



the Nibbler

Issue 27
Jan - Mar 2010

Newsletter of Sound Bites

Derby's independent wholefood grocery
& info space (see map on back page)

A not-for-profit workers co-operative

SEE OUR CATALOGUE on our website: www.soundbitesderby.org.uk

New Facebook

Did you know that we now have a new and improved Facebook page? If you use Facebook, look us up!

Friends of Sound Bites

Sound Bites has always benefited from the invaluable support of many volunteers, from taking recycling and packing wholefoods, to IT support and window dressing - and much more.

For a while there has been an idea of forming a 'Friends of Sound Bites' group to allow more people to get involved in more ways.

Friends could be involved in promotion, fundraising, research - and maybe you have other ideas. If you are interested in getting involved, even if just as an observer at first, we are collecting names and can let you know more soon - we hope to form the group in time for it to apply for some funding in April. Please email to register your interest: ruth.s@soundbitesderby.org.uk

A Big Thank You!

To all the volunteers, new (Beth, Rosy), returning (Kirby), moving on (Jane), and of course the long-standing ones, you're all great!

New Catalogue

Our new catalogue should be online and in print by February.

New Books

New books are steadily being added to the Social Change Library based at Boo on Sadlergate, and the catalogue should be accessible from our website by February.

Room for Hire

For the first time, we are increasing the hourly rate of the room for hire, from £5 to £6.50. Although we don't want to lose the facility, we are aware that it could be earning more income than it does, so we will also now consider applications for hiring it full-time as a studio or office.

Hot Desking?

Our room for hire could even be run along the lines of the Open Space Cooperative in Manchester, where members pay a monthly fee to share part-time friendly office space with other like-minded individuals, instead of working from home. See openspace.coop for more info, and if you're interested in doing something similar here, get in touch with us!

Local/Organic Fruit & Veg, & Home Delivery

Fresh Sandwiches, Salads & Soup

Great Value Wholefoods

Fairly Traded Products

Eco House & Bodycare

Events / Therapy Room

Library, Bookcrossing, Notices & Magazines



Whats New?

Organic Veg

If you're interested in our **in-shop veg-bags** (from £4) or **Home Delivery scheme** (from £10 inc delivery) you don't need to commit to every week, you can have a trial, and fortnightly orders are available. Details of delivery, and our full catalogue are available on our website, or just email home@soundbitesderby.org.uk

With the cold weather we have had a few supply problems, with potatoes getting frozen and salad under 6 inches of snow, but they do say a bit of frost actually improves the flavour of parsnips!

Also in now... gorgeous January King cabbages...

On the Shelves

New in:

- Hempseed is finally back in !
- Great bread and cake mixes in our new gluten-free section
- Conscious Foods - lovely new crackers from small farms in India
- Mondovino crackers for wine, and charcoal crackers!
- Yorkshire punch - herbal drink to warm up on a cold evening
- Benevo veggie cat food - 2kg sack of dry biscuits
- Medicinal Gargle - concentrated mouthwash from Weleda
- New teas from Yogi + Pukka - Rose, Clarity, Lotus, Harmonise..
- More greetings cards - from Marie Drouin, and Hedingham Fair

Coming Soon:

- Eco-Friendly marker pens, wooden windmills and Sound Bites own wooden spoons made from European FSC wood!
- New multisurface cleaning spray - from Dripak in Ilkeston
- Ghanain black soap from Akoma, based in Derbyshire, see www.akoma.com

First Floor Room for Hire

We have space for more people to hire out this lovely room. Standard rate £6.50 an hour (non-commercial rates negotiable). Please get in touch with any queries. Also looking into the possibility of conversion to shared office space - please get in touch if you're interested.

Therapies available

(see web for more info) To make enquiries contact the therapists:

- ◆ **NEW - Reiki**
Call Angie - 07760 152483
- ◆ **Hopi Ear Candles / Shiatsu**
Call Gemma - 07920 096683
- ◆ **EFT / NLP, Bach Flower**
Call Alexandra - 01629 825968
- ◆ **Thai/Indian Massage /Yoga**
Call Dionne - 07724 096861
- ◆ **Reflexology, Reiki, and Champissage**
Call Nicci - 07968 076155



Sound Bites wholefoods

All of the wholefoods (nuts, seeds, dried fruits, pulses, grains and flakes) in our own-label packaging we pack ourselves from bulk. This allows us to sell them cheaper to you than if we bought them ready-packed, as well as make a better mark-up to help Sound Bites finances.

We manage to keep almost all our pack-down prices level with or in most cases lower than wholesalers. If you compare prices locally, we do even better, and for many products are the only local source. Our packaging is also biodegradable.

Correct 16.01.10	Organic Quinoa 500g	Organic Brazils 250g	Organic Raisins 500g
Sainsburys	N/A	£2.69 200g	£2.19
Holl & Barr	£2.99	£4.49	£2.19
Sound Bites	£2.40 also fair trade	£1.95 also fair trade	£2.00

Prices do vary over the year due to various factors including the harvests of different crops, changing demand around the world, and exchange rates. At the moment, we are expecting rice to be going down in price, as well as quinoa, goji berries, and cashews, while pine nuts are going up, as are pumpkin seeds and dates. Red lentils, almonds and peanuts are already down in price.

Soap Nuts for laundry

We are now packing Soap Nuts again into 250g sizes (£3.75) for trialling this amazing product. Soap nuts come from the Sapindus genus of trees, aka soapberry trees. The shell of the nut contains saponin, a natural cleansing substance that has been used for centuries around Asia for both clothing and skin. Just put about 4 shells into a knotted sock inside your washing machine with the clothes, and that's all you need! The shells can be reused 4-6 times, and then simply composted. Great!

Soya Milk Best Buys

We now have on display by the soya milk the Best Buy chart compiled by the Ethical Consumer. Plamil comes out top, as a dedicated ethical company. It was Plamil that first produced soya milk (*Plant Milk*) in the UK back in the 1960's.

More

Food Issues

Following a talk after a recent showing of climate change film 'The Age of Stupid' at the Joseph Wright College, we have been asked to do a session on food issues with an A-level geography group at the college.

Their course is about global food supply, which is becoming an increasingly important topic, as climate change starts to bite and population continues to grow.

Both The Soil Association (our organic certification body) and the Vegan Society have been very helpful in terms of materials and information, as they are both focussing this year on how they can help with food security.

Industrial farming uses huge amounts of chemicals to artificially add fertility, while depleting the natural fertility of the soil. Organic farming ensures that the environment is looked after so that it can continue to produce food. See www.soilassociation.org/foodfutures.aspx

Globally, meat consumption is increasing, using more and more land and water. Veganism promotes food production from plant sources, which uses far less precious resources. See www.vegansociety.com/teach_and_learn

There are also a lot of politics involved, such as the enforced opening of markets in developing countries allowing richer countries with subsidised production to undercut local farmers and decimate self-sufficiency, making people much more vulnerable to disruptions in globalised supply networks.

The QUAD are hoping to show a new film covering many of these issues in March. Look out for 'Food Inc' in their brochure. See foodincmovie.com

Green Teaching

Getting up to date on the issues (above) is one thing, but finding engaging ways of presenting them is another. Alison Fernandez at Global Education Derby had some useful tips - GED have a fantastic new collection of materials which are free to download from green-flag.org.uk, and an Open Day Wed 3rd Feb.

news...

Feed the World

As the discussion of future food security grows, cutting down on resource intensive animal produce is repeatedly recommended as an important part of the solution.

Sound Bites has a wide selection of vegan alternatives (containing no animal products), making it that much easier for anyone trying to alter their diet.

Herbal and Nutritional advice for Vegans

Sound Bites ran a stall at the East Midlands Vegan Festival in Nottingham in December, and opposite us was a stall from Roots, a natural food shop in Sherwood, Nottingham. Ken Dyke, the owner of Roots, is a qualified Herbalist (NIMH) and Nutritionist (BANT) with a real understanding of, and support for, veganism.

They also run a herbal dispensary at the shop, with the biggest range in the East Midlands, and prices less than half those of Bioforce. They run free advice sessions Mon, Wed and Fri 4-6pm (6.45pm on Wed), and Sat 2-5pm. Or you can book an in depth consultation for £40. Roots Natural Foods are to be found at 526 Mansfield Road. Tel : 0115 960 9014.

Vegan Cookery Course for 16-25 yr olds

A funded course for young people will be held on Sat 21st August 2010 at the Vegetarian Society's prestigious Cordon Vert Cookery School in Cheshire. If you know anyone who would be interested, you can find more details at: www.vegetariancharity.org.uk/veganventure.html

Veggies directory

Veggies Catering Campaign based in Nottingham have just updated their directory, a resource for 'networking for humans, animals, and the environment' See www.veggies.org.uk/directory/index.php

Cutting Carbon

Did you know that the soil is a major store of carbon, containing 3 times as much as the atmosphere and 5 times as much as forests? Widespread adoption of organic farming, through building up organic matter in the soil, could remove a considerable quantity of carbon from the atmosphere - at the same time as reducing climate related risks of flooding and droughts. A new Soil Association report highlights this important contribution to cutting carbon which has been largely overlooked - see soilassociation.org/climate.aspx

Ning Network

This site has been created for people to share ideas, events and discussions related to climate change. You can join at derbyclimatexchangeaction.ning.com - find out more about Derby Climate Change Coalition.

Money Reform

The newsletter of James Robertson has been mentioned in a previous Nibbler, as a great resource for anyone interested in a more socially just financial system. The latest issue contained amongst many other interesting items, details of a new campaign called 'Call 4 Reform', aiming to get 1 million people from the UK to call for reform of the monetary system over the next year.

Their one request is that the power to create money is taken away from profit-making entities (the high street banks), and returned to the state. The injustice of the monetary system has a bearing on many other social, environmental and economic problems, as wealth and resources that could be used for public benefit are diverted to private gain. Call4Reform are looking for volunteers to help the campaign, and you can sign up for their newsletter and find more information at www.call4reform.org

Waste Not

Monitor Your Electricity Use

Sound Bites have just borrowed a clamp meter from Derby Central Library, which over a period of 4 weeks we can use to see how much electricity we are consuming, and hopefully find ways of saving some power and money.

It measures total usage from the meter, but by turning different appliances off and on, you can see what uses what. The meters are available free of charge to library members.

Gluten Free Parsnip Cake

Put 100g chopped dates in a pan, just cover with water and heat until they turn to a paste. Mix in 1 tbsp marg or veg oil, then 1 large boiled and mashed parsnip, and 1 mashed banana. In a bowl, sift 150g gluten free flour (eg 1/4 tapioca flour, 1/4 rice flour, 1/4 millet flour), add 1tsp cinnamon, 1/2tsp xanthan gum, 2tbsp dess. coconut, and 1/2tsp bicarb of soda. Mix altogether and put into a greased bread tin, then cook at 350F/180C/Mark4 for 45-50 mins!

City-Zen volunteers?

City-Zen are looking for more volunteers to help run their monthly events. They have been running for almost 4 years, and in that time raised thousands of pounds for small charities and grassroots organisations, whilst hosting a big mix of music, comedy, and arts. If you are interested in helping on the nights, or planning, email city-zen@riseup.net

No Sinfin Incinerator!

The campaign to stop the building of an incinerator to burn 'waste' in Sinfin has been successful!

Incineration can be seen as a quick fix by councils wanting to avoid fines for too much landfill, but there are cheaper, more flexible, quicker to implement solutions which are also safer for us and the environment. See www.foe.co.uk/resource/briefings/lats.pdf for more detail. *There are still plans for another incinerator in Spondon, and there will be a talk in Spondon on 2 Feb, see diary. See Facebook site 'No Incinerator on Sinfin Lane - Our Health Matters'.*

Elvaston Castle petition

Elvaston Castle and Country Park is under threat of sale to private developers with plans to build a hotel, golf course and new roads. The Friends of Elvaston Castle group are appealing for people to sign their petition preferably before the end of January. You can find out more and download petitions at friendsofelvaston.co.uk/update.htm For more info on their alternative suggestions see their home page.

Reclaimed Carpentry

You may have noticed our elegant new fruit stand as you come into the shop - this was custom made for us by handyman Mark Simnett, who is available for many odd jobs including gates, fences, gardening, treework, doors, locks, shelving, and furniture assembly and repairs. He uses reclaimed materials where possible, and we'd certainly give him a good reference. Call Mark on 01332 603787 or 07948 806566. email: marksimnett787@btinternet.com

Collection bins by tills

Thank you for all the contributions to the last quarterly collection, which raised £45.21 for [Street Shift, Derby's allotment project for homeless people](http://streetshift.co.uk). Call 07795 682890 or see streetshift.co.uk for more info.

Your donations until the next newsletter will go towards promotions in [Fair Trade Fortnight](http://fairtrade.org.uk) - possibly an 'Extreme Tea Party' ...!! Join our email list for monthly updates by emailing info@soundbitesderby.org.uk

Thank you to the people who have donated towards the printing of this newsletter.

DERBY GREEN DIARY

For monthly updates please
join our mailing list at
info@soundbitesderby.org.uk

Sun 24 Jan - Climate Camp regional gathering for the North. The movement asks itself 'What Next?' after the failure of governments and elites at Copenhagen to deal with the challenge of climate change. Bridge 5 Mill (MERCi), Ancoats, Manchester. 11-6pm.

www.climatecamp.org.uk/get-involved/national-gatherings/next

Sat Jan 30 - Giant Clothes Swap, free event. 2-6pm, Lonny Wilson Croft Community Centre, Stepping Lane, Derby DE1 1GL. Stylists on hand. Refreshments. www.transitionderby.co.uk

Sat Jan 30 - Making a stove from an old gas bottle! Skillshare at Sumac, Nottm. 10.30-5pm. For directions see www.sumac.org.uk

Sat Jan 30 - Moon and Star gazing with telescopes, The Clockworks, Queen St. 7-10pm.

Tue 2 Feb - Incineration talk by world renowned toxicologist - impacts on health, and the alternatives. Moon Hotel, Station Rd, Spondon. 7.30pm. Tel 727237

Wed 3 Feb - Open Day at Global Education Derby, Bramble St 3-6pm

Sat 6 Feb - Derby community carnival drumming band Calidoscopio celebrate their first anniversary - venue tbc.

Sat / Sun 6/7 Feb - Art Jam at The Clockworks, Queen St. Email theoldclockworks@gmail.com if you want some wall space!

Tue 9 Feb - At What Cost? An eyewitness account of life in the occupied Palestinian territories. 7.30pm, Friends' Meeting House, St Helen's Street, Derby DE1 3GY.

Wed 17 Feb - Seminar on setting up co-ops, Derby Conference Centre, 10-12pm. Call 0777 370 5552 to book.

Fri-Sun 19-21 Feb - MAD weekend (Mapping Alternative Derby).

Events invited on the theme of 'freedom'. For more info see www.mappingalternativederby.org.uk

Sun 21 Feb - DIY day at Sound Bites! Come and help paint/clean/cook and stay for free lunch/supper, morning 10-12pm, afternoon 2-5pm.

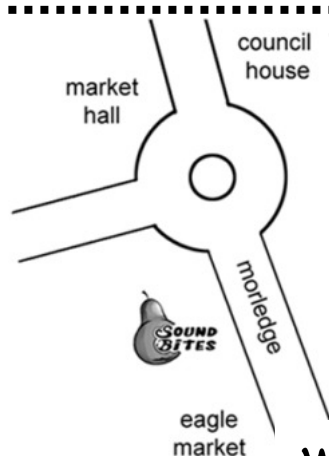
Mon 22 Feb - Fly Your Kite for Peace, Rolls Royce Raynesway, 3-5pm. To demonstrate against Derby's nuclear weapons connection www.rethinktrident.org.uk

22 Feb - 7 March Fair Trade fortnight - look out for events!

Tue 2 March - Fair Trade market at Derby Uni, Ked Rd site, 10-3pm.

Tue 2 March - Nuclear Dangers and the Green Alternative, talk at Justice and Peace meeting, St Marys Hall, Darley Lane, 7.30pm

Sat-Sun 13-14 March - Intro to Permaculture course - design of sustainable human ecosystems. For info call 07960774732 or email maxsalad@googlemail.com



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 is 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 to others in and around Derby. Please email home@soundbitesderby.org.uk or call 01332 291369

www.soundbitesderby.org.uk