



Issue 61
July-Sep 18

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

Where for art thou, veggies?

Summer is well and truly in full effect this year. We've all been soaking up some much needed vitamin D, our ice cream sales have gone through the roof and our coconut oil now sloshes. Though the warm weather is appreciated by many of us, it's made ordering produce for our veg box scheme quite the challenge!

When we order fresh produce one of several considerations is locality; we want our boxes to be comprised of as much seasonal, UK fruit and veg as possible. This is always more difficult during the 'The Hungry Gap', which happens in the first part of the year and is the time lapse between the last of the winter crops and the new season crops being ready to harvest. These difficulties have been compounded further due to the erratic climate we've been experiencing thus far this year. Though it may seem like a distant memory now, the relentless frost we experienced in February decimated planted crops and delayed planting for the new season. In contrast, growers who rely on irrigation are now being issued with stop notices due to the continued warm weather and dwindling water supplies. The gloomiest of estimates reckon that the current crop crisis could last up to 11 months and we need 20 days worth of rain to get back on track. To put it into perspective, the UK is usually 97% self-sufficient in carrot production, but this could drop to as low as 40% and this is a similar story with pea production. We're a relatively small island and some producers

have a stronghold over the market. For example, Southern English Farms down in Cornwall are responsible for almost half of the entire country's supply of courgettes, so a bad harvest for them would be disastrous for the entire market and make reliance on imported goods inevitable.

This would be challenge enough for veg ordering, but we also have the consideration of organic status. We're passionate about organic produce and believe the organic price tag more closely reflects the true cost of growing food. However, organic farms are much smaller and things grow slower without conventional growth hormones utilised in non-organic practices. In combination with harsh conditions, which requires more labour and intensive management, this serves to push prices up even higher and has left us with a few empty boxes on our veg rack. If we want to combat the problem, we need to understand that organic produce is a long-term investment for the health of ourselves and our planet and invest more time and money into it.

We'd love to support more local growers and we've had a few items supplied by Rainbow Roots, a local project. We're always open to suggestions, so if you know of any other growers we should be supporting, we'd love to hear from you.

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

What's.....New?

On the Shelves

We've got a big focus on ZERO WASTE, and it has been so much fun to track down unique items...

- ♥ Georganics minty mouthwash tablets. 180 tablets in a tiny glass bottle, mix at home, saves the huge amount of energy from transportation of all the water weight
- ♥ Nettle fibre body scrubby puffs for bathing, totally degradable and gentle on skin
- ♥ Just Little Changes range of reusable sanitary pads, in quirky designs and various sizes for comfort
- ♥ Just little changes are also bring out some very affordable solid shampoo bars, they'll be in store really soon!
- ♥ Stainless steel tea filter balls, for steeping loose leaf tea in
- ♥ Ecoffee, a whole range of designs for reusable hot cups
- ♥ Loofco coconut fibre scrubbing dish brushes
- ♥ Ecozone drain sticks; an enzymatic regular treatment to keep plug holes clean smelling and free flowing
- ♥ Ecozone cistern block for hygienic toilets, flush after flush
- ♥ Ecozone laundry balls; filled with little pebble looking things, in contact with water they dissolve a little at a time to clean clothing and are super long lasting

Many other tasty things have also been snuck in:

- ♥ Infinity tiger nuts, suprisingly creamy tasting
- ♥ Miiro healthy choc ice lollies, these have been super popular, especially in this lovely sunshine!
- ♥ Loving earth raw chocolates in coconut and salted caramel
- ♥ Ten Acre popcorn in cappuccino or strawberries & cream
- ♥ Rebel Kitchen semi-skimmed mylk, there is an initial coconutty flavour, but the texture is fantastic and it really tastes as you hope it will when used in recipes
- ♥ Ecomil unsweetened hazelnut milk
- ♥ Meridian almond and baobab butter, has a zingy sherbert citrus tang to it
- ♥ Green Vie in creamy spreadable cheese and in mozzarella blocks; it has been said it is even better than Violife, let us know if you agree!!!
- ♥ Suma make an uber popular baked beans with tiny sausages, and now they are making baked beans with tiny burgers! Perfect camping food.
- ♥ Follow your heart make the best mayo around, we find it hard to keep in stock al the time, but they've just released a 'garlic aioli' and a coleslaw dressing, which look just as darn tasty as the rest. People have admitted to just eating it with a spoon.... That is going too far, right??

Zero Waste Revolution

There has been a HUGE buzz in the media this year about single use plastics now that China is no longer willing to take and process all of our waste; and rightly so! It really shouldn't have taken such a huge shift to get the government to understand the critical nature of waste pollution, but well, here we are.

Sound Bites was founded on ethical principles—trying to do the best we can in every aspect of our working function, and a big one was to do with waste reduction. Our cardboard waste which comes from incoming stock boxes either goes to recycling or larger parts go to a local allotment. Our take away containers and cutlery are all biodegradable; even though it looks like plastic, they are made of cellulose. Our clear bags for dry goods are also made of cellulose so they will biodegrade too. We don't package fruit and vegetables, you can buy them loose and use paper bags if you wish. We have a refill scheme for household products so that single use plastics get reused as long as possible before being recycled (washing up, laundry liquid, fabric conditioner and soon toilet cleaner and hand wash). We don't have plastic carrier bags, only paper or jute ones. We always look for ways we can improve ourselves, and the attention that zero-waste has received in recent times is making all kinds of new wonderful ideas available to us! If you have any ideas, please feel free to get in touch too....

You might also notice that many of our 'New on the Shelves' items are in this theme, we're cramming as many great items as we can into our little Aladdin's Cave to give our customer access to the best options we can find, so we can all work together to do our bit.

There is one problem however, with the idea of zero waste, and that is that it truly doesn't exist. The principle is that the products you use or consume don't have any residual packaging that can't be either recycled or biodegraded. And it might look ok from an end user perspective, but you don't see the stupid amount of packaging that exists before you get it. We receive LOTS of plastic wrap and packing peanuts and other pointless things which we have no say in, so until there is an industry wide change, zero waste from start to finish can't truly exist. We really hope that that change will come soon.

Maybe take a challenge to see how much you can reduce and find alternatives for everyday throwaway items; it can be really satisfying to see the difference.



ZERO WASTE

Intro to Vegan Permaculture

Last year I was fortunate enough to attend a wonderful two day introductory course in Vegan Permaculture in Nottingham. For those who are new to the concept, permaculture is "an innovative framework for creating sustainable ways of living, and it is a practical method of developing ecologically harmonious, efficient and productive systems that can be used by anyone, anywhere." (www.permaculture.co.uk). It's an ecologically sound way of living that can be viewed as a set of gardening techniques, but also as a whole philosophy for creating a fairer, more environmentally mindful world.

Permaculture works on the three founding principles of Earth Care (caring for the living soil and health of the planet), People Care (responsibility towards the greater community), and Fair Share (taking only what we need so that others might also have their share).

The course was an engaging mixture of taught principles and interactive exercises, and the tutor is both friendly and deeply knowledgeable about the subject. The weekend also included a visit to the inspiring Ecoworks allotment, which is a community garden working on permaculture ethics.

If the above sounds interesting then luckily for you this introductory course is being repeated this Autumn! It's taking place the weekend of October 6th-7th at St. Ann's Allotments in Nottingham. Course fees are a very reasonable £50 total for the two days, with fees waived for those on low incomes or benefits.

A brief course synopsis: "This two day 'taster' will give you the tools and confidence to take responsibility for our lives and actions whilst 'doing least harm' to our earth and its inhabitants, whether human or non-human. If you need a bit of inspiration on how to live a greener, cruelty-free life this course is for you.

You can learn more about the course in depth and register online at: www.wea.org.uk

Search for 'Vegan Permaculture' (and there's just one course listed so you can't go wrong!) And if you feel inspired after your taster session then you can sign up to a full length Vegan Permaculture Course.

- Natalie of Sound Bites and Veggies!

Conflict Resolution 101

Every organisation, every workplace, every family and every friend group will at some point face issues around conflict, the outcome of which is based around the 'conflict management style' of those involved.

There are 5 basic types :

- * Accommodating: to keep the peace, they let the other side have what they wish
- * Avoiding: they all together avoid or delay conflict, hoping it will fix itself
- * Collaborating: finding a creative solution to fit everyone, but it is time consuming
- * Compromising: the meet in the middle approach where each side sacrifices
- * Competing: win or lose, one side is expected to gain nothing, can be resentful

Now clearly, they may all seem to have benefits and drawbacks and we might all use all of them given different situations. Sometimes there is no time for discussion, sometimes you have lots of time but find people don't budge, or get aggressive, but generally speaking, there is a format that will go a long way to finding that compromising/collaborating middle ground that is perhaps the ideal.

- * Safe space: it can be frightening to talk about how we feel, especially if we feel powerless, so having a comfortable area to have a private honest conversation is key.
- * Individual perceptions: having each side explain what it is they are struggling with can help solve a simple misunderstanding. It also lets both see the disagreement more plainly, and hopefully, from the other side.
- * Empathy: we all need to understand and truly hear each other, so that a solution can be found which addresses all concerns.
- * Choices: make a list of possible solutions with the best intentions for both parties
- * Agreement: commit to implement the plan that has been agreed on

Helpful characteristics include: calmness, respectful, non-defensive, empathy, honesty, communication, trust, forgiveness, and a commitment to making it work. You have to believe that conflict arises because people care about something, and they want to do their best to make it work. You have to be responsible for yourself and your actions, to take care of yourself is a priority, so a typical 'accommodator' may eventually need to put their foot down if they are constantly detrimented, and a typical 'competitor' might find themselves somewhat friendless! Sometimes, it might just not be worth how much it affects everyone else... So there we have it, practical tips to keep the peace



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!!!)

The Nipper Returns!!!

Yes its been a while since Yaffle Cafe last submitted a page here (nearly 2 years?!), but we've lots to tell you so here we are!

The Ghost of Yaffle Past

Almost 8 years ago (June 2010) Yaffle opened its doors for the first time. Since then we've evolved from a stark room selling teas into a bustling colourful homely little paradise! However our 5/10 year plan back then included world domination and a branch on the moon. So to reach those early objectives we've decided to up our game and have been busy lately making improvements...

Ghost of Yaffle Present

So we've recently added a card reader! Added plug points to charge your phone. Cleared out space in the kitchen for new equipment which should mean new menu items! Had a general clear out and spring clean and best of all we've bought some decorative bird spoons!!! We now offer oat milk and hold a monthly Sunday Roast (see our Facebook or look out for flyers for details). So a lot going on but really we've only just got started...

Ghost of Yaffle Future

We are about to update our menu, we're considering are pies, lasagne, new smoothie flavours and maybe more... Also on its way, a new website and new events. Look out for further announcements on social media.



Yaffle Sunday Roast!!!

Going strong! Next one on 5th August is nearly full but there may be still spaces (email: yafflecafe@gmail.com to book). Usually first Sunday of the month but always best to check.

Hen nights and dinner parties?!

We had a hen night recently who came and had cream teas and brought a party atmosphere to the cafe! We used to do more dinner parties and don't remember having a bad one, it's a lovely cosy place when you fill it with all your friends so if you fancy celebrating something at Yaffle please get in touch!

Catering

We've catered in the past and have always gone down well. Obviously we are only small and run a cafe so can't say yes to everything. We would generally recommend Veggies for catering but if you know us and like what we do, we can sometimes take the Yaffle vibe to you!

Social Media

Any support you give us on social media is a huge help. Review us on Tripadvisor in particular but also Facebook and Google. Pictures on Instagram. Share stuff on Facebook. Thanks!



Man with a Van

Sound Bites' driver Chris is available for jobs needing a van/driver - please call 07905 346271.

Derby Counselling Centre

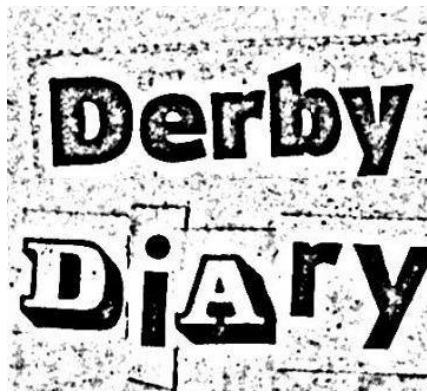
We have been operating in Derby since 1981, offering affordable counselling in a stress-free environment close to the city centre. See Tim @ Soundbites etails.

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!

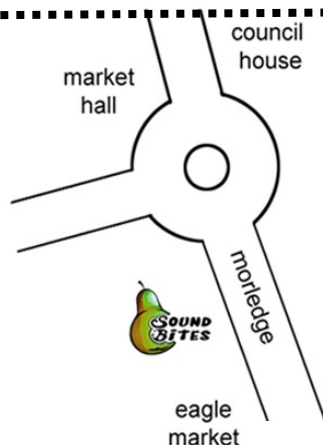


We are no longer hosting a green diary of events, as a phenomenal brain child has grown from a local community of people. The Derby Peoples Diary—found here: www.derbypeoplesdiary.org is a place for any and all to list their events and days of action, for groups to come together and make a difference.

CHARITY COLLECTION

Our most recent collection raised £99.41 for Sophie and Laura in their fundraising marathon for numerous local projects. Hurray!

Our next collection will be for Derbyshire Hunt Saboteurs. Badger culling has been set to come to Derbyshire in late autumn, despite there being no evidence of the benefit to livestock or health of general wildlife, and these good folks spend their time voluntarily disrupting the hunting and culling of healthy animals. It can be really scary to be confronted with guns, but the cause matters more and money will help with fuel and equipment for their outings.



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