



the Nibbler

Issue 29
July-Sep 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

Vegetable Pedallers will continue!

Thanks to a pointer in the right direction after attending the Derby Cycle Forum, we have managed to secure funding to cover most of the fundamental costs of running the Vegetable Pedallers delivery scheme for the next 3 years. Because the scheme delivers to people with mobility difficulties, Derby City Council will support it through it's Older and Disabled People's Groups fund. The shortfall in funds this year may be covered by our sponsored bike ride (which was great! - you can still sponsor us til end July! - see sponsorformsonline.co.uk/veggiepeddler.asp

Belper and beyond

Did you know our home delivery service goes beyond Derby?! We will deliver organic fruit and veg boxes, and general groceries, to Belper, Ripley, Heanor, Ilkeston and Borrowash. Our new paper catalogue is out now, cost price, or online as a pdf - our online shop is due this summer! Driver Chris is also available for other jobs needing a van - call him on 07905 346271.

Yaffle Café Bookshop opening above shop!

Why didn't we think of this before? (Well we were busy!) This August (exact date tbc) a part-time café and bookshop will be opening upstairs, selling teas, cakes, and an interesting mix of books.

Run by James Hately who has most recently been running comedy workshops for beginners, Yaffle Café aims to stimulate your imagination and creativity.

In the run-up to full opening hours, (Tuesdays 11-5, Thursdays 11-9 and Saturdays 11-5) (that's every day with a T in it!) the Yaffle Café Bookshop is currently open just Thursday lunchtimes 11.30-2.30. You can take up lunch from Sound Bites, get a cup of tea upstairs, or just browse the books, both for sale or to borrow, from the Social Change Library. Tell your friends!

Late Night Thursdays

Complementing the late opening of Yaffle Café on Thursdays, we will be trialling late-night opening for the shop on Thursdays too! Join our email list to be informed.

Local/Organic Fruit & Veg, & Home Delivery

Lunch Takeaway & Outside Catering

Great Value Wholefoods

Fairly Traded Products

Eco House & Bodycare

Room for Hire / Hotdesking

Library, Bookcrossing, Notices & Magazines



**SOUND
BITES**

Whats New?

Organic Veg

If you're interested in our **in-shop veg-bags** (from £4) or **Home Delivery scheme** (from £10 inc delivery) why not have a trial? Fortnightly orders also available. Details of delivery, and catalogue are on our website, or just email home@soundbitesderby.org.uk

What's in season: NEW LOCAL SUPPLIER! From South Derbyshire, ridge cucumbers, lettuce, and soon aubergines, tomatoes and peppers! We are also getting occasional deliveries of Derby grown (not organic certified but grown without chemicals) surplus soft fruits.

On the Shelves

New in:

Eating Outside the Box - excellent booklet on what to do with seasonal veg - ways to cook rather than recipes, only £2.75.

Ciders - a good selection of ciders for those summer nights...

Seeds!!! - we now sell Demeter certified organic seeds from Stormy Hall in Yorkshire - suitable to plant at this time of year.

Vegan Mag - from the Vegan Society - now at back of shop.

Tropical Wholefood apricot kernels - (not the medicinal bitter kernels) - natural, tamari and chilli flavours, yum...

Sophie Swindells vegetable cards - vegetable heart, vegetable bike, and dancing vegetables!

Fresh yeast - from Saker bakery - kept in the freezer

PLUS.... **Lots of new books** in the Social Change library - open when Yaffle Café is open (see front page) - including several reference books on current global food issues.

First Floor ☆ whats new?

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. Available Mon/Wed/Fri.

Therapies available

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

- ◆ **NEW - Nutritional and complementary Therapist**

Call Rachel - 01773 608755

- ◆ **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



New bakers needed!

We are sorry to say that Saker bakery will stop wholesaling bread at the end of July due to health reasons (still available from their shop in Hebden Bridge). Luckily they will continue to supply us with the rest of their fantastic range - pasties, cakes, flapjacks, scones & croissants. We are currently looking into supplies from Manor Farm in Long Whatton, and The Loaf in Crich. Ideas have also been germinating for a Community Supported Bakery - if you would be interested in being involved in that, please let us know!

Securing Future Food

Sound Bites member Ruth recently attended the Sustain 'Getting Down to Business' conference on local food, and picked up some useful info. There is an excellent briefing on 'Securing Future Food' covering Agroecology, Climate change resilience, Food Sovereignty, and more, which is available to download from www.ukfg.org.uk/ecological_food_provision.php, or as a reference book in our Library. The UK Food Group are also having a conference on Securing Future Food, Friends House, London, Fri 24 Sep.

Stop Betting on Hunger

The World Development Movement have just launched a new campaign to pressure the UK government to support proposals to regulate and limit bankers speculating on food prices. The unregulated financial markets had a big part to play in the massive price hikes on food in 2007-8 which has led to increased hunger, malnutrition, debt and poverty. Pick up more info and a campaign postcard in the shop or see www.wdm.org.uk/food

French soya

We have learnt that Sojasun (soya yogurts, milk and cream) is made from soya beans grown in south of France. What with Provamel being taken over by an American dairy giant (although their soya sourcing was fairly good - traceable and not from ex-rainforests), we are relieved to be able to offer another good alternative as well as Plamil.

More

10/10/10

Can you think of something that you could do in your community or organisation to contribute to the "Day to Celebrate Climate Change Solutions"?

Could you - insulate a home, plant trees, install a solar panel, start a community garden, or something else, however big or small, to take action to cut emissions?

As well as taking practical action ourselves, the 'Global Work Party' will be used to put pressure on politicians to take action and pass strong climate policies.

Derby 10/10/10 (10th October 2010) is aiming for at least 10 events around the city on October 10th. If you want to talk through your ideas please call Rosy on 01332 293836, or find out more at www.350.org/campaigns/1010. You can register your event on the 350 world map - as we go to print the nearest event is in Sheffield! Lets get Derby on the map!

UK factory farms

Last Nibbler we reported on plans for the UK's biggest dairy farm (for 8100 cows) that were withdrawn due to widespread opposition. There have now been 2 similar scale proposals, including one in Derbyshire for 20,000 pigs. The consultation period for this proposal is now over - over 1500 people objected and await the outcome. Find out more at viva.org.uk/campaigns/pigs/foston.htm. The director of the film Pig Business says 'The message is.. to press politicians (to) protect our farmers against comparatively cheap pork imports so that UK pig farmers are not forced into a down ward spiral of ever poorer animal welfare standards and pollution to compete.' You can watch the film about pig farming at pigbusiness.co.uk

WEA courses

The new brochure for courses with the (WEA) Workers Educational Association starting in September is now out, including for example 'Energy for a power hungry world', Queens Hall, Thursdays 10.15-11.45am. Pick up a brochure, call 291805 or see www.wea.org.uk

news...

What should be cut?

(extract from Red Pepper website - www.redpepper.org.uk/Busting-the-straitjacket)

It's been a remarkably deft manoeuvre. In less than a year, a system-challenging global financial crisis has been turned into a tussle over national bookkeeping. The problem has been redefined as an allegedly unsustainable public debt, rather than an economic recession brought on by demonstrably unsustainable private debt.

The 'hole' in the public finances that has occasioned so much hysteria is the result, not the cause, of the economic crisis. The public sector did not create the hole (that was the work of the banks) and it does not follow that cutting public spending is the way to fill it.

There are, of course, savings that might be welcome but will not even be considered. Getting out of Afghanistan and Iraq, cancelling Trident, ending exorbitant payments to outside consultants, curtailing the number of people we imprison – all these together would go some way to reducing the deficit. Even more progress would be made by increasing taxation on corporate profits and individual wealth.

The fact that such options are being ignored suggests that closing the deficit is not quite the ineluctable, non-negotiable priority its proponents claim. The cuts policy is not a matter of economic necessity but of political choice...

Wholefoods Update

Organic blackeye beans and mustard powder are currently unavailable, our pecans are now organic, cardamom has doubled in price due to low supply, but hempseeds have got cheaper as we can now get them in more bulk.

Co-ops are great

See how Footprint printers explain it! (new printers for Derby City-Zine) www.footprinters.co.uk/co-ops-are-great.html

Call 4 Reform

(extract from James Robertson's newsletter - full version at www.jamesrobertson.com/newsletter.htm)

The UK Coalition Government's Emergency Budget proposals of 22 June ignored a huge potential source of expenditure saving and public revenue - which consists of: the hidden subsidies that we all pay to commercial banks because our governments give them the privilege of creating our national money supply as part of their profit-making business; and the lost money we would be benefiting from if new money was created as public revenue and spent into circulation by the government on purposes that meet public needs. For more ideas on solutions to the financial crisis, see: www.call4reform.org

Bees & neonicotinoids

(summarised from Soil Association magazine Living Earth)

A huge amount of research is being done into the causes of bee colony collapse, but one of the major causes is undoubtedly the spread of industrial farming, with the loss of wildflowers and massive increase of insecticides. In particular it seems that one group of insecticides called neonicotinoids affects bees ability to function and their immune systems.

Neonicotinoids have now been banned in some European countries, and the Soil Association has collected over 20,000 signatures to pressure the UK government to follow suit. They say the most powerful action individuals can take is to support organically produced food where these pesticides aren't used, and a greater diversity of plants and habitats are encouraged.

Neonicotinoids are also present in domestic insecticides available in Wilkinsons, B&Q, Morrisons and Wickes (thiamethoxam / thiacloprid / acetamiprid / imidacloprid) Letters to retailers are available at soilassociation.org/bees.aspx

Waste Not

Glass Jars for preserving

We've started to save glass jars left over from our food prep, so you can use them for jam/chutney/fermenting... If you have any good preserving recipes you want to share, please tell us, maybe we can make a booklet??

Surplus apples or pears?

Call Three Cats Cider!

If you have a tree and think you'll have more than you can use come September, call 01332 880041 or email sue.rogers4@tesco.net. You'll be rewarded with cider!

Rinse Aid - white vinegar

We don't stock dishwasher 'rinse aid' - white vinegar does the job!

29% cycling increase

Due to work promoting cycling with children, Derby has seen a 29% increase in adults taking up cycling in the last 3 years! This is the best result of the 6 cycling demonstration towns in the UK!

Nettle Tea (for hayfever)

We often get asked if we have anything for hayfever - and have just found out that we do!

Apparently nettle tea contains natural anti-allergens, as well as vitamins C and K. You can make tea from fresh nettles (before they flower - so earlier in the year, or cut some down to let them re-grow), home-dried nettles, or teabags from us!

Incinerators refused but appealing the decision...

Despite being refused planning permission for an incinerator in Sinfin, the developers want to appeal, which starts in September. You can come and inform the inspector of any concerns.

Derby PCT have submitted a letter to the Council outlining the already bad health statistics in Sinfin, including low life expectancy and high circulatory disease and cancer. Call 727237 or 07854285978 for more info. See www.foe.co.uk/resource/briefings/lats.pdf for stats.

Walking for Wellbeing

'Enjoying Derby' is a new city/park programme of free guided walks, every Tuesday and Thursday in July and August, plus some evenings and weekends. Call 345966 or see www.derbyshiremind.org.uk/edp.htm

HelpEx

Here's an idea for an unusual, interesting and cheap summer break - like WWOOF, HelpEx is a website listing hosts inviting volunteers to stay with them short term in exchange for food and accommodation. www.helpx.net

Customer Survey

You may have noticed a continental addition to our staff recently - we have a French student with us for 6 weeks, working amongst other things on promoting our snacks to local pubs, and customer surveys - in shop or online - please email us for link.

Facebook request

Can u help Derby climate campaign with facebook? reg_hand@yahoo.co.uk

Collection bins by bills

Thank you for all the contributions to the last quarterly collection, which raised £17.12 for Clockworks Community Garden and Social Centre

Your donations until the next newsletter will go towards Brinsley Animal Rescue, Notts.

See <http://brinsleyanimalrescue.org/> for more info.
Open Day Sun 15 August, see diary!

Did you know we are now on facebook?!
Yaffle Café is too...

DERBY GREEN DIARY

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

Sat 17 July - Mapping Alternative Derby opening event, performances, art, stalls, food and more! Bramblebrook Community Centre, Stockbrook St. 1-6pm.

Sun 18 July - Yaffle Café Comedy night - Eden Gardens Indian Restaurant, Queen St (opposite Dolphin pub) 7.30pm.

Wed 21 July - Groundwork Bike Recycling Project - cheap second hand bikes for sale! Arboretum Park, 2-6pm.

Wed 21 July - The Unbearable Lightness of Entertainment - new comedy night, Wagon and Horses pub, Ashbourne Rd, 8pm.

Thu 22 July - Yaffle Café extended hours for M.A.D. week, 11-5.30pm, above Sound Bites.

Thu 22-Tue 27 July - Peace News Summer Camp - low impact, high participation camping, from only £15 plus £6/day organic food by Nottingham's Veggies - lots of workshops, see peacenewscamp.info

Fri 30 July - 1950's Coffee Morning fundraiser for Chernobyl Childrens Project, Council House, 10am-12. £2.50 includes coffee and cake. Dress up if you like!

Sat 31 July - Working Together for Social Change workshop, 1-6pm, Bramblebrook Community Centre, Stockbrook St. For info contact mappingalternativederby@gmail.com

Sun 1 Aug - Punk gig, with info stalls and Sound Bites vegan BBQ! 4pm - late, The Bell, Sadlergate. £5.

Wed 4-Mon 9 Aug - Earth First Summer Gathering - direct action workshops, to defend the environment - Derbyshire, exact location tbc, earthfirstgathering.org.uk

Sun 15 Aug - Brinsley Animal Rescue centre open day - fundraiser for animal rescue and animal hospital. 10-4pm, Hobsic Close, Brinsley.

Wed 25 Aug - Free Sustrans supported bike ride to Shambala festival (they carry your bags!) - contact davec@sustrans.org.uk

Sat/Sun 4/5 Sep - Riff Raff festival, fundraiser for the Old Clockworks Social Centre and Community Garden project in Derby. More details tbc. oldclockworks.org.uk

Tue 7 Sep - Transition Derby Food Group - 6.30pm, venue tbc, contact info@transitionderby.co.uk

Thu 23 Sep - Vienna Vegetable Orchestra play rare UK gig in Malvern! They make their instruments from fresh veg - look them up on YouTube!

Fri 24 Sep - Securing Future Food- UK Food Group conference, Friends House, London. www.ukfg.org.uk

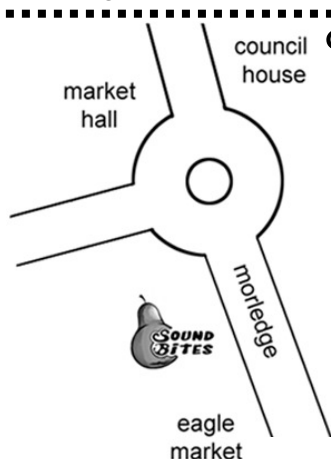
Sun 10 Oct - 10/10/10 - Climate Change action day. See article inside

WE CAN PUBLICISE YOUR EVENTS!

Please email

ruth.s@soundbitesderby.org.uk

- we do a monthly emailout.



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 5.30pm 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