



Issue 63
Jan-March 19

the Nibbler

Newsletter of Sound Bites
Derby's independent wholefood grocery
A not-for-profit workers' co-operative

Yaffle Café & Books upstairs! 11-5 Mon-Sat

The wide open future

So, nothing can ever be known as far as the future, many things will change along a persons path, some changes are welcome and some are less so. The important thing is to be open to the opportunities and lessons that come our way, to take as much positivity from our experiences as we are able, so we can continue to grow and become greater than the sum of our parts.

Having fixed ideas about what you want, or where you will be, creates this massive burden of expectation that leads to disappointment, as things rarely work out as you plan for them. Instead, try to hold desires gently, like a butterfly, give them room to grow and soar, don't crush them with pressure, You never know, following the path less beaten may take you to some wonderful and unexpected destinations that are altogether more satisfying and fulfilling.

Last year saw a huge amount of change for our little team, and we wish to recognise the immense work of our colleague Chris that has left our little co-op. Chris was the kind of guy that always had a joke at the tip of his tongue for any occasion, an obsession for eating Ganmadoki, loved to

just get the job done, and he ran our home delivery scheme with passion and will be sorely missed. We wish him nothing but the biggest of best wishes for his future endeavours.



We would also love to thank all of our incredible customers, past and present, future and long since moved away, because we simply couldn't do this without you. We don't know what our future will be, but we hope it will be bright. We hold loosely some dreams we wish to fulfil, but we also hope to enjoy the present just as much as we can, and be grateful for where we are.

Remember...
Home Delivery
Veg Boxes &
Bulk Discounts!

What's.....New?

On the Shelves

You might have noticed that a little known commercial holiday called Christmas has come and gone, but it brought with it many exciting new treats. Most were only seasonally available and have now disappeared back into the aether, but some have come to stay:

- ♥ Vego crunchy hazelnut spread. This stuff is decadent, fair trade, organic AND free of palm oil!
- ♥ More chocolate you want? We have 3 flavours from the Cachet brand, forest fruits, cherry almond, and apricot hazelnut
- ♥ We've got beautiful premium stainless steel drinking bottles back in stock! Yaaaaay! Our previous supplier closed their doors some time ago and it has been really difficult to find a replacement, even though the waste-free movement is soaring, so we are thrilled to have these. Available in 1200ml, 800ml, 500ml or 350ml, or a 600ml vacuum flask for keeping hot drinks hot.
- ♥ Free & Easy do ready meal tins of wholefoody goodness, we've added their new item 'middle eastern casserole' to our range.
- ♥ Loveraw peanut butter cups and caramel cups, a fancy little treat with healthier aspirations, these have gone down a storm
- ♥ We gave it a go making our own 'rocky road' style slabs, and the feedback was overwhelmingly to keep making it. So we shall! Soon to be appearing in our rotation of tasty baked treats...



Fairypants
Vegan Cosmetics

- ♥ We came across the brand FairyPants while reading the excellent Ethical Consumer magazine which was looking at bodycare and perfumes. They rated super highly but we hadn't heard of them, so we took a look at what they do. We stocked a huge range of their roll on perfumes plus some exciting seasonal lip balms and lip scrubs for the Christmas period, and we'll be keeping a range in stock for the whole year!

Stay tuned for LOTS more to come, and as ever, your recommendations are valuable to us

Progress

Not Perfection

There's no such thing as the 'perfect vegan'- let's put that out there straight away. As the New Year commences and people consider veganism, this might be useful to bear in mind. For a start, the word perfect is completely subjective and you may find yourself falling short on other people's standards rather than the standards you set for yourself.



By striving for perfection in *anything* rather than working on realistic and achievable goals, we leave ourselves open for self-criticism, stress and anxiety. In the age of social media, it has become second nature to make snap judgements with the click of a button, rather than taking the time to understand and relate to people and help them to make sustainable lifestyle changes.

There's also the consideration that we are very much living in a non-vegan world, hence why the Vegan Society definition of veganism uses the phrase "as far as is possible and practicable". The vast majority of vegetables require pollination as do nuts, mustard seeds, rapeseeds, chillis, lots of fruit, buckwheat, cotton, flax, and more. Organic produce could be deemed not vegan, particularly if grown using animal-origin fertilisers and plants get their nutrients from the soil, which is partly composed of decayed animal remains.

YOU DON'T
HAVE TO BE
PERFECT
TO BE
Amazing

Also, smaller wildlife populations are decimated during the harvesting process. By these standards, practically no one is 100% vegan and there will always be critics of veganism that will use these examples to try and catch people out rather than reflecting on their own capacity for change. We have to be able to recognise that we are doing our best with the tools available to us right now and that by adopting a vegan lifestyle in the first place, we are making a positive social impact that would otherwise not have happened. Furthermore, as we've seen with the plastic free boom of recent times, manufacturing processes evolve to meet the needs of the population.

Of course, this isn't just applicable to veganism. As well as other social justice causes, there might be something on a personal level that you're striving for perfection in. By giving up the chase for this elusive perfection, we can begin to manifest healthier relationships with each other and work towards the acceptance of the parts of us that may be flawed but are also, frankly, human. In the words of Stephen Hawking: "without imperfection, neither you nor I would exist."

Leek and Potato Soup

The beginning of the year is usually the coldest time of the year. It also presents a problem when trying to eat as seasonably of possible. However, leek and potato soup can help warm you up whilst featuring some of the key seasonal vegetables. It also freezes well so you can make a big batch and divide it into portions for future meals.

Ingredients

1 tbs vegetable oil
1 large onion, diced
1 – 2 sticks celery, chopped
225g/8oz potatoes, peeled and cubed
2-3 medium sized leeks, chopped
1.2 litres/ 2 pints vegetable stock
½ tsp mace
½ tsp cumin
1 tsp mixed dried herbs
Optional
150ml plant based milk or cream e.g. Oatly for creating an extra creamy taste
Black pepper to taste

Method

Heat the vegetable oil in a large pan.
Add the onions and celery, allowing them to cook until slightly softened (but not browned)
Add the potatoes and leeks to the pan, stirring them to ensure they don't stick to the pan
Pour in the vegetable stock and stir in the mace, cumin and dried herbs
Bring to the boil and allow to simmer until all the vegetables are soft
Using a hand blender or food processor, blend until it creates a smooth, but still slightly thick soup.
Transfer into serving bowls and add salt and ground black pepper to taste.
You can also swirl a small amount of plant-based milk or cream into each portion to make it creamier.
Enjoy with some fresh crusty bread.

DERBY CITY COUNCIL FOOD WASTE COLLECTION

Derby is upgrading the brown bin service for garden waste to include food waste! This is amazing to support composting if you don't have the space to do so yourselves or live in rented properties and can't utilise the garden. You can't include compostable packaging as the likelihood of cross contamination is too high, but those items will degrade in landfill well enough. Register free on their website, and to get further details.

Plastic in Tea Bags

Are you concerned that the teabags that you chuck onto the compost heap might contain plastic? We've been wondering too. Undertaking an audit of our tea suppliers has been on our to-do list for a while but life behind the scenes at Sound Bites is always busy and we haven't managed to complete it. Fortunately those wonderful folk at Ethical Consumer have beaten us to it. First they make the following basic and very helpful points: Many tea bags contain plastic.

- * The alternative, Polylactic Acid (PLA), can contain material from genetically modified sources.
- * PLA teabags should go into council food waste, as they won't break down in most home composting conditions.
- * The best way to dispose of plastic tea bags is to rip them open and compost the leaves but put the bag into the bin.
- * Watch out for hidden plastics in sachets or string-and-tag bags.

So what about the teabags that we stock at Sound Bites? We've extracted the information below from the Ethical Consumer research.

PLASTIC FREE:

Clipper: all teabags made from October 2018 use GM-free PLA
Higher Living: some string-and-

tag; pyramids use corn starch PLA
Essential: all string-and-tag
Hampstead Tea Company: some string-and-tag, some GM-free PLA pyramids
Heath & Heather: all string-and-tag
Pukka: all string-and-tag
Yogi Tea: all string-and-tag

SOME PLASTIC FREE:

Dragonfly: house or speciality ranges.

PLANS FOR ACTION:

Qi

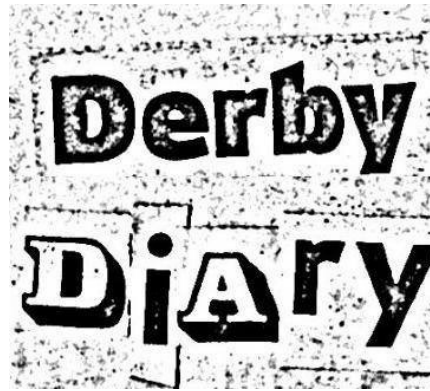
NO RESPONSE:

Tick tock. 11 o'clock

It's reassuring to see that the majority of the teabags that we stock are plastic free. Note that quite a few contain PLA. So do heed the advice above about their unsuitability for home composting.

We'd like to expand our range of loose-leaf teas but unfortunately the range of organic and fairtrade teas that is available to us in loose-leaf format is currently very limited. Let's hope that changes in response to consumer pressure.

If you'd like to know more about plastic in teabags, see the Jan/Feb 2019 issue of Ethical Consumer or visit their website (ethicalconsumer.org). The same edition carries guides to tea, herbal tea and coffee (available on the website to subscribers only). Sound Bites is a subscriber and can heartily recommend it: Ethical Consumer is an invaluable guide to the often opaque world of ethical buying.



Derby Counselling Centre
They have been operating in Derby since 1981, offering affordable counselling in a stress-free environment close to the city centre.
www.derbycounsellingcentre.org/

MASSIVE DRUMS FOR UPCYCLING

We buy Bio D household products in big big big bottles, 25L, 15L, and 5L in order to run our refill scheme from our shed, get you guys the best prices possible, and reduce the prevalence of single use plastics as much as we are able—only now we have a pile up of these big bottles.

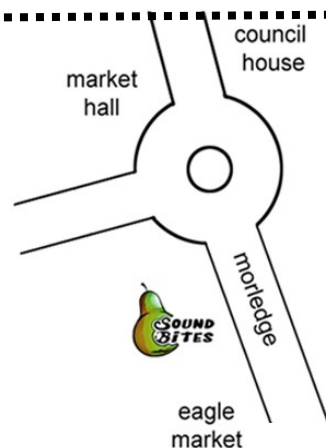
Can anyone think of a good use? Anybody willing to collect any for a project they are doing?? Get in touch!

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 £123.60 for CALM (campaign against living miserably) which tackles difficult issues around the massive male suicide rates.

Our next till collection is going to be for the Derbyshire Bat Group. They have been going for 34yrs and linked to the Bat Conservation Trust and Derbyshire Wildlife Trust to promote the education and protection of all things bat. Bats are in decline, the more we industrialise the countryside, but are valuable natural insect population controllers, and in fact pollinators for many exotic fruits worldwide!



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: to anyone in and around Derby (including Belper and Ilkeston). See our online shop, or email info@soundbitesderby.org.uk - or call **01332 291369***

www.soundbitesderby.org.uk