 2 cups breadcrumbs
- 1 cup cheese grated (pick a favourite!)
- 2 tbsp ground flax mixed with water
- salt and pepper to taste



Preheat the oven to gas mark 7. Sauté the onions in spread over medium heat for about 5 minutes. Add mushrooms, salt, herbs, and garlic, and continue to sauté for 10 more minutes. In a large bowl, combine carrots, bread crumbs, cheese, flax, and salt/pepper. Add the sautéed mixture and fold well. Spread into a non-stick pan and sprinkle with your choice of toppings. Cover the pan with foil. Bake for 30 minutes, covered, then uncover and bake 15 minutes more. Serve hot or warm alongside your favourite trimmings!



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 sis)

Crazy Summer!!!

Blimey! Our busiest time to date over the last few months, lots of regulars, plenty of new faces, thanks to you all! I have to say hats off to all our staff, there's a lot to juggle in that little kitchen for one or two people but i think we've all got it nailed!

Autumn/Winter Meal Night

Our weekly Thursday meal is slowly gaining momentum, thanks to all who've supported it so far, the better we do the more we can do with it (bigger menus? open more evenings a week?). We offer a small and cheerful set menu with a different theme each week showing the amazing variety of things you can do with veg! Its great value, three courses at £12. If you have allergies give us notice and we can try to accommodate.

Bookings only. Call 07799815083. Email: yafflecafe@gmail.com

Upcoming meal themes are...

6th Oct - USA, 13th - Czech (Full House expected), 20th - Hungary, 27th - Vietnam
3rd Nov - Romania, 10th - Ghana, 17th - Russia, 24th - Sweden
1st Dec - Welsh, 8th - Italian, 15th - Sri Lankan, 22nd - Germany, 29th - CLOSED
Jan 5th - Turkish, 12th - English, 19th - Polish, 26th - Scottish

Christmas Dinner Parties

We can do a three course meal at Yaffle on certain



evenings during or after the Christmas period for a similar price to our meal nights. Give us a ring on 07799815083 to arrange one!

Yaffle Sunday Roast!!!

We're back again with our monthly roast! Celebrate Sunday by pigging out on a pigless feast fit for a pig (or a Queen or frankly anyone who loves a roast!) October 9th, November 13th, December 18th (Christmas special). Doors 12pm, First course 12.15pm, Bookings only 07799815083 or yafflecafe@gmail.com.

Pearl is Back!

In last months Nipper we'd dug out a photo of our former cafe guardian, a papier mache bird called 'Pearl', well now its back! Thanks Nell for the donation!

Reviews

Thanks for kind reviews on social media, if you've not given us five stars already but you'd like to see us rise the trip advisor league table?! You know what to do...

Whales Invade!

Our cafe has recently been invaded by whales from space! (And other sea creatures) See if you can find them next time you are in!

Small Ads.....

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

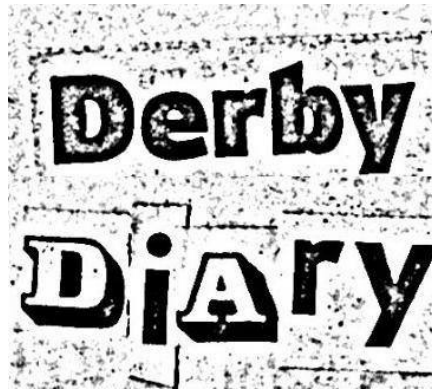
A fab little stall (number 22) providing all manner of natural remedies and solutions to your herbal health needs. Don't forget to stop by and support other local small businesses!

Belper Heritage, Hills and Breakfast!

Beaurepaire-Belper town's name is thought to mean "beautiful retreat". Belper, being the place of my lovely home and new BnB. Come for a stay in my cosy mini Bed and Breakfast which is on the route of the Derwent Valley Heritage Way long distance walk, and near to the High Peak Trail and the Midshires Way. Can be found and booked on Air BnB, and all five star reviews so far!

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 etails.

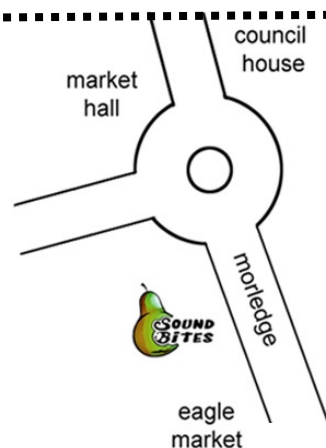


We are no longer hosting a green diary of events, as a phenomenal brain child has grown from a local community of people. The Derby Peoples Diary—found here: www.derbypeoplesdiary.org is a place for any and all to list their events and days of action, for groups to come together and make a difference.

CHARITY COLLECTION

Our most recent collection raised £65.14 for DE Solidarity, a local group of folks working toward improving the refugee situation that has grown exponentially in the last few years.

Our next collection will be for Padley, a Derby based homeless shelter providing support to the most vulnerable residents in the city. A food collection point will also be available for long life goods at the front of our store to donate to their kitchen.



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