

# the Nibbler

Issue 43  
Jan-Mar 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 (Thu til 8.30, Fri til 6)**

## New Year, New Life

As springtime approaches & the light starts to expand, I myself am getting very excited as it means growing season draws near! And I need the help of you lovely Sound Bites customers. Sound Bites have agreed to start selling fruiting plants & living herbs, so we would like to check if anyone would be interested, & if so, what you would like to buy.

Ideas so far include: tomatoes, peppers, courgettes, green beans, peas, beetroot, chillies. And living herbs include: basil, coriander, rosemary, chives, mint, thyme, sage.

Do let a member of the Sound Bites team know if there are any listed you would be particularly interested in buying, & if there's anything else which we haven't thought of. (written by Alice)

## Jute Bag Amnesty

Having sold the last of the red Sound Bites bags, we await the new design in the spring. In order to keep a supply going, we will take your old bags off you and resell these, at a reduced price. For this, we'll give you £1 off your next purchase.

## Year of the Vegan?!

Sound Bites has always been vegan, for animal welfare and environmental reasons, but we've never shouted about it, not wanting to put anyone off. We stock a wide range of good quality wholesome foods that defies the idea of vegan food as restrictive.

Stories keep popping up of vegan marathon runners, weight lifters, a new vegan supermarket in London, and vegan recipes have even appeared in The Sun! Cutting down on animal produce has an increasingly important place in conserving the world's resources as population rises - starting with Viva's promotion to eat vegan for a month this 'Veganuary'. Maybe this really is the Year of the Vegan!

**Remember...**  
**Home Delivery**  
**Available, inc**  
**Veg Boxes &**  
**Bulk Discounts!**  
[www.soundbitesderby.org.uk](http://www.soundbitesderby.org.uk)

**FREE TEA WITH ANY FOOD ORDER AT**  
**YAFFLE CAFÉ WITH THIS VOUCHER, VALID TIL**  
**END OF MARCH 2014!!!** Plus join the Yaffle Raffle for  
a chance to win a 2-for-1 main on any meal night!  
Just fill in your email address for their monthly email  
.....  
**--See 'Nipper' insert for more Yaffle Café news--**

# What's.....New?

## Organic Veg

The days may be cold, dark and short but vegetables are still growing. We have hearty roots to sustain you – parsnips, rainbow carrots, beetroot, swede and celeriac – as well as warming pumpkin and butternut squash. Kale, cavolo nero and beautiful January King cabbages are in season, packed full of vitamins and minerals. Plus we still have UK apples and pears!

## On the Shelves

We've had a nice variety of new products in recently in the lead up to Christmas, and welcoming in the New Year and the changes that it brings!

**Dragonfly Organic Soysages** – Handmade in Devon with simple nutritious ingredients

Replacing our Sanchi sesame crackers with **Clearspring** ones, now organic AND gluten free!

**Taifun** Curry Mango flavour tofu, can be used in sandwiches, salads, stir fries. Its interesting and versatile

**Sojade** Rice Milk – we'd like your feedback on this one. It isn't as thin as other rice milks can be, and has a great flavour at a cheaper price!

**Biona** Waffles, hazelnut and apple/pear have joined the maple syrup flavour - so far very popular

**Biona** tinned kidney beans in a chilli sauce – great base for making many meals

**Biona** (again) Refried Mexican Beans - finally an organic tin!

**Meridian** Pomegranate Molasses – an interesting little condiment

**Heage** Windmill Coarse Wheat Bran – locally milled, fantastic for adding extra fibre and nutrition to cereals, pastries, batter etc

**Nairn** dark choc chip oat biscuits to join the other flavours, much to everyone's delight!

**Also...**Sisal Brushes, oat flour, and cheaper gluten-free oats!

- We are soon to receive delivery of **tempeh** from new business in Nottingham, who may go on to ferment more than soya beans!
- We found out our samosa supplier was frying in mixed vegetable oil which contained genetically modified soya - they have now changed the oil to **GM free rapeseed**. More in next newsletter.

Please check out our website for any latest additions and visit Facebook to offer suggestions and feedback on what you've found or would like to see on our shelves. As ever, we really do appreciate suggestions from our customers, so feel free to ask away!!!

## 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.

## Growing Quinoa in Belper

Quinoa is a tiny round grain grown in bustles atop long elegant stems and closely resembles the annual spinach in the opposite flowerbed – more obvious when the spinach bolts and the flowers reveal a similar shape to the quinoa.

I have tried a little permaculture where plants are layered over one another with root and then grain or bean crops amongst plants such as borage, fennel etc. Having not entirely succeeded it is rather a jungle of veg plot, fruit bed and a mix of artichokes with thistles, grasses and spinach. This is the jardin scene in which I chose to plant quinoa.

It grows well and sprightly: tall with multi-cloud flower heads and wafts very breezily. It is no bother to grow; just keep an eye out for early bolting and drying out at the tops – a little spray in the evening keeps them fresh.

It is fiddly to rub between the palms of your hands but has a pleasant reflective effect. It smells light and a little dusty and it does keep well if dry. I was careless so need to return to the ‘real seed’ company to purchase more next year, but if you store them well, you’re set up.

If you have not heard of the real seed company they focus on rare seeds and work hard to find thought-to-be-extinct varieties. See [www.realseeds.co.uk/grains.html](http://www.realseeds.co.uk/grains.html) for more tips...

Quinoa is quite nutty, a good alternative to cous cous, and then there’s my more recent delving into using the leaves for salads. I do like hot salads, and quinoa leaves cooked with nutmeg, garlic and sundried tomatoes are snappy tasty snacks. Satisfying yes – and I enjoyed growing it.

By ‘Joanneahgeldard’

## Don’t forget!

Valentines Day Feb 14th...lovely body care gifts, fruity fizz, and Boojah Boojah. Mmm!

## Tribal Lore and Skin Healing

By customer Judith Hunt

Having been given a body butter (not vegan) that contained cranberry extract I found to my surprise that it soothed my psoriasis and made the affected areas of skin look more normal. I decided to ‘look into it’. During this time I became vegan.

Upon researching the subject I found that for many centuries the Native American tribal people had used cranberries to treat many skin conditions. North America is the one place in the world where cranberries grow naturally in abundance. So they would crush the fruit and make it into a paste using animal fat and other ingredients. They would apply this paste to cuts, grazes, burns, bites and stings. They also used it to help to heal knife and arrow wounds and all manner of skin conditions and rashes.

Four years later my company ‘DermaEnhance’ have had produced a lovely VEGAN cream which can be used simply as a skin moisturiser by anyone. However, this cream contains the optimum amount of cranberry extract together with other natural and some organic ingredients to help the appearance of psoriasis and other skin conditions. It has a citrus smell suitable for men and women. There is no known cure for psoriasis or eczema but my cream may help with the symptoms and give you a clearer skin as well as deeply moisturising it. Please go to [www.dermaenhance.com](http://www.dermaenhance.com) to order.

## Steps for the Future

Steps for the Future is for adults with learning differences. At Steps we create memories by working together as friends. At Steps we do music, drama and dance. I think the classes are brilliant because they help us overcome obstacles. Being part of Steps for the Future has been a life-changing experience because we perform to people and celebrate our differences. Thanks, Magdalen! Call 292262 for more information.

**Action for Animals** - here's a few simple things you can do.

Please continue to send badger postcards (pick up in Sound Bites) to Oliver Letwin, or write to your MP. The cull is due to restart in June in Somerset and Gloucs and will most likely start in Devon and Cornwall also. See [animalaid.org.uk/badgers](http://animalaid.org.uk/badgers). Sign the online petition at [bit.ly/1cqefAT](http://bit.ly/1cqefAT) to end the testing of household product ingredients on animals. The government is likely to do a U-turn and say 'just on finished products'. Ask your MP to sign EDM 514 to end the use of cats and dogs in experiments. Sign the petition [ourbestfriends.org/petition](http://ourbestfriends.org/petition). Contact 0207 619 6977 for a briefing pack. Any more info contact Dawn on 01773 822825 or 07582 161449.

## **Economics is for All of Us**

Last November Derby hosted a one-day workshop with trainers from the Economic Justice Project for people to find out more about the history of austerity and how it affects social justice. It was a great day and they left us with a few materials, including some large posters which you can pick up at the next event. Derby 50K have organised the first session mid-January of a reading group called 'Econowhat?', and future sessions are expected to be on a monthly basis. If you are interested look up 'Economics is for All of Us' on facebook, or see [www.econowhat.org.uk](http://www.econowhat.org.uk) for more info.

## **Glug with Glogg**

We now sell reusable (stainless steel) water bottles! Great for keeping you hydrated and avoiding buying/reusing unnecessary plastic bottles which are also said to leach bad stuff into the water. Stainless steel products are also on average 60% recycled.

Ask us more info on sizes, etc.

## **Report back from Oxford Real Farming Conference**

(and intro to the Wholefood Shop Action Network! By Ruth)

For the second year running this January I attended the ORFC, which runs parallel to the OFC (Oxford Farming Conference), to promote a more sustainable approach. There were lots of talks and space in between to chat and digest the info. Sessions I went to included Seed Security (where I heard more about open-pollinated seed as used by Joanna in the quinoa article), an intro to the Agroecology Bill (which aims to introduce MPs to sustainable alternatives to the UK's new Agritech strategy), an inspiring intro to Greenhorns, and Farm Hack, in the US (who support young farmers, and create open-source technology), and an intro to the new UK CSA network (Community Supported Agriculture).

My main motivation in going was to continue to connect to the wider movement for a better food system, and give me ideas to feed into a new project to network up the UK's wholefood shops, to support us all in our role as hubs in this movement, so we can better inform and inspire our staff and customers to mobilise on important issues affecting the food system. Developments will be reported in future newsletters!

## **Donkey quiz**

Please ask at the till if you would like to buy a copy of a quiz (£1) compiled by one of our customers to raise funds for the Donkey Sanctuary. As well as rescuing badly treated donkeys around the world, its sister charity provides riding therapy for disabled children. Prizes to be won! Any further donations will be gratefully received. This cause is our designated charity for Feb and March. Please put any spare change into the collection boxes at each till.

# Waste Not...

## Reusing Cardboard by Ann

I'm finding the large quantities of cardboard that I collect from Sound Bites every week incredibly useful on my allotments. Laid several layers thick under fruit bushes, it will keep weeds down for many months, during which time the worms breed under it like mad, which is always good for the land. I've even trampled fully grown dock, covered with strong cardboard and expect to replace the cardboard if the plant breaks through. It composts down over a few months, so more cardboard can be recycled this way, ad in finitum....In this way I'm sure the docks will give up and release their nutrients to the fruit bushes. I do weight it down with bricks for a while so it doesn't blow about but after a while it glues down to the land and you can move the bricks elsewhere. Used under old carpet on larger areas of land, several layers of cardboard will make sure no light gets through

## Mushroom Pot Barley Risotto

(Use instead of Arborio rice.)

360g PotBarley  
1 large onion  
Clove garlic  
Oil for frying  
6oz musrooms, chopped  
Tsp fresh thyme or rosemary  
1l veg stock  
S & P  
Cheezely parmesan

Fry onion/mushroom/garlic in oil for 5 mins, with seasoning and herbsb  
Add barley and cook for 1 min, then add stock (kept on heat in a saucepan), ladle by ladle, until all the stock has been absorbed by the barley.

Turn the heat off, add a good handful of 'parmesan' and leave for 3 mins before serving.  
Enjoy with a nice green salad!

and after a year even twitch (couch) grass roots are killed off..... again releasing the nutrients back to the land. It's so much more effective than digging, and allows moisture through, so preferable to plastic. When you know all the perennial weed roots have died, the next step in spring is to roughen up the top inch and sow a green manure such as mustard, which will break up the compacted soil with its roots, provide pollen for the pollinators, and the plants are cut down to a nutritious mulch, making the soil ready for planting through with your favourite crops. I also use lots of shredded paper as a mulch..... it is lighter coloured so reflects even more light so is great for sweet corn and stuff that needs lots of sunshine, and instead of straw for all the soft fruits. Sunshine makes sweetness so increasing the use of the light we get is a true bonus.....even on the glasshouse floor under the tomatoes etc..... The light colour reflecting sunshine away from the soil prevents the soil getting too hot during summer, so the plants can flourish..... of course in early spring you need the opposite, a dark coloured mulch to absorb the sun's heat into the soil ready for those early plantings. This is where black plastic is a benefit, warming the earth during Feb/March so the early potatoes get a good start. The same piece of plastic moves to the plot where the sweet corn will grow. Cover the plot up the same day as you start the sweetcorn seeds in the glass house and the soil will be ready when the plants are.

## Collection tins by tills

Thank you for your generosity in the last collection. A total of £ 137.00 was collected for Derby Night Shelter.

The current charity collection is for the Donkey Sanctuary, who help sick, unwanted and hardworking donkeys in 27 countries. Their Derbyshire centre near Buxton is open the 1st Sunday of the month 10-4pm for visitors. They also run training courses on donkey care, all on a donation basis. Google them for directions or call 01298 83866. For a copy of the quiz (with prizes!) ask at the till.....



**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

### Co-op seeks members

'Wild Peak' are based in a beautiful spot at the end of a 2 mile lane, just outside Belper.

The Co-op owns 69 acres of land running alongside the river Derwent. 39 acres of this is leased to the Wildlife Trust and managed as a wetlands bird reserve, and the other 30 acres is ex-landfill, now grassland, that we're attempting to manage for conservation, and coppice for our wood fired boiler. The co-op was set up to provide a home for those "active" within the environmental "movement". Wild Peak is a member of the Radical Routes network.

Our current residents include 6 adults (bigs), and 2 children (smalls), and a cat. We're also, amongst other things, a base for Wild Things ecological education collective.

We eat communally every evening. Diet wise we're a mix of vegans, vegetarians, and omnivores, but all communal space is vegan.

We have two rooms coming up, and there is a caravan space. We're more of an ongoing project than an established housing co-op so you'd have to be up for a lot of DIY.

We're all learning on the jobs so an enthusiastic attitude is more important than an existing skill set. If you fancy finding out more get in touch: Tel: 01773 850493. Email: [friendsofwildpeak@gmail.com](mailto:friendsofwildpeak@gmail.com)

### Derby Veggie Friendly Social Group - Meet Up

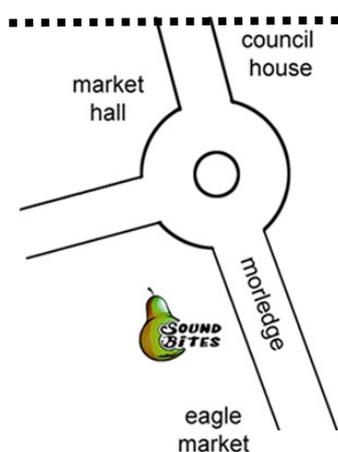
Are you vegetarian or vegan and like to mix with like-minded individuals? If this is you, join our (free) Derby Veggie Friendly Social Group on 'Meet Up' for walks, meals out, talks, vegan festivals and other events that take our fancy.

Our members are friendly, welcoming and span a wide range of ages. We would also love for more families to get involved. As a member-led group, any of our members can suggest an event such as nights out, gigs, picnics in the park or family days out. This could be the place to build a really great compassionate community. So what are you waiting for? Find us on Meet Up: [www.meetup.com/Derby-veggie-friendly-social-group/](http://www.meetup.com/Derby-veggie-friendly-social-group/)

Any questions? Please contact Jenny: [JennyPerreau@talktalk.net](mailto:JennyPerreau@talktalk.net) / 07989 157774.

### Women's Craft Co-op

New group based at the Mandela Centre, 179-81 Peartree Road. Membership includes training, classes, and trading in their shop. Contact 01332 367848 or 07779 560284.



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](mailto:home@soundbitesderby.org.uk) - or call 01332 291369*

[www.soundbitesderby.org.uk](http://www.soundbitesderby.org.uk)

# DERBY GREEN DIARY

Jan-Mar 2014

Sun 2 Feb - **Intro to Renewable Energy** - options for home and work. Course at Derbyshire Eco Centre - 01629 533038.

Wed 5 Feb— **Shale Gas /Fracking –Friend or Foe?** Panel of speakers address this important topic as part of the Geo-Talk series, The Courtroom, Kedleston Road site, Derby, DE22 1GB. Booking essential: 01332 59189 [m.johal@derby.ac.uk](mailto:m.johal@derby.ac.uk)

Sun 9 Feb - **Cutting Coppice**, to restore managed woodlands. Course at Derbyshire Eco Centre - 01629 533038.

Mon 10 Feb - monthly demo at Heckler & Koch, multinational **arms dealer in Nottingham**, NG7 2PX.

Thu 13 Feb - Go Green **environment day** at Kedleston Road site of Derby Uni, inc Sound Bites tasters! 10-3pm.

Fri 14 Feb - Go Green **transport day** at Kedleston Road site of Derby Uni. Recycled bikes for sale. 10-3pm.

Fri 14-Sun 16 Feb - **Students for Co-operation** founding conference - workshops, debates, free accommodation and food. Birmingham University, see [www.facebook.com/events/1424534744446779/](http://www.facebook.com/events/1424534744446779/)

Sat 15 Feb - 'We Will Be Free', play of the **Tolpuddle Martyrs story**, Alstonefield Memorial Hall, Ashbourne, 7.30pm. Tickets 01335 310322. See [www.townsendproductions.org.uk](http://www.townsendproductions.org.uk)

Sat 15 Feb - **Amnesty International** East Midlands Regional Conference, Leicester. 9-5pm. £5. Contact [derbyamnesty@gmail.com](mailto:derbyamnesty@gmail.com) for details.

Sun 16 Feb - 'Keeping us and the house warm'. **Insulation and heating ideas** with Towards Sustainable Derby, Friends Meeting House, St Helens St. Starts 12.30 for 12.45. Bring your lunch, tea/coffee provided. Finishes at 2pm. Call Steve for info 07885 410732

Thu 20 Feb - Yaffle Cafe's **new Chilli Night!** 10% off for advance booking deals! See flyer. Last orders 8.30pm.

Fri 21, 23, 24 Feb - Missing Picture. Prize winning documentary on the effects of Pol Pot's regime in **Cambodia**. QUAD cinema.

Mon 24 Feb - People's Kitchen **community meal**. Last Monday each month, Boyer St Community Room (by the phone box halfway down on the right!) Suggested donation £2. 6pm for meal 7pm.

Tue 25 Feb - (5 weeks, evenings) - **Organic fruit and veg** - (growing). Course at Derbyshire Eco Centre - 01629 533038.

Sat 22 Feb - demo **against the Badger Cull**, Victoria Sq, Birmingham 12 noon. See [www.veggies.org.uk/event.php?ref=386](http://www.veggies.org.uk/event.php?ref=386)

24 Feb-9 Mar- **Fairtrade Fortnight!**

Fri 28 Feb-Sun 2 March- **Work Weekend** at Wild Peak housing co-op, Belper. Call 01773 850 493/ [friendsofwildpeak@gmail.com](mailto:friendsofwildpeak@gmail.com). A chance to see and meet this rural co-op in the making, looking for new members. See Small Ads.

Fri 14 March - **Attila the Stockbroker** - punk poet, at the Hairy Dog, Beckett St. 8pm, £8.

Sun 16 March - **Community Gardening** - Marina and Ann describe how they claimed a community space in Nottingham and created a garden for all in that local area. What sustainable uses can it be put to? Towards Sustainable Derby - see 16 Feb.

Fri 21-Sun 23 March- **Work Weekend** at Wild Peak housing co-op, Belper. Call 01773 850 493/ [friendsofwildpeak@gmail.com](mailto:friendsofwildpeak@gmail.com)

Sun 30 March - **Bike maintenance** for all. Course at Derbyshire Eco Centre - 01629

WE CAN PUBLICISE YOUR EVENTS!  
Please email  
[ruth.s@soundbitesderby.org.uk](mailto: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 6pm**

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



## Cooker and Camera

If you've been on our Facebook page you'll notice we've taken lots of scrummy food pics and you might even have noticed a picture of our new cooker! For months we've been struggling by on an electric table top-stove. Now we've joined the 21st century !

## Meal Nights and Mash

Two major changes. Firstly what could be more major than MASH!!! We're now doing bangers and mash with veg and gravy as a regular on the Yaffle menu for £4.95.

## Meal Night

**Every Thursday 5.30-8.30**

Our international nights are now once a month whilst our meal night remains weekly in order to give us more scope for creativity. Booking recommended. 07799815083. Coming dates:

**Feb 13th - Arabian Night**

**Feb 14th - Valentines Special!!!**

**Mar 13th - Scandinavia**

**Apr 10th - Mediterranean**

## Valentines Special

We've a meal night on Fri 14th, not because we're romantic , just because we want to make loads of money! (Ha ha!) But we promise it will be romantic! Booking strongly advised (07799815083).

## 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. Previous parties have been £10/12 a head.

## Chilli Night

On the **20th Feb** we're launching on occasional bonanza at Yaffle Café celebrating the variety and splendour represented in that marvellous dish, the Chilli! Strictly non-carne and cooked by yours truly who once came second in a chilli competition, wear your sombreros and bring your handkerchiefs for head wiping hotness (milder options available!)

## New closing time Friday

We'll be shutting the café at 6pm on Friday to coincide with the shop downstairs.

## We've got the look!

Yaffle is slowly becoming a visual feast as well as a spectacle in flavour! We've had a guest artist working on a birdy mural on the stairs, the toilets are having optional UV lights installed to make it into an intergalactic bathroom, and Tom Reading and Chris Bell's paintings really add another dimension to the café.Yay!

## At large on the internet!

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.

## Mailing List

For a monthly update email [yafflecafe@gmail.com](mailto:yafflecafe@gmail.com).

[www.yafflecafe.co.uk](http://www.yafflecafe.co.uk)