



**the**

# **Nibbler**

**Issue 18**  
Oct - Dec 07

**Newsletter of Sound Bites**  
Derby's independent wholefood grocery  
& info space ( see map on back page )

Save paper—join our mailing list—email [info@soundbitesderby.org.uk](mailto:info@soundbitesderby.org.uk)

## **October Offer for new students!!**

It's the start of the academic year again, and to attract new students in particular we are offering a discount of 10% for the whole of October if you show a valid NUS card. Let your student friends know! We also have a special offer for all customers, buy our Directory of Community and Campaigning Groups in Derby for only 50p!!

## **LETS members**

Sound Bites are now members of Derby LETS (Local Exchange Trading Scheme) which is a network for exchange of goods and services without money! For more info on Derby LETS please call Pam on 721759.

## **Free massage tasters**

We have 2 days coming up of free taster sessions with 2 new therapists!

Barbara Goodall is ready to share with you her love of essential oils and their therapeutic qualities, which, when combined with massage, stimulate the healing power of our bodies, bringing us back into balance. (Sat 27 Oct 10.30-3)

Anne Bramley offers massage and relaxation for mother and baby, and will be using fairly traded olive oil for hand massages. (November, date tbc)

The warm, comfortable atmosphere of our therapy room can be a haven from the tensions of life...time and place to revive and refresh your mind, body and spirit. Book a 20 minute session by calling in to the shop or call 291 369.

## **Christmas shopping..?!**

When the rest of town goes mad in the run up to Christmas, Sound Bites can be a haven! We don't play Christmas music or put up tinsel, but we will have all you need for a veggie Christmas dinner, and a select choice of gift ideas, such as a wider range of the recycled foil Doy bags, charity calendars, interesting books from New Internationalist, and of course lots of lovely things to make up hampers.



**Local / organic fruit & veg**

**Vegetarian lunch options**

**Great value wholefoods**

**Fairly Traded products**

**Eco house & body care**

**Noticeboards & magazines**

**Meeting / therapy room**

# DERBY GREEN DIARY

**Sat 13 Oct - The Future is Green** event, on the day of the parade marking the opening of the new multi-million pound shopping centre, why not come instead to the Global Education Derby (GED) building, for a day of activities and workshops for a more sustainable future. 10am cycle to organic farm at Broomfield College, for activity at 11.30. Opening of event at GED at 1.30, film 'How Cuba survived Peak Oil' 2pm, 3-5pm stalls and activities including apple pressing, seed swop, didgeridoo playing, Intro to Permaculture and Transition Towns, and what do YOU want to see in Derby?.. 5pm Climate Change workshop, and making the meal for all to eat at 6pm!! Cuban music from Juancho plus live percussion and spoken word Bramble St, off Beckett St

**Sat 13 Oct** - Amnesty International collection, on the streets from 9 - 4.30 - badly need more collectors. If you can spare 30-60 minutes please call Anne on 766536 asap!

**Sun 14 Oct** - Find out about Derby initiative to support rebuilding of interfaith brass band in Bosnia, and about Quaker work in Croatia. 2pm Friends Meeting House, St Helens St.

**Tue 16 Oct** - meeting of Derby Campaign Against Climate Change - Building the national and international movement. 7pm, Friends Meeting House, St Helens Street.

**Wed 17 Oct** - Ox-Jam, Oxfam fundraiser, featuring Bellatrix - funk, ska, reggae, latin, hip hop female beatboxer extraordinaire!  
[www.myspace.com/bellatrixbeats](http://www.myspace.com/bellatrixbeats)  
5 Lamps pub, Duffield Road.

**Sat 27 Oct** - Lobby of Margaret Beckett MP, about the Climate Change Bill and the proposed Derby Incinerator (Alvaston or Sinfin). 10.30am, Council House, Derby. For more info see <http://beehive.thisisderbyshire.co.uk/derbyfoe> or [www.foe.co.uk](http://www.foe.co.uk), and the small article overleaf...

**Sat 27 Oct** - 20 minute free taster treatments in Sound Bites first floor room, with Barbara of TimeOut Aromatherapy. 10.30am til 3.30pm. Advance bookings taken at the till or call 291 369.

**Sat 27/ Sun 28 Oct** - Intro to Permaculture course, Hungerhill allotments, Nottingham. Contact [neckiep@hotmail.com](mailto:neckiep@hotmail.com) for details.

**Sat 10/Sun 11 Nov** - 1st of 3 part Full Design Course in Permaculture - an integrated design system that learns from and works with nature. For info visit [www.sarah-pugh.co.uk](http://www.sarah-pugh.co.uk) or call 01246 231915

**Mon 12 Nov** Climate Change Commission meeting, 6pm, Council House. Speaker - Woking Council.

**Sat 8 Dec** NATIONAL CLIMATE MARCH in London. Coach tickets from Sound Bites. £12.50/£8.



Compiled by Sound Bites Grocery, 11 Morledge  
Open Mon-Sat 9.30-6, Sun 11-4

We're very well situated for bus routes into the city centre, but also have the Council Car park just over the road, which is open to the public after 5pm weekdays, and all day Saturdays and Sundays (£1.60 all day Sunday)

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

# Whats New?

## Organic Veg

It's apple season!! We have a variety of local apples (and pears including an unknown variety from a 100 year old tree at New House Farm in Kniveton) as well as other UK apples.

We're still getting amazing huge cabbages from Faith Hope and Enterprise in Kirk Langley as well as lovely local salad bags, chard and spring greens from Kniveton and Awsworth (green leafy veg are a great source of vitamins A, B and C, as well as calcium, iron and zinc!) and of course more root vegetables are back on the scene such as parsnips, swede, and celeriac...

## On the Shelves

**Cards** - we have 12 beautiful designs of close-up vegetables and flowers from local photographer Richard Freestone, and Fair Trade cards will be back soon.

**Booja Booja truffles** are back for the winter season!

**Healthy Start vouchers** - we accept these for fruit and veg

**Organic Herbs n Spices** - we have a good range at great value - if you want any in larger sizes please ask.

**Peace News** - an international antimilitarist newspaper - soon in stock.

**Positive Living** - Positive News the free paper also produce a magazine, subscribing to it supports the paper, please see the copy in the seating area

**Soda Crystals** - to add to the Dri-Pak range of basic cleaning products.

**Single Nappies** - 30p for a 75% biodegradable nappy

## 3 new therapists on our **First Floor**

**Touching the Future** - Relaxation and well being for mother and baby. From planning a baby through pregnancy, birth, and new motherhood. Holistic massage, aromatherapy, facial massage, relaxation, and baby massage. Contact Anne Bramley [anne.lbramley@btinternet.com](mailto:anne.lbramley@btinternet.com) / 01332 775271 / [www.touchingthefuture.co.uk](http://www.touchingthefuture.co.uk)

**TimeOut Aromatherapy**- time and space to revive and refresh your mind, body and spirit, using essential oils and massage to stimulate the healing power of our bodies, bringing us back into balance. Contact Barbara Goodall MIFPA, 01773 824289 or 07936 432 836.

**Aquarius Life Coaching** - to help you with your confidence, self-belief, goals and dreams. Contact Dan or Ruth O'Neill, 0800 043 1471.

Massage / Reiki / Yoga - Dionne Roberts	07724 096861
Fast Phobia Technique - Jane Strange	01332 340740
Psychotherapy - Ambika Erin-Connelly	07960 987622
Shiatsu - Richard Parfett	01332 239692
Reflexology - Nicci Wilson	07968 076155

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 could be used for craft activities, small events and exhibitions, rehearsal space or something else! Please get in touch to discuss any ideas.

## Green Gym

Thank you for all your donations for the lovely fresh produce we get from the Derwent Green Gym, (displayed under the noticeboards) So far they have received £50. If you want to help tend some of the produce, they hold weekly sessions on Tue/Wed/Fri and anyone is welcome. Please call 07805 132368

## Got Apples n Pears?

If you have any fruit to spare why not contact Three Cats Cider, who will be pressing soon, and hope to make all their cider and perry from local fruit. You'll be rewarded with free cider! Call 01332 880041 or email [sue.rogers4@tesco.net](mailto:sue.rogers4@tesco.net)

## Wild Ways

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. And in Derby you don't have to go far. Take the river walk from Bass Rec. to Alvaston Park and you will find an abundance of wild ingredients. Everyone knows blackberries, but less well known are elderberries, hawthorn, rosehips and rowan berries. All are traditional Autumn fare for building resistance to Winter colds, sore throats and flu. As jams, jellies, syrups and robs, they tickle the taste buds as well as boosting the body. A spoonful as medicine or a dollop on your pancake is just what Hippocrates meant when he said "let food be thy medicine".

When reaping the benefits of wild food, there are always cautions. This is a popular dog walk – but luckily berries grow well out of their reach! Specifically: rowan berries should not be eaten raw, but are safe when cooked; haws should not be eaten by anyone taking heart drugs. Otherwise, collect and enjoy the fruits of the wild. The Potions Club Safety Check is, Use wild harvest ingredients only when at least 2 people are absolutely sure the plant is safe to eat, and there is plenty of the plant growing.

[www.potionsclub.com](http://www.potionsclub.com)

# More

## Sturgess Fields

Sturgess Fields is a wild area between Markeaton Street and Kedleston Road. It comprises of 3 fields, a brook and a small wood. Local people have reported sightings of kingfishers, herons woodpeckers, and a variety of other wildlife. Unsurprisingly when Derby University applied for planning permission to build a road across the fields for a new bus service between 2 of their buildings, there was strong opposition to the scheme.

The Friends of Markeaton Brook had been working hard for more than a year to draw the plans to public attention, and as the date neared for the council to decide the fate of the fields local people formed another group 'The Save Sturgess Fields Group', which organised events to bring people together to fight the road, including a timed relay event to demonstrate that a new road was not necessary. (An existing cycle route runs along the edge of the field and students can walk or cycle the route in less than 10 minutes). The campaign became an inspiring example of what communities can achieve when they work together. After receiving literally hundreds of objections to the road, the councillors voted 8 to 1 against granting planning permission. The Save Sturgess Fields group will continue with it's work to protect this precious bit of inner city green space by applying to have the land made a 'town green.' This would protect the land from future plans to develop it. To find out more see [www.myspace.com/sturgessfield](http://www.myspace.com/sturgessfield)

If you've used the land during the last 20 years and would like to support the *Green* application, please email [sturgessfield@yahoo.co.uk](mailto:sturgessfield@yahoo.co.uk)

# news...

## Positive Lifestyles

A new group is starting in Derby called Positive Lifestyles, which will be looking at various practices and activities, including: Simplicity / Sustainable Living, Calming the body, mind and breath, and Visualisation. If you are interested please contact bsulli@hotmail.co.uk

## Get out of town with BTCV

The Derby branch of BTCV, the British Trust for Conservation Volunteers organises regular weekly days out including reed removal, pond maintenance, tree felling, thinning and planting. The activities are open to anyone, please call 348 591 for more info or search for Derby's page on [www.btcv.org.uk](http://www.btcv.org.uk)

## Olive Harvest

Rosemary from Derby's Justice and Peace Group will be joining a tour with Zaytoun, who import the Palestinian olive oil Sound Bites stocks.

The tour will include not just being part of the olive harvest but also give people a chance to see the attitude of Israeli settlers to Palestinian olive grove owners and witness the difficulties of travel between the various parts of the Occupied Territories. They will also visit a date cooperative and an olive oil soap factory as well as seeing the "Security Barrier" - the wall (up to 8m high and ruled illegal by the World Court) that is being built in the West Bank, cutting more into Palestinian lands and separating communities We'll hear back from Rosemary on her return.

## Want an Incinerator?

Incinerators can discourage waste reduction plans and recycling, as they need a minimum of rubbish to operate, they produce more greenhouse gasses than gas-fired power stations, and the smoke, gas and ash they emit can contain dioxins which are a cause of cancer.

## Environmental audit

In May Sound Bites was offered a free Environmental Audit by our Insurance company Naturesave. We were very keen to have this opportunity to get an experts view on some of our practices and find out how we could improve.

We were pleased to get both a glowing report and some suggestions for improvement. We have already implemented some of the smaller suggestions such as slightly raising the temperature of our coldstore, and confirming that none of our organic fruit and veg is air-freighted. Other suggested actions were ways we could lobby our suppliers to improve ie 'enquire whether our main suppliers would consider the use of vehicles that run on fuel other than petrol / diesel.' We have so far approached 2 of our suppliers about using biodiesel (chip fat version) as there is now a fill up point in Derby (Shaftsbury St Sth 613673)

The report concluded: "Rational use is made of energy, which comes from renewable resources and materials and food and non food waste is virtually all re-used and/or sent for recycling. Even members of the public can bring their used printing cartridges and aluminum foil to the store to be sent for recycling. No legislative non-compliance issues were identified. Sound Bites' approach to achievement of it's values is commendable and the benefits the business brings to it's customers are clear to see." Please ask to see a copy of the full report.

## [www.biofuelwatch.org.uk](http://www.biofuelwatch.org.uk)

Biofuel isn't always better - **Biofuelwatch** campaign for regulation to ensure that only sustainably-sourced biofuels can be sold in the EU, rather than biofuels linked to accelerated climate change, deforestation, biodiversity losses, human rights abuses, water and soil degradation, loss of food sovereignty and food security.

## Waste Not

Thankyou for your donations of old mobile phones and inkjet cartridges for recycling, which have raised about £15 so far.

Our waste not tip for the winter is thanks to Normanton Business Advice Unit - if you can, turn down your thermostat one degree and save pounds on your electricity bill! Less heat can also benefit your health!

### No Sweat!

The Vegetable Pedaller fresh produce delivery scheme which runs from Sound Bites has being going for over 6 months, oh how time flies!

Since starting in the spring we've steadily built the scheme up, there have also been some changes :The 8 Freight delivery bike has had an electric motor fitted to give an extra push up the hills, invaluable, especially when loaded up with fruit and veg! Ruth, who secured the funding to set up Veg Pedallers has reduced her committment, but still delivers on a regular round.

The scheme delivers on weekly rounds to Alvaston, Shelton Lock, Sinfin, Mackworth, Stockbrook & Chaddesden and will deliver anywhere within Derby. There's room for more customers so if you know of anyone who struggles to get to the shops and could benefit from home delivery of fresh produce then get in touch. Tel.291369 Nick [cycle@soundbitesderby.org.uk](mailto:cycle@soundbitesderby.org.uk)

## Recipe

### how to sprout

Sprouts are a great way to get fresh food all year round, and once you get into the habit, they're easy to grow!

Just soak a handful of seeds or pulses (eg alfalfa seeds, green lentils or mung beans) in water overnight, then drain, and rinse 2 or 3 times daily for 3-5 days. You can do all this in a jar with some cloth over the top secured with a rubber band, or use a bowl and sieve/strainer. You can even buy a sprouting kit with 3 trays at Sound Bites. We also sell broccoli and radish seeds.

### Free French holiday?

An ex-Sound Bites customer who has moved to the south of France is offering free holidays at his place, with free veggie meals, in exchange for 4 hours work a day helping to do up the building. You can contact Jonathon by emailing [jonathant40@hotmail.com](mailto:jonathant40@hotmail.com), putting 'joncy' in the subject line.

### Thank You

With the end of the term in summer we had to say goodbye to a couple of our old casual staff, Kat and Lily, but now it's hello to Lydia, Helen, and Lori! Also thank you to Patti for all your work over the summer.

## Collections

Many thanks for all the contributions to last quarter's collection by the tills, which raised £63.11 for **Street Shift, an allotment project** worked by homeless people and based near Derby Night Shelter. See photos of the plot on their website at [www.streetshift.co.uk](http://www.streetshift.co.uk) and if you can offer any help or equipment please call Brett on 07795 682890.

This quarter's collection will be split between Derbyshire Housing Aid's Night Shelter who we raised money for last winter, and the local branch of the Samaritans. Both of these services are especially in demand in the wintertime.

As well as taking calls and emails, the Derby branch is open every day of the year from 9am-10pm for visitors, at the bottom of Burton Road, 110. They are also always looking for more volunteers. Info evenings Oct 15th, Nov 8th / 28th. For more details please call 364444.