



# The Nibbler!

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May / Jun 06

'Sound Bites' is a wholefood shop and social change networking point. As well as selling local organic veg, organic bread, vegetarian savouries and other wholefoods, we have a veggie café, notice boards, meeting space and an online public access computer. **'The Nibbler' is our bi-monthly newsletter.**

**11 Morledge, Derby Mon - Sat 9.30am - 6pm**

**www.soundbitesderby.org.uk info@soundbitesderby.org.uk / (01332) 291 369**

## Progress

It's been a productive 2 months for Sound Bites. We've been organising our shelves to squeeze in many new products (see back page). We will soon be able to offer access to an online computer and are making adjustments to the meeting room so it can double as a therapy room.

We've also taken on a new prospective co-op member – welcome to Ali, who many customers will know from the veg box scheme. As ever we need to say **thank you** to our hard working volunteers. Thank you Brian for stepping in and covering when staff were off sick, Gwen for leafleting most of Derby, and Jane for regular Wednesday help and work on the 'Gluten Free List'.

Believe it or not, On May 20<sup>th</sup> it will be 1 year since we opened shop (starting in the Market Hall)! Look out for details of a celebration bike ride, possibly on Sunday May 21<sup>st</sup>.

## Post Card Competition

Sound Bites would like to get postcards printed to advertise the shop and promote one or more of our principles. We know that many of our customers are very creative, so we'd like your inspiration. Please give us your post card proportioned designs by the end of June, and we'll choose one to get printed, and give a box of Booja Booja truffles to the designer.

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Sound Bites **envelope re-use labels** are also coming soon! Printed by 'Footprint' using vegetable inks, they'll be £2.50 for a pad of 100.

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

## Collection Tins by the tills

The collection over March and April raised £30.95 for Zaytoun, which will go to support their work with Palestinian farmers. Thank you for all your contributions.

The next collection (May-June) will be for The **Apple Core Group** in Derby. This group is currently in discussion with the council about possibilities of reviving the old walled garden in Markeaton Park.

They want to plant fruits, herbs and vegetables to demonstrate the benefits of local seasonal food; and revive the old greenhouses and fruit store, which could be a drying room upstairs and downstairs be used for workshops or showing video interviews of people who remember parts of the garden's history. There would be many ways of getting involved as a volunteer, or as a visitor to varied events and activities. They might even become a supplier for Sound Bites!

Any money you contribute will help with basic admin costs, and if there's a large collection it could also go towards another 'Apple Day' in the park in October like they organised last year!

If you want to show your support for the idea (which might help it to become a reality) please come in and fill in an apple card, which will be by the collection tins.

## Waste Not...

Sound Bites is now stocking real nappies. According to the Women's Environment Network (WEN) website 8 million disposable nappies are used every day in the UK. Disposable nappies take hundreds of years to break down and release greenhouse gasses in the process. Families with small children can halve their household waste by switching from disposables to real nappies and save money too.

## Can you help?

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We need a life size baby doll for our real nappy display, to allow customers to have a go at fitting our new **organic** washable nappies. If you have one to spare, please drop it in to the shop.

We've chosen to stock a 'one size' organic nappy which poppers up in different ways so that it can fit a baby from birth to 2½ years (approx).

## Diary Dates

**Wed May 3<sup>rd</sup>**, 'City-Zen' – monthly not-for-profit night of film, music, info, tea, open decks and open floor, this time raising money for the Derby Refugee Forum to support destitute asylum seekers (see article for more info) – Bell Inn, Sadlergate, from 8pm, donations on the door.

**Sat 20<sup>th</sup> May** Veggie Fair for Vegetarian Week. At the Imperial Rooms, Matlock. 10 – 3pm. Tel: Caron 01629 583349

**Mon 22<sup>nd</sup> - Sat 28<sup>th</sup> May** – tastings in the shop for Vegetarian Week!

**Fri 26<sup>th</sup> May**, fundraiser gig for 'the Faso Fund', a Derbyshire based charity for an area in Burkina Faso, one of the poorest countries in the world, in West Africa –7.30-11pm, at First Floor, Babington Lane. £3, also includes entry to club afterwards.

**Sun 28<sup>th</sup> May**, 'Mamapalooza', a celebration of motherhood. Music, activities, bring a picnic! 2-5pm Arboretum Park. Info: 295 165.

**Late May / early June** – Sound Bites shop 1 year birthday! Cycle ride / picnic? Look out for details..

**June 16<sup>th</sup> – 18<sup>th</sup>** weekend Wild Food Camp Atlow nr Ashbourne (see article on back page)

**June 23<sup>rd</sup> – 25<sup>th</sup>** Solstice Singing Camp, Atlow (see article below)

## Solstice Singing Camp

Come and enjoy a weekend of singing, beautiful countryside, and relaxing around the campfire with natural voice practitioners David Harrison and Beth de Lange.

Workshops will teach a diverse mix of songs from different cultures. The camp is at Atlow Moat, 6 miles from Ashbourne, and takes place from the 23<sup>rd</sup> – 25<sup>th</sup> June. Some activities for children are planned.

For booking and more details: tel 0116 270 9258 / [davidsings@care4free.net](mailto:davidsings@care4free.net)

## Grow Your Own The most fun way to reduce your food miles!

For one week in May, Sound Bites will be giving away all you need to (start yourself off) to grow your own courgette plant. We'll give customers a couple of seeds, some potting compost and a small pot. You'll need to re-pot your plant as it grows. We'll also give some guidance on how to care for your plant. **Can you help?** We'd like your old yoghurt pots to use as starter pots for the baby courgette plants. Please drop them in to the shop.

## Frank Water

Since Christmas we've been stocking water bottled by a company called Frank. Based in Devon their aim is to fundraise to support clean water projects in India. In order to ensure that as much of the sale price as possible (1/3) funds this important work, we have to buy the water directly from Frank. Sound Bites is looking into setting up a consortium of local businesses to buy the water collectively to make this more viable. If you have suggestions of local businesses who might like to stock the water please let us know. Find out more about Frank Water at: [www.frankwater.com](http://www.frankwater.com)

## 'Take Over' Challenges to Ethical Shopping.

The recent change of hands of The Body Shop to L'Oreal is a cause of dismay for shoppers trying to make sustainable choices. Not only is L'Oreal the target of boycott campaigns by animal welfare groups for its stance on animal testing, it is also part-owned by Nestle who have been lambasted by The World Health Organisation for aggressively marketing powdered baby milk in the developing world. The use of powdered baby milk has been linked to the deaths of 1.5 million babies each year from diarrhoea. Now Nestle looks set to buy up Linda McCartney's frozen food range. Find out more about the Nestle boycott campaign and how you can help from the Baby Milk Action website: [www.babymilkaction.org](http://www.babymilkaction.org) Ethical Consumer Magazine (now in stock at Sound Bites) gives companies an 'EthiScore' to rate their practices regarding various ethical criteria: [www.ethiscore.org](http://www.ethiscore.org) Another excellent source of information on who owns who and what they are up to is Corporate Watch. They have a website: [www.corporatewatch.org](http://www.corporatewatch.org) and produce a bi-monthly newsletter - phone 01865 791391 to subscribe.

## Cheaper Organic Food!

We have now started packing down organic whole foods from large sacks into our own labelled packs.

By doing this we can bring the price of 500g, 250g and 125g bags down to significantly less than the normal retail price.

This should boost our organic sales and help to increase the proportion of land given over to low-energy, chemical free farming!

Volunteers can help us to sustain this initiative by coming to help with packing-down.



## **New Nuclear Power – No Thanks**

As the consequences of climate change are becoming more real and scary, and oil and gas increasingly more difficult and costly to source, new nuclear power stations are being pushed as a solution, because they don't release carbon dioxide like burning fossil fuels does. But turning to nuclear power in desperation is short-sighted, as its dangers haven't gone away:

- there is still no safe way of dealing with the radioactive waste created
- there is always the risk of horrific accidents - babies are still born deformed in the Chernobyl vicinity 20 years after the disaster.
- nuclear power stations emit unknown amounts of other 'greenhouse gases' much more harmful than carbon dioxide
- these facilities can also be used to develop nuclear weapons

Practically also, nuclear power for electricity does not guarantee a long-term or significant solution to climate change:

- reactors rely on uranium, which is in limited supply
- global electricity generation accounts for only about 16% of greenhouse gas emissions - we also need to reduce damage caused by transport, mining and manufacture.

### **There are other Solutions!**

Nuclear power production and research receives MASSIVE amounts of subsidy, investment, and exemption from accident insurance. Despite this, by 2010, RENEWABLE energy globally is projected to outstrip nuclear output by 43%. BILLIONS have been pledged to develop a new type of nuclear power plant in France over the next 50 years. If that money was put into energy efficiency, and renewable technologies that work now (and are less costly and risky), just imagine the difference that could be made.

### **Things we can do:**

Contribute to a reduction in transport emissions by:

- cycling, walking or using public transport instead of driving
- avoiding air travel (see train travel article below !)
- supporting local food production (50% of UK transport is estimated to be due to moving food around)

Contribute to a reduction in mining and manufacture emissions by:

- choosing 2nd hand, repaired or recycled goods
- choosing goods that take less energy to produce, such as organic food (avoiding production of agrochemicals and fertilisers)
- switch to renewables through a green electricity provider such as Ecotricity or Good Energy

Raise awareness by:

- reading up on the issues
- writing to the papers or your MP (see address below)
- joining campaigns
- remembering the effects that climate change, the nuclear industry, and the oil industry has had and continues to have on people and the environment worldwide

You can write to your MP: Derby North Bob Laxton or Derby South Margaret Beckett, at the House of Commons, London, SW1A 0AA.

For more info see [www.newnuclearpowernothanks.org](http://www.newnuclearpowernothanks.org)

Reference - New Internationalist magazine Sep 2005 'Nuclear's second wind, climate solution or illusion?'

## **Sponsored cycle from Derby**

A sponsored cycle ride starting from Derby and ending up in Norwich, Norfolk, is being organised in conjunction with the G8 Summit, which this year is being held in St Petersburg, Russia from July 14th.

Attempting to raise awareness about the urgency of halting climate change as well as raising money for the Camp for Climate Action ([www.climatecamp.org.uk](http://www.climatecamp.org.uk)) that shall be happening in the North of England from Aug 26th - Sep 4th the cyclists shall be visiting a part of the British Isles that is predicted to be the first threatened by rising sea levels as a result of our heating planet.

We'd like to invite all interested to take part or support us. We shall be leaving from Derby on Saturday July 8th and arriving in Norwich on July 14th, the opening day of the G8 summit. Come along and do your thing. To find out more contact [equalbri@riseup.net](mailto:equalbri@riseup.net).

## **Derby Refugee Forum Hardship Fund**

Numbers of asylum seekers seeking help from the Derby Refugee Forum have doubled since September and the group urgently needs help to continue supplying weekly basic provisions (tins of food and toiletries) to some of the most vulnerable people in our community.

Many asylum seekers are caught in limbo when they are refused asylum but cannot return to their home country, and are not entitled to work or claim any state support.

If you can, please send a cheque to 'Derby Refugee Forum' (noting it's for the Hardship Fund) to Ann Watts, Bosnian and Herzegovinian Centre, 1 Uttoxeter New Road, Derby, DE22 3NL.

## **Holidays by train!**

If you want to travel in France by train this year you can take advantage of a special offer on rover tickets which allow you to go anywhere on the system for 3 days in any one month. They now cost £92 (or £75 for groups of 2-5 people), and if you book with before May 31st you get an extra £25 off! Call 0870 584 8848 or see [www.raileurope.co.uk](http://www.raileurope.co.uk) Another great site to plan rail travel from UK to Europe and beyond is [www.seat61.com](http://www.seat61.com)

## Exciting New Products – there's loads of them!

**Magazines** - for something different, informative, inspiring! We now sell:

**New Internationalist** (people, ideas, and action for global justice) £3.25

**Permaculture** (solutions for sustainable living) £3.95

**Positive Health** (The UK's leading complementary health magazine) £4.50

**Bulb** (bright ideas from the underground) £2.50

**Ode** (for intelligent optimists) £3.95

**Ethical Consumer** (informing and empowering the consumer) £3.75

**Peak Feast Cake** – chocolate, or coffee and walnut, £1.50 a slice!

**Moon Cup** – The ultimate in low impact, convenient sanitary protection. They cost £18.99 but you won't need to buy tampons again for years!

**Real Nappies** – One size organic washable nappies and a range of waterproof wraps. (See front page for more information.)

**Chinese Ready Meals** – Freshly prepared on a Friday when you least feel like cooking. We'll have a different Chinese noodle dish each week to take away or eat in hot.

**Yaoh** – hemp bodycare products, from lip balm to sun cream.

**Honesty** - body-care products from a local and principled company.

Honesty, in Bakewell, were a founding member of CICA, the Cosmetics Industry Coalition for Animal Welfare, who formed to highlight misleading labelling concerning animal testing, and campaign for a real cessation of animal testing. Their products contain no petrochemical based detergents, and the Unscented Range is designed for sensitive skin and babies. We stock: Cocoa butter moisturising lotion, Lip Balm, Hair and Body Shampoo, Liquid Soap, Hand cream with comfrey, and from the Essential range, Peppermint foot lotion, ideal for massage.

**A Nice Pot of Tea** - Due to requests, we now have a range of loose teas, so you can make it the old-fashioned way. Scout out the charity shops if you don't have a teapot! Peppermint, Chamomile, Green tea, Rooibosh, Breakfast Blend, Earl Grey, Darjeeling, Assam, Gunpowder, and Biochai.

**More Gluten Free goodies** – we now stock small pizza bases, and 2 types of biscuits – lemon zest, and nice and nutty.

As of May, you can now buy **Sound Bites gift vouchers** for £5 and £10 – what a great present!

### WILD ABOUT WILD FOOD

In an age of fast food, supermarkets and microwaved t.v. dinners, we tend to forget that for most of human history, food was foraged wild from the countryside. With growing concerns about food miles, pesticides and poor nutrition, what better than to relearn some of those old ways?

Nettle soup, elderflower fritters, wild garlic sauce ... dine on dandelions, feast on fat hen – discover the delights of wild food.

An invitation to do just that in the picturesque Derbyshire Dales at a weekend Wild Food camp comes from qualified herbalist Diane Brown and storyteller/ environmental educator Rachel Murray.

The camp is structured to offer a wide-ranging introduction to wild vegetarian foods – identifying, collecting, cooking and enjoying. The simple campsite is on organically managed community land.

For further details, telephone Diane on 01335 372113 or email [graham.patient@connectfree.co.uk](mailto:graham.patient@connectfree.co.uk)

### National Vegetarian Week

is going to be from the 22nd - 28th May this year.

Reducing consumption of animal products not only can help reduce animal suffering – it can also help reduce water use and pollution, deforestation, and global warming – as well as giving health benefits.

Over the week we will be having various tasters, starting with Derbyshire oatcakes on Monday 22<sup>nd</sup>!

We will also have postcards and leaflets from the Vegetarian Society and the Vegan Society, so you can send off for a free recipe booklet, and read up on some of the facts.

For more info see [www.vegsoc.org](http://www.vegsoc.org) or [www.vegansociety.com](http://www.vegansociety.com)

### Recipe for Mushroom and Hazelnut Roast

2 cups of crushed up hazelnuts  
1 can of Suma kidney beans  
1 shallot chopped and fried  
4-5 organic mushrooms, chopped  
2 tsp sunflower spread  
2 tbsp Suma mushroom pate  
1 tsp tomato puree  
sprinkle of mixed herbs  
1 tsp veg bouillon in ½ cup of water  
1 tbsp nutritional yeast flakes  
1 tsp yeast extract  
1 tsp mustard powder  
2 slices wholemeal bread-crumbs

Crush nuts, mash beans, fry shallot & make breadcrumbs. Combine all ingredients in a large bowl and mix well. Transfer into a greased loaf tin and bake in moderate oven for 25-30 mins.

Thanks to Jyoti – if you would like to contribute a recipe, email us!

To receive this newsletter by email in future, please email us: [info@soundbitesderby.org.uk](mailto:info@soundbitesderby.org.uk)  
Pass on to a friend!