



Issue 21
July - Sep 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

Shared Ethical Premises?

Sound Bites co-operative grocery are talking to the Ethical Property Company about the possibility of their buying a building in Derby to accommodate our wholefood shop, our current office tenants Sustrans (national cycling charity), and a number of other organisations.

If you are in a charity, co-operative, community or campaign group and interested in sharing premises with likeminded organisations and an ethical landlord, please email us!!

What's in a Veg Box?

You can now find out what's in a typical fruit & veg box each week from the Delivery Scheme page of our website... (and if you need a new recipe or 2 for some unusual veg, try vegbox-recipes.co.uk)

A **huge** thankyou to Unicorn Grocery in Manchester for giving funds towards setting up the home delivery scheme!! www.unicorn-grocery.co.uk

Social Change Library

As of mid July Sound Bites will be running a 'Social Change Library' on Saturdays in the meeting room on the first floor!

(apart from occasional Saturdays when the room is booked out)

You will be able to browse the shelves for interesting books on environmental and social issues, and stay as long as you like. We have chairs and no shortage of food for when you get hungry...

Books are being loaned from people's personal collections (let us know if you'd like to loan any), and also from 'The Basement' social centre in Manchester, as they are currently unable to use their premises due to sprinkler damage. thebasement.clearerchannel.org

We also have shelves at the back of the shop for Bookcrossing, a free exchange of books accessible all week Mon-Sat! You're welcome to sit down and read...

Café Harmony now open!

Derby's new vegetarian café/restaurant on Ashbourne Road is currently open Mon - Fri 10-3, and Sat 9.30-5.30, serving delicious food in a peaceful atmosphere.

Veggie café enthusiasts ought to know too about the new Green Way Café on Snitterton Road in Matlock, www.greenwaycafe.co.uk

Local/Organic Fruit & Veg, & Home Delivery

Sandwiches, Salads and Soup

Great Value Wholefoods

Fairly Traded Products

Eco House & Bodycare

Meeting / Therapy room

Noticeboards & Magazines



Want to help with Apple Day?

Derby's Apple Core group who have organised Apple Day events in Markeaton Park over the last few years, are looking for more volunteers to help with pulling together this year's event for October. Preparations are already underway, and they will be having a meeting on Sunday 7th September for all that needs doing nearer the time. If you fancy getting involved in any way please email Ali on darkymlarky@yahoo.co.uk

Food Security

Everyone has been talking about the price of food lately. Increases have been attributed to unpredictable weather, the rising price of oil for transport and fertiliser, increasing use of crops for biofuels, an increase in demand for food, and even commodity speculation. It is becoming clearer that we are too dependent on insecure global markets, and lack the means to provide for ourselves, we may find ourselves in trouble.

At Sound Bites we have always been in favour of local food, in order to cut energy used in transport, help support local self-sufficiency, and maintain a connection to where our food comes from and the work involved. Now we are starting to think seriously that we should be more directly involved, and growing some of the produce ourselves. It's early days yet, and there are various ways we could do this.

At what seems like just the right time, a Local Food Grants scheme has just begun, so we will be attending the regional meeting in Nottingham in August, along with the Apple Core group who are setting up an organic garden in Markeaton Park. There has even been some discussion with the Derby and Sandiacre Canal Trust about using land alongside the canal, with an eye to transporting food into the city by boat! Watch this space!

13 beer miles!

That's how far our newest organic beer has travelled to get here from Ripley! Amber Ales have taken up the organic challenge and produced a wonderfully hoppy, refreshing Extra Pale Ale. It's an experiment, and selling so well that they are looking at more - so long as there are supplies of organic ingredients. Great news.

A Truly Green Charity

By Sarah Wall of Derby, who has worked as a volunteer teacher in Ethiopia

Many of us are overwhelmed by the number of charities competing for our support. Climate change, poverty and hunger all threaten life. In Ethiopia I have seen some of these problems at first hand. Poverty is endemic. The price of wood for house building is rising drastically and firewood is increasingly difficult to find.

Tree Aid tackles all these problems. It works in the dry lands of Mali, Burkina Faso, Ghana and Ethiopia.

Tree Aid plants trees. It funds training for villagers in forestry, nursery management and seed conservation. Trees improve the environment, maintain biodiversity and help prevent soil erosion. They provide fuel and food, their timber is used in house construction and tree products can be sold to pay for health care or schooling. (Money does grow on trees!) Trees also add beauty to the environment and joy to the spirit. Tree Aid works with local people to make a difference now and far into the future.

Please look for Tree Aid leaflets in Sound Bites or visit the website: www.treeaid.org.uk Donations will make a lasting difference to very poor people. Trees mean life.

AVAAZ - VOICE

"Avaaz" means "Voice" in many languages. Avaaz.org is a global web movement with a simple democratic mission: to close the gap between the world we have, and the world most people everywhere want - stronger protections for the environment, greater respect for human rights, and concerted efforts to end poverty, corruption and war. Avaaz uses email alerts to allow you to join millions of others in targeted or urgent action. Notably, the Avaaz network managed to donate over \$2million within days after the cyclone in Burma, using informal networks to bypass the military who were preventing official aid from reaching the people. **For action on climate change, the Middle East, global justice and more, see avaaz.org**

More news...

Climate change is a top agenda item at the G8 summit in Japan as we go to print, but the leaders of Japan, Canada and the US are again blocking the setting of binding targets. Meanwhile the icecaps are melting. Public pressure has held those in power to account before - to get the changes we need, there has to be..

Grassroots Action on Climate Change:

Local Camp against open-cast coal

A protest camp has been set up on the edge of Shipley Park near Heanor, to oppose the planned open-cast mining of 122 acres by UK Coal. There had been opposition to UK Coal's plans from local groups and the local council, but they were given the go-ahead by the Secretary of State.

As of June a derelict farmhouse has been occupied and treehouses are being built to obstruct the ecological destruction, and to raise the issue that burning more fossil fuels will contribute further to climate change. Cheap oil is running out, but we don't need to turn to coal - there could be more development of renewable energies, as well as reducing consumption of energy.

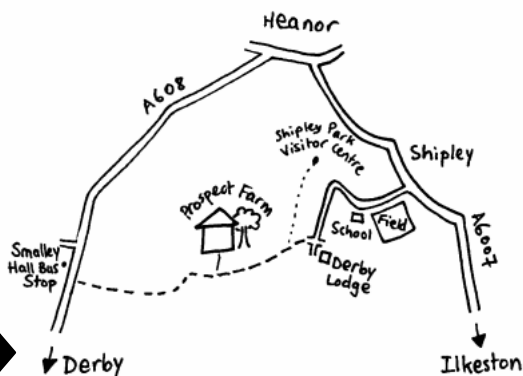
The camp is easy to get to from Derby - anyone can get involved in maintaining the site, or donate food, tools, wood, etc. There are also plans to do leafletting and a petition in the area. If you can help with any of these things or have other ideas, you can get in touch in person or via the contacts below.

The Derby Earth First group meets on the 3rd Monday of the month at the Flowerpot, 7.30pm. (21st July / 18th August / 15th Sep)

07852 460871

www.earthfirst.org.uk/leaveitintheground/

Directions to camp



If you get the H1 bus to Heanor and ask for Smalley Hall, you will be dropped opposite Bell Lane, down which it is a 20 minute walk to Prospect Farm. Alternatively if you are able to transport people/ wood/ water and go in a vehicle, you take the road from Ilkeston to Heanor, and turn off in Shipley to the left towards the Weleda field, go right at Michael House School and then follow road sharp left, then go right at Derby Lodge down a track until you reach the 'heavy plant crossing' newly installed for UK Coal... Look out for a farmhouse with a scaffold tripod on the roof!

Climate Camp 2008

From 3rd to 11th August the third UK Climate Camp will be happening: "10 days for people to gather en masse to work out how we are going to respond to the climate crisis we all face". By many accounts it is an inspiring and empowering event to attend. This year the camp will be located at Kingsnorth near London, as it is the site of a proposed new coal fired power station.

The Camp is organised in neighbourhoods for different regions, each area forming a mini-community with camp kitchen and living space. Derby fits in to the Eastside group, who are meeting in the run up to the Camp to work out how to run this part of the site.

To get onto the Eastside email list and find out when planning meetings are being held contact info@eastsideclimateaction.org.uk

If you are interested in going to the camp for 10 days or even a day, take a look at the Climate Camp website www.climatecamp.org.uk

Whats New?

Organic Veg

At the beginning of July we are just beginning to get in local new potatoes, onions, beetroot, cabbages (including Derby Day from Broomfield College), broad beans, as well as the salad packs and leafy greens like spinach and chard that we keep in the fridge. Expect lots more local delights over the summer!

At this time of year old potatoes which have been stored over the winter are starting to sprout and not so firm. Apples and pears and kiwis are only available from South America, South Africa and New Zealand, so we're focussing on the European fruits available like plums, peaches, nectarines, apricots, melons, and oranges... more to come!

On the Shelves

Saker organic bakery have been coming up with all sorts of new things! Wholemeal scones, chocolate muffins, sundried tomato bread and olive bread, all now in stock!

We have a range of interesting organic spreads from Carleys in Cornwall, from Spinach and Walnut, to Red Onion and Hazelnut!

Billy's Farm cookies, all with no refined sugar, including gluten-free vanilla cookies.

We now stock organic licorice sweets, some of which are gluten-free too!

New in the drinks fridge from Free Natural, we have Sasperilla, Root Beer, and Hawthorn and Elderflower.

New in the organic off-licence section, Scottish Angel Lager, and naturally sparkling French Cider.

In the Household cleaning section, Soap flakes from Dri-Pak in Ilkeston, and more info on what you can use Borax, Bicarbonate of Soda and White Vinegar for, as well as alternative cleaning products to replace the Ecover range as they are no longer approved by the Vegan Society.

Bambo disposable eco-nappies - more biodegradable content than Moltex, and cheaper! They do training pants too.

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 - premlaise@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

Books

The art corner has been replaced by shelving and is now an official bookcrossing zone! www.bookcrossing.co.uk
Bring and take books for free!

Waste Not

Charity Shops..

Lauren's Link, Green Lane

Lauren's Link is a new charity shop on Green Lane opposite the Job Centre. They are raising money for support work with parents and carers of drug misusers in Derby, as well as supporting the rehabilitation of individuals in the criminal justice system in Derby. The shop is looking for volunteers to enable it to open on Saturdays.
www.laurenslink.org.uk Tel: 362744

Magic Attic, at the Spot

The Magic Attic is the bright and funky refurbished Save the Children shop at the Spot - well worth a look in for anyone with kids (or after a present for one). The idea is it's a children themed charity shop selling clothes (maternity too), toys and baby equipment. Some of their stock is new with a few organic and fair trade lines plus lots of very good quality re-used stuff. They've worked hard to make it a really nice place to visit with a play area, talking globe and display wall with info about their current projects. They're also running events such as storytelling sessions.

Save the Children is an independent organisation with no religious or political affiliations and has been campaigning for nearly 90 years for children's rights worldwide. They also have an excellent 50p box from which you can let your child choose a (relatively) guilt-free piece of plastic tat and not have to set foot inside the Westfield!

1 year old and still going strong...

Vegetable Pedallers, Sound Bites' in-house delivery scheme for people with mobility difficulties, has reached the grand old age of 1 and is still the only service of it's type in the country! During the past year we reckon to have pedalled over 1500 miles along Derby's streets taking fresh produce to those who find it hard to get to the shops. We're also starting to take surplus produce for the vegetable bags from Derwent Green Gym, which is only 1.5 miles from the shop...you can't get much more local!

Collections

Thank you for all the contributions to the last quarterly collection, which raised £36.20 for the 'Belper Against Tesco's Superstore' campaign.

The collection from July - August will be to support the protest camp at Shipley Park, opposing the open-cast coal mining of 122 acres. See article inside for more info and directions to get to the camp.

Recipe

Banana and Pear Compote

(another recipe for ripe bananas!)

6 ripe bananas

6 ripe pears

Freshly squeezed orange juice

Cinnamon and nutmeg

Vanilla extract

Dash of lemon juice

Combine all ingredients and cook slowly till all fruit is soft. Blend, cool and eat!

We do stock a few more unusual vegetables like kohlrabi, fennel and celeriac. If you've no idea what these are, or just want some new ideas of what to do with them or other veg, see:

www.vegbox-recipes.co.uk

Solar Panel Fundraising

A few people have asked how we are getting on with the solar panel installation we were fundraising for. Unfortunately the offer of panels was withdrawn after damage to the building they were on, so unless we hear of any more going spare the money will be held for other energy efficiency measures.

Carton Recycling

We have been asked to let people know that you can now recycle paper-based drinks cartons at Raynesway Recycling Centre, as well as various supermarkets.

We've also updated the list of produce that we deliver and customers can now access a full catalogue of products from the shop; see the web site for details. There's currently space on the scheme for more customers, so if you or someone you know struggles to get to the shops and could benefit from a delivery of fresh fruit or veg then please get in touch.

There is no charge for delivery.
Tel 291369 and speak to Nick.
cycle@soundbitesderby.org.uk

DERBY GREEN DIARY

Sun 13 July - TBC Workshop Day at Shipley camp (see article inside) - to include tree-climbing, sustainable living, etc. See www.earthfirst.org.uk/leaveitintheground/

Mon 14 July - Monthly Open Lunch at the Open Centre, Pear Tree Road, Normanton, whose aim is to promote understanding through contact between different communities. Guest cooks: Sound Bites! £3 meal. 12-2pm.

Fri 18 July - Celebration of Derwent Green Gym, and opening of Wildlife Area. Little Chester Allotments, Old Mansfield Rd. 1-4pm. See www.derwentgreengym.org.uk

Sat/Sun 19/20 July - Eastside Climate Action meeting and fundraiser. Join in preparations for the Eastside (inc Nott'm and Derby) neighbourhood area of this year's UK Climate Camp (3-11 Aug, see article inside). Meeting Sat 4pm, fundraiser 1-8pm Sunday (Wholesome Fish and Moonbuggy playing) Sat night accommodation available. Sumac Social Centre, Nottingham. See events diary at www.veggies.org.uk

Mon 28 July - Monthly demo at Rolls Royce Raynesway factory. Peaceful demo calling on RR to refuse to power Trident nuclear submarines, illegal under international law. 12-3pm. Call Alison on 0845 330 3877

Sat 2 Aug - Green Gym Taster Day - Find out what the Green Gym can offer you... (volunteer sessions happen Tues/Weds and Fris from 10-2.30. Call Kev on: 07805 132368)

Wed 6 Aug - Monthly demo at Rolls Royce Raynesway factory - gather to remember Hiroshima outside a factory which is aiding and abetting future such war crimes. 4pm - 6pm.

Sun 3 - Mon 11 Aug - Climate Camp! See article inside for more info, and www.climatecamp.org.uk

15 - 17 Aug - Love Music Hate Racism events, tba, coinciding with national opposition to BNP rally in Derbyshire.

Fri 22 - Mon 25 Aug - Shambala Festival - a wild, creative, low-profile, green and family friendly festival only 45 mins by train from Derby!!! See www.shambalafestival.org

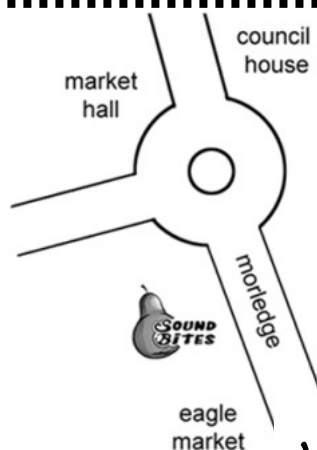
Thu 4 Sep - 'What's it like in Palestine?' Penny Stone will be talking about her time in Palestine. More info from Sue on 01332 840081. 7.30pm, Friend's Meeting House, St Helen's St.

Sat 6 - Sun 21 Sep - Organic Fortnight! 'Love Your Planet, Choose Organic'...

Fri 12 - Sun 14 Sep - Riff Raff Libertalia 2! Locally organised festival, featuring Sound Bites Social Change Library! Anyone who wants to perform or knows some good music types/ wants to run a workshop (of any kind), display art outdoors/ do healings/ make décor/ volunteer with entrance, cafe, sound-teching/ performance, theatre, comedy, PLEASE GET IN TOUCH ASAP! Email soesen@riseup.net

Mon 22 Sep - monthly demo at Rolls Royce, Circus skills demo - bring poi, juggling, stilts, etc and have a circus outside a factory which makes a circus of international law. 12-3pm. Contact Zina on 0116 253 1649 or email zinazelter@yahoo.co.uk for more info.

Sat 27 Sep - Eco-Clothing exhibition by Mig. Plus jewellery, soft furnishings, and wall hangings all from recycled and remnant fabrics. Sound Bites meeting room. Mig also offers a 'Blitz your wardrobe' service, recreating your clothes! - contact her on 362194.



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