



Issue 20
April-June 08

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

Save paper—join our mailing list—email info@soundbitesderby.org.uk

Home Delivery

Sound Bites new delivery scheme is growing, and delivers organic veg boxes plus other shop items to anywhere in Derby, plus Borrowash, Duffield, Belper, Heanor and around Atlow. You can also do a trolley-load of shopping in the shop and we'll deliver it for only £2! (to the above areas, delivered on Tuesday)

Your invaluable support!

Sound Bites has always been supported by many more than it's co-op members, from initial loans to a continuing influx of volunteers, and of course, every single customer who chooses to shop here -

where you spend your money really does make a difference.

We still need your help to ensure the success of the project, which has tough targets to reach this year, and every time you shop with us you help us get there.

Please take one of our new colour postcards to introduce someone new to Sound Bites, and if you'd like to join an upcoming leafletting party, let us know!

Co-op Day 3rd May

A 'Social Economy Cluster' has come together to raise awareness of alternative organisations in Derby, and Sat 3rd May will be a focus on Sound Bites and co-ops. We'll have free tasters from co-operative producers and suppliers, and info.

Drop in from 11-3pm!

Derby is home to quite a few social enterprises - organisations that engage in enterprising activities in order to further their social and environmental aims.

Sound Bites is one example, with links to a few others -PARC the Play and Recycling Centre, whose reclaimed paint and carpet tiles helped us to renovate this building, and Derby Community Transport, who help to promote our Vegetable Pedallers scheme to their customers.

Other examples include Choose Cycling (see article inside), and Derby City Credit Union:
www.derbycitycreditunion.org

Café Harmony opening soon!

Esther is delighted to be finally decorating and fitting Derby's new vegetarian café/restaurant at the end of Friargate (on the crossroads) due to open by May!

Local/Organic Fruit & Veg, & Home Delivery

Sandwiches, Salads and Soup

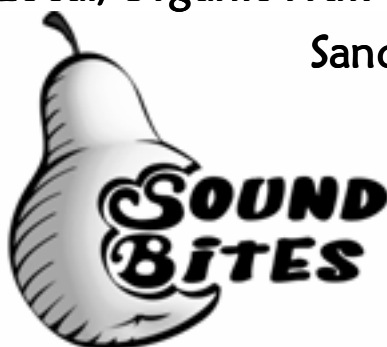
Great Value Wholefoods

Fairly Traded Products

Eco House & Bodycare

Meeting / Therapy room

Noticeboards & Magazines



Whats New?

Organic Veg

Street Shift homeless allotment project will be supplying us again this year for the Veg Pedallers scheme with their chemical free veg...

In the shop we still have a good selection of UK veg, which make up the most part of the veg bags and home delivered boxes too, but we are coming up to the 'Hungry Gap' during which we'll have to have a bit more from mainland Europe.

Locally we are still getting lots of lovely salad packs, kale and spinach (in the fridge), and parsley plants just in, with more herbs soon!

On the Shelves

First, here are some **price comparisons** for you:

250g Organic Cashew Nuts: Ours **£1.75**, Holland & Barrett **£3.49!**

Goji Berries: Ours **£3.50 for 500g**, H & B **£5.19 for 150g!**

Refined **sugar**: we have now put stickers on the shelf labels so you can see at a glance which products contain sugar

New: vegan **trifles** from Esther! £1.20 in the chiller

organic flours: **potato, quinoa, tapioca, gram and rice**

and we finally found some **sugar free rusks!** (French toast)

don't forget the freezer - there are **local blackcurrants** in there!

soon stocking some local **cycling maps** from Sustrans...

Wholemeal **sugar free scones** from Saker Bakery!

Spelt flakes and puffs in the cereal section

organic **pasta wheels** for kids! Natural vegetable colours

Chocolate or nut rice milks! 200ml or 1 litre, and **almond cream**

And if you want **larger packs of herbs and spices** we'll pack to order...

Therapy/Meeting Room **First Floor**

Our first floor room is available for hire at **£5 an hour** (non-commercial rates negotiable). It is ideal for meetings of up to **10 people**, or can be used for craft activities, small events and exhibitions, rehearsal space or something else! Please get in touch to discuss any ideas.

Therapies upstairs at Sound Bites (see web for more info)

Thai/Indian **Massage /Yoga** - Dionne - 07724 096861

Reiki - Emily - 07810 107104

Aromatherapy Massage - Barbara - 01773 824289

Life Coaching - Dan - 0800 043 1471

Humanistic **Counselling and Psychotherapy** - Ambika - 07960 987622

Freedom from Phobias - Jane - 01332 340740

Reflexology and Champissage - Nicci - 07968 076155

Massage **for Relaxation** - Leise - preleise@yahoo.com

Shiatsu - Richard - 07942 335117

The **Bowen Technique** - Christine - 07803 966544

Aromatherapy Massage - Lucy - 07709 808831

Humanistic **Counselling and Psychotherapy** - Kathryn - 07808 584203

Relaxation for **Mother & Baby** - Anne - 01332 775271

**Art
and
Books**

We are exhibiting five drawings by local artist Jeff Hydes for the month of April priced at **£10.00** each. Jeff is partially sighted and has been able to develop his skills through 'Learning Partners', part of Derby Adult Learning. In May we will show photographic work by Rob Cope, and after May the corner will be fitted with shelves and become a fully fledged official bookcrossing zone! www.bookcrossing.co.uk

Transition Towns

Transition Town groups are forming in Nottingham and Leicester, why not Derby?! Rather than criticising people for their current lifestyles, this new movement starts with the fact that oil is going to become more expensive, and we will need to find different ways to travel, source food etc. Then they ask, what would be our ideal way of dealing with that future scenario, and how can we make that transition...?

People then generate ideas as a community, and begin to build solutions to give their town sustainability, at the same time as building community through working together, and increasing autonomy by taking more control of their own lives and working out how to provide for their own needs, rather than leaving their fate in the hands of others. Examples of solutions include shared transport, community supported agriculture, freecycling, community owned wind farms...

This method helps people to look at the situation realistically, and alter their aspirations, moving from the individualistic consumer lifestyle we've been manipulated into, to becoming part of communities actualising their own shared future.

There will be an intro and discussion on the Transition idea at Cafe Equitable on Tue April 15th- a monthly event organised by the Leicester Make Poverty History group. Cafe Bambu is the venue (on Welford Road in Leicester, by the junction with York Road), 7.15-9pm. Contact transitioncity@freeuk.com

Tescopoly

According to an article in the Grocer on 28th March, Tesco now has stores in all but one postcode area of the UK. There are community campaigns across the country against Tesco developments.

'Belper Against Tesco Superstore' (BATS) is one example, and our counter collections til June will be donated to their campaign. BATS are particularly concerned about the effect a new superstore would have on local retailers.

Independent shops which pioneered 'ethical shopping' such as the cooperative group 'Out Of This World' have even been forced to close as supermarkets cash in on the growing interest in organic foods.

For more info on the impacts of supermarkets, and how people are challenging their excessive power, see www.tescopoly.org

More

Choose Cycling

Apparently, 66% of us own a bike but only 6% use them on a regular basis. All around the country, bikes are rusting away in sheds and garages. Choose Cycling is a social enterprise in Derby offering cycle training to adults and families.

A typical cycle training session starts off-road, in a traffic free car park or park, so that the trainer can do a brief assessment and tailor the session from there. You would have a bike safety check and guidance on your bike's set-up. Then the cycling starts! Ideally the trainer will cycle one of your regular routes with you – to the shops, a leisure route or to work.

For more information, go to www.choosecycling.co.uk, email info@choosecycling.co.uk or call 07900 977990.

Biofuels and other false 'green' solutions

Good news in the Soil Association's magazine 'Organic Farming'- a government review of the environmental impact of biofuels has just been ordered.

Big agribusiness has been promoting biofuel production as a more environmentally friendly alternative to fossil fuels, but the full energy inputs of growing the biofuel crops (in particular the carbon emissions from production of artificial fertilisers) were ignored.

It is also a human rights issue. Grains and vegetable oil which would have been used for food is now increasingly being made into biofuels, which is pushing up prices of food leading to hardship and even starvation.

Hundreds of thousands of small farmers and indigenous people throughout the global South are even being forcibly evicted to make way for agribusiness biofuel production.

There is the alternative of waste veg oil, but not enough to replace petrol at current levels of use. There is an argument for these better alternatives to be earmarked for public transport and services rather than private cars.

According to the Ecologist magazine, other false green solutions we are likely to see more PR for in the near future are nuclear energy, incinerators, and genetic modification. Watch out!

news...



Spotlight on local groups

Derby Greenpeace

If you are frustrated by the government's sluggish reaction to the massive threat of climate change, then why not join Derby Greenpeace group? We campaign on a wide range of environmental issues, for example, promoting organic foodstuffs, and opposing the introduction of GM.

However, most current campaigns are linked to fighting climate change; for example, opposing the proposed airport expansion at Heathrow and many other sites; making the case against the building of new coal-fired power stations such as Kingsnorth and combatting the destruction of rain forests to grow palm oil for biofuels. Greenpeace also campaigns for positive solutions such as wind and solar power.

Greenpeace is a completely independent organisation whose campaigns are always non-violent, and at a local level, there is plenty of scope to get active. If you would like to become involved, you would be welcome at a group meeting at 8pm on the first Monday in any month at the "Flowerpot" in King Street, Derby. Alternatively, please contact Mick Hepworth on 01773 826245 or by email at mickjenhepworth@hotmail.com

Derby World Development Movement (WDM)

Their next two meetings are planned for April 28th and June 2nd, at the Unitarian Chapel on Stafford Street in Derby, 7.30pm, and are open to anyone interested in learning about world development issues and campaigning on behalf of the world's neediest people.

The focus has recently been on water provision, and the damage that water privatisation has caused in some countries. They are also currently learning about the causes of global warming and climate change issues so that they can help to pressure our government to take action.

Interested in eco building?

By Daniel King and Stephanie Nesteruk

We are looking to create a local network of people interested in eco-building. You do not need to be an expert, or have your own projects to work on, just an interest or openness to explore what is possible.

Building environmentally is becoming increasingly important. There is not only wasteful heating and lighting to consider, but also the way buildings are built and disposed of. Most of our housing is mass-produced, ecologically unsound and with little unique character.

We are interested in low impact, energy efficient, non-toxic, beautiful and sustainable housing. Building with eco-awareness is something of a balancing act, with many new technologies still in their infancy, many pros and cons to each method or material.

To build and live in this way therefore cannot (or should not?) be done in isolation. The discovery and weighing up of possibilities is done best with the support of a like-minded community. We are not builders or experts, but believe that we are capable of seeing through quite an ambitious building project, with a little help.

Since last summer we have been building a garden office, which is close to completion and has taught us a lot. We are now planning two more buildings: a family room at the end of the garden and an extension to our existing house. The family room is planned to be as environmentally friendly as possible, built out of straw-bales and lime-plaster with a 'living roof'. We are interested in how we can most ethically source materials, build in an energy efficient way, and incorporate green technologies such as solar panels and ground source heating, timber frame building, natural finishes and healthy interiors.

Currently our biggest need in terms of resourcing is to find a local supplier of straw bales, preferably organically grown, which would have to be baled and stored in a particular way. Ultimately, we would like to create a directory of ethical suppliers.

So, if you have skills, knowledge, experience or information to share, your own building project planned, or are just interested to learn more and become part of the creative process, we would love to hear from you. Please email daniel_robert_king@yahoo.com

(PS. Opportunity to help with Notts strawbale build, Thu's at Ecoworks, call 07968 484796 or 07719 428187)

Waste Not

Do you remember in the 80's, when there was a rush of awareness about environmental issues and recycled paper products became widely available? It's now hard to find a recycled paper notebook or writing paper, but there is a range at Oxfam on St Peter's St.

For a good breakdown of what really is recycled, why its worth using recycled paper, and then recycling what you do use, see the website of Manchester based printers MARC: www.marctheprinters.org/whyuse.htm

This newsletter is not printed on recycled paper, but on end-of-run's by a small scale local printer. We are not aware of a local printer that uses recycled paper. Our flyers are generally printed on recycled paper/card, and with vegetable inks, by a printing co-op in Leeds. See www.footprinters.co.uk

Give away containers

We have an ongoing supply of large paper sacks, small lidded buckets perfect for compost collection, glass jars, and 5litre and 25litre plastic containers to give away. Please ask.

If you have any spare lever arch files or A4 paper blank one side, we'd love to reuse them!

Recipe

Banana Bread

Use up blackened bananas with this delicious sweet bread

Dry Ingredients

2 1/4 cups flour
2 teaspoons baking powder
1 teaspoon baking soda

Wet Ingredients

4 mashed bananas
6 tablespoons apple juice concentrate
2 tablespoons cooking oil
2 teaspoons vanilla essence
1/3 cup chopped nuts



Preheat oven to 350 degrees / gas mark 4. Mix dry ingredients. Mash the banana. Add the other wet ingredients to the banana and mix. Pour liquid ingredients into dry ingredients. Add nuts. Pour mixture into a greased loaf tin and bake for 50 minutes.

To make it sweeter you could add 1/3 cup of sultanas instead of or as well as the nuts, or increase the quantity of apple concentrate. Yum!

Vegetable Pedallers

At the start of May this year Vegetable Pedallers will have been delivering for one year! From small beginnings we've steadily built up the cycle rounds and now deliver 4 days of the week.

The scheme still delivers exclusively to people with mobility difficulties but it's now complimented by the wider home delivery scheme open to anyone.

We've also got the Sound Bites catalogue of everything available from the shop which Pedaller customers can now use to order from, on paper or online.

We recently conducted a survey and the results were very positive.

Many customers told us how they'd previously struggled to get fresh produce and can now increase the amount of fruit & veg in their diet. People also liked the ease and convenience of the service, and the reasonable prices charged.

We're hoping to secure more funding so the scheme can continue to grow and provide an invaluable service to many. To mark our first anniversary we're dropping in on some of our customers to share tea and cake and say Happy Birthday to the scheme!

If you know anyone who might benefit please call Nick on 291369. cycle@soundbitesderby.org.uk

Collections

Thank you for all the contributions to the last quarterly collection, which raised £ 28.21 For Wild Peak, the housing co-operative setting up a project in Derbyshire, see www.wildpeak.org.uk for more info.

The collection from April - June will be to support BATS (Belper Against Tesco Superstore) in their campaign to stop an enormous new Tesco development. See article inside and www.bats.fusiveweb.co.uk

DERBY GREEN DIARY

Sat 12 April - Friends of the Earth are organising a 'Gordon Brown' look-alike protest around the Climate Change Bill outside East Midlands Airport from 1.30 until 3pm. FOE will provide all the masks and props for the day but you can register your attendance by calling 0115 9506 926, or email callie.lister@foe.co.uk

Sat 12 April - City-Zen monthly at West End Community Centre, Mackworth Road. Live music, open mike, video, stalls, food, artwork, this month all donations go to support the Creative Expressive Therapies Art Exhibition (See May 23)

Tue 15 April - 6pm. No Parking Collective opening night show in temporary takeover of disused premises... Installations and exhibitions from 10 local artists, on 3 floors, for 8 days, 11am-7pm. 2 Cheapside, opposite Museum.

21-24 April Real Nappy Week - for free local advice contact Lisa Israel on 07917 101311 /lisa.israel@btinternet.com

Tue 22 April - 'Fair Trade - the story of the Co-operative Movement' - a new play by the canal touring Mikron Theatre Company. £7. Victoria Hotel, Beeston. 18.41 train from Derby.

Thu 1 May - International Worker's Day celebration. Intro to Cuba situation, pub quiz on Cuba, Salsa music from Derby Cuba Solidarity Network. Brunswick Inn, Railway Terrace, from 7pm.

Sat 3 May - Co-op Day at Sound Bites. Free tasters from co-op producers and suppliers, plus info on co-ops, and other social enterprises in Derby.

Sat 17 May - Derby Amnesty International protest march against China's death penalty. With the Olympics in China, it is a good time to raise more awareness of human rights there. They need at least 32 people, 22 dressed as prisoners (representing the number of executions in China each day) and 10 more to represent guards and also hold banners and hand out leaflets. 11-12, Derby Market Place. If you can help please contact Chris on 01332 775192 or chris@real-sense.com

Sat/Sun 17/18 May - Spirit Games Beer & Pretzels gaming weekend! Burton Town Hall. www.spiritgames.co.uk

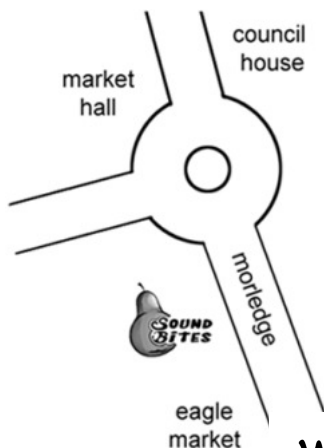
Fri 23 May - Sun June 1 - Creative Expressive Therapies Art Exhibition, 'Statement As Image', Britannia Mill top floor. 9-6pm weekdays (ex 26/27 May), 10-5pm weekends.

Sat 31 May - national demonstration against the plans to expand Heathrow. Derby Campaign Against Climate Change are booking a coach so please call 600612 if you want any tickets. <www.campaigncc.org/heathrow.html>

16-22 June - Refugee Week, events including film showing of 'Grow Your Own' (film about allotments and refugees) on Wed 18th in the Council House Chambers.

21 June - Salsa Night, Cuba Solidarity event - Salsa class 8-9pm, DJ, bookstall and bar til late. £6/4. West Indian Cultural Centre, Trinity St, opp DRI.

Sat/Sun 28/29 June - Strawberry Moon Festival! Many art forms, and 'Makers Market' of local foods and crafts. 3 miles from Leek (108 bus from Derby) See www.reapweb.org.uk



Compiled by Sound Bites Grocery, 11 Morledge
Open Mon-Sat 9.30-6

We're very well placed for bus routes into the centre, and the Council Car Park's over the road, open to the public after 5pm weekdays, and all day Saturday. We run 2 delivery schemes - by bike for people with mobility difficulties, or by van (run on waste veg oil) to others in and around Derby. Please email us or call 01332 291369

www.soundbitesderby.org.uk