



the Nibbler

Issue 30
Oct - Dec 2010

Newsletter of Sound Bites

Derby's independent wholefood grocery
& info space (see map on back page)
A not-for-profit workers co-operative

With Yaffle Café and Bookshop open upstairs! Tue/Thu/Sat

Order a delivery online at www.soundbitesderby.org.uk/cart

Happy Birthday Sound Bites!

This December 15th it will be 5 whole years since we opened on the Morledge! We will be celebrating with a pear-themed drop in evening on Sat 18th December, from 7.30-10.30pm. There will be hot pear drink, perry, pear pies, and pear related games - all welcome!

New look Morledge

You *may have noticed* a bit of roadworks going on the last couple of months outside the shop..! When that is finished, we are told there will be licenses available for tables on the street, and bike parking right outside! Also, space for scaffolding on Sound Bites as our landlord is replacing the shop frontage.

Vegetable Pedallers

More success for our access delivery scheme, as it has been awarded a grant from Derbyshire Community Foundation. The sponsored cycle ride also raised an amazing £755 so thank you for all the support.

Online Shop Open!

We are delighted to announce that our online shop is now ready for use! Over 1500 items, updated every Thursday. The order deadline is Monday midday for our home delivery round on Wednesday. Go direct to: www.soundbitesderby.org.uk/cart, or follow the link from our main website. We hope you enjoy this new facility!

Late Night Thursdays

At least until Christmas, the shop is now open til 9pm every Thursday, complementing the Thursday eve opening of Yaffle. Please drop in!

Dining Room Eves

On the 2nd Thursday of October we held the first monthly Dining Room evening at Yaffle, which was a great success. A room full of people enjoyed a freshly made Sound Bites organic starter and main course, for just £5.50 a head. If you want to book for the next Dining Room evening, on Thu 11th November, speak to James at Yaffle, or call 07799 815083.

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



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: Winter veg is coming back in - Squashes, swedes, parsnips, turnips, celeriac... all great for roasting.

Also local pears, and lots of lovely UK apples - Bramley cookers, Russet, Cox, Worcester, Saturn and Discovery at the moment... See our vegbox booklet by the veg for info and cooking ideas.

On the Shelves

New in:

Trolleys! It has been said by a customer who's bought one, 'this is the best trolley in existence!...funky, strongly made, light, well balanced, and doesn't drag on the shoulders, even when full. It holds loads...' and it's made by a turtle conservation project.

Earth Pathways diaries & Lunar Calendars - back for 2011.

Other gift ideas - **Michaels biodegradable washing up kit**, £9.50, and our new **Vegetable** and **Fruit A2 posters!** Only £1.50.

Trial sesame free omega mix - for those with sesame allergies. Let us know if this is helpful for you.

PLUS.... **Lots of new books** in the Social Change library, and in Yaffle bookshop - Yaffle Café is open (Tue 10-5, Thu 10-9, Sat 10-5) with **an increasing choice of teas**, latest additions include Rooibos Pear and Cinnamon, and Mint & Chilli...

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. Available Mon/Wed/Fri.

Therapies available

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

- ◆ **NEW**
Counselling
- ◆ **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
- ◆ **Reflexology, Reiki, and Champissage**
Call Nicci - 07968 076155



Zero Carbon Britain

ZeroCarbonBritain2030 is a new report from the Centre for Alternative Technology, which lays out a plan for addressing climate change. By reducing energy demand and increasing renewable energy sources, we can reduce UK carbon emissions to zero.

It is a positive vision which would also create thousands of new jobs. For the summary explaining the report in 10 steps, search 'zero carbon Britain' on theecologist.org (Event in Derby 28 Oct, see diary)

Friends of Sound Bites

The group is now up and running! With quarterly meetings to plan activities for the next 3 months, FoSB have already done a stall at World Mental Health Day, and will also be at Apple Day on Sun 24th Oct. Other plans include seeking funding for samples at stalls, helping with DIY days at the shop, and organising social events. The next meeting is on Sat 6th Nov at the Dance Centre café. Please email ruth.s@soundbitesderby.org.uk if you are interested.

Wholefoods Update

Several prices have just gone down, including organic Italian short and long grain brown rice down from £2.20/kg to £1.95/kg, organic pumpkin seeds down massively from £8.45/kg to £6.40/kg, and red lentils down from £2.60/kg to £2.35/kg. Iranian Select dates have been temporarily substituted by Tunisian, due to the worst crop on record, and apricot prices remaining high as severe frosts in April/May killed many flowers, halving the crop.

Soya Milk update

Now that we have established several alternatives to Provamel litre cartons of soya milk, we are discontinuing the orange, blue, red and green cartons. This is due to Provamel's takeover by US dairy giant Dean Foods. We want to continue to support alternatives to industrial animal exploitation, which is why soya milk was developed in the first place. Keep an eye out for alternatives to Provamel's other products.

More

Derby People's Kitchen

A new monthly community meal event has been set up, with the aims of bringing people together through food, and providing good value, wholesome meals. The 2nd event will be at the Big Draw HUB, 48 St Peter's Street. The idea is to move venue each month to reach different people and communities - if you have an idea for a venue please get in touch. The People's Kitchen takes place on the last Monday of the month, from 6-8pm, £2 per plate. If you can help by donating home-grown surplus, or cooking, email derbypk@rocketmail.com

M.A.D. web

M.A.D. stands for Mapping Alternative Derby, and is a network to promote and connect alternative organisations and ideas. M.A.D web is a new online forum for groups to communicate and announce activities, with a calendar of events. You can log on as an individual or group, at madweb.org.uk. Under the calendar you can click on day or week to view.

Sturgess success

The planning inspector's report has finally been released for the future of Sturgess Fields, owned by the University of Derby, but used for over 20 years by local people. The controversy heightened in recent years as plans to build a road through the fields were opposed by residents, who then launched a campaign to register the fields as a Village Green. The report has granted Village Green status for 2 of the 3 fields, which means they cannot now be developed on and will remain a public resource.

Carnival Brass & Dance

Derby's Calidoscopio Drummers are now joined by Carnival Brass and Carnival Dance! The brass group meets twice a month (07968 126 325 / brass@kaleidoscope-music.org.uk) and the dancers weekly (07877 428 734 / dance@kaleidoscope-music.org.uk)

Derbyshire Eco Centre

The first adult community education centre in the country built to promote sustainability skills. Near Wirksworth. www.ecocentreexchange.org.uk

news...

The People's Charter

The People's Charter is a nationwide organisation to fight government cuts and defend jobs and services. There is a local group starting up, already organising events and meetings (see diary 5 at 23 Oct). To find out more email billgreenshields@tiscali.co.uk

Climate Debt

The World Development Movement says 'The worlds poorest people are suffering disproportionately from climate change. Failing crops, loss of access to water and increased diseases are destroying people's lives.

As one of the biggest historical and current emitters, the UK owes a massive climate debt. But the UK is currently giving a large percentage of climate funds as loans, which will lock the world's poorest people into further unjust debt'. See www.wdm.org.uk

Carbon Trading

Carbon trading is not delivering the promised emission reductions, and is in many ways counter productive, funding environmentally damaging projects and allowing corporations and countries to avoid their legal and moral commitments.

For more info read 'A Dangerous Obsession' available on the Friends of the Earth website or in the social change library in Yaffle Café.

Stand-Up Comedy

Total newcomers free stand-up courses - free, friendly, fun and a great way of meeting new people in a relaxed environment - perfect for getting started in stand-up. If you are interested speak to James at Yaffle Café (above Sound Bites), email yafflecafe@gmail.com or call/text WudWud on 07966 659223.

A Women's Space

A Women's space has been set up, which will develop as the group decides. For more details email awomensspace@gmail.com

Pesticide Action

Despite the increase in people supporting organic growing, pesticide use continues to grow year on year. According to the Pesticide Action Network, 'it costs £100 million every year for pesticides to be removed from the water supply in the UK', and 'pesticide poisoning kills 20,000-40,000 farmers each year in the developing world, where pesticides also lead to crippling debt and devastate local environments.' For more info or to support their work, see www.pan-uk.org

Farm Crisis Network

The Farm Crisis Network is a support organisation for farming people in the UK who are facing difficulties. Farmers are among the most at risk occupational groups for suicide. Calls to their helpline have risen by over 60% in the last 3 years. For more info see www.fcn.org.uk

Heritage Seed Library

The Heritage Seed Library is run by Garden Organic (previously known as the HDRA), and directly ensures the survival of endangered vegetable varieties, contributing to a reverse in the decline of genetic diversity caused by EU regulations and market forces. It is a living library, and you can join for £2 a month, which will allow you to choose 6 varieties of historic and heirloom seed varieties to grow and share. For more info see www.gardenorganic.org.uk or call 02476 308210.

Fruit & Nut Trail

Proposals are at an early stage for planting fruit and nut trees along the cycle route from Bass Rec to Alvaston Park, or possibly up to Elvaston Castle. Two workers from the Derby office of Sustrans, the sustainable transport charity, are in discussion with other local groups including Apple Core, Derby Cycling Group, Transition Derby and Wild Derby, and are looking for sponsors.

Waste Not

Compost Caddies

We now stock small lidded containers for collecting your food waste in your kitchen.

Compostable bags also in stock.

Saving soil nutrients..

Bare soil in the garden over winter can lead to nutrients leaching out and soil compacting due to heavy rains. You can either sow a green manure, winter crop, or cover with cardboard held down with branches or stones. If you do want card, we always have plenty!

Food Inc DVD callout

Several copies of Food Inc were loaned out earlier this year, if you have one could you return it for the social change library?

Group Zig Zag

Did you know if 2-5 people are travelling together, you can get a ZigZag group ticket for Trent Barton buses all day for only £9! Zig Zag is valid to Nottingham.

Apple Appeal

3 Cats Cider are still taking surplus apples - please call 01332 880041 or email sue.rogers4@tesco.net

Bread and Jam

Sounds nice - you can make your own! We were going to put a recipe for making your own pectin in here - it won't fit! - but you can find it on the internet.

And for the bread, you can add extra crunch with toasted hemp or poppy seeds (yes we have a glut!). To toast hemp seeds just dry fry them in a pan for 5 mins, tossing them for an even heat.

Veg for People's Kitchen?

The People's Kitchen (see article inside) aims to provide cheap community meals, and has already been supported by allotment holders donating veg. If you can help, please call Ruth on 291369.

Energy Efficiency Grant for small businesses

Groundwork Derby & Derbyshire are administering a grant scheme for energy efficiency measures for small businesses. Call 01773 539 426

Head Massage Tasters

Derby Age Concern on the Morledge is hosting monthly taster days for Indian head massage, raising money for their services. To book please call 343232. Only £5.

Green Man with a van

Sound Bites driver Chris is available for jobs needing a van - please call him on 07905 346271.

Mass Catering

After catering for a few weddings and other events over the summer, we've now done our second mass catering, making packed lunches for 390 people for the Development Trust Association national conference which was held in Derby's Assembly Rooms in September. We then went on to make soup for 95 people at a Transition Derby event on the same evening! For more info see our Enquiry Form available to download from our website.

The ParsnipShip

The ParsnipShip is a franchise for cooking and selling vegetarian and vegan food at farmers markets. See www.theparsnipship.co.uk

Collection bins by tills

Thank you for all the contributions to the last quarterly collection, which raised £38.18 for [Brinsley Animal Rescue](#)

Your donations until the next newsletter will go towards a [free Christmas Meal](#) to be run by the Derby People's Kitchen, which will be discussed with Derby's homeless organisations. If you can help with this event, please contact Ruth on 291369.

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

DERBY GREEN DIARY

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

Whole of October -
The Big Draw
(www.derbybigdraw.co.uk)

Sat 23 Oct - Derby People's Day - stalls and info highlighting what is at stake with the sweeping government cuts. Market Place, 12-3. Followed by a People's Charter meeting, Silk Mill pub, 3-5.

Sat 23 Oct - Draw a Comedian event, at the Big Draw HUB, 48 St Peter's St. from 7.30pm.

Sun 24 Oct - Apple Day, Mundy Play Centre, Markeaton Park. 11-4pm. Featuring apple foods, apple games, apple trees, even an apple pie competition! Call 331815.

Mon 25 Oct - Tea for 20p @ the Big Draw HUB, 48 St Peter's St. 10-3pm. Tea by Sound Bites.

Mon 25 Oct - 'Cut Trident, Create Green Jobs', demo at Rolls Royce, Raynesway. 3-5pm.

Mon 25 Oct - People's Kitchen community meal at the HUB, 48 St Peter's St, 6-8pm. £2/head.

Thu 28 Oct - Zero Carbon Britain, Joseph Wright Centre, 7pm for 7.30 start. Presentation and discussion. See article inside.

Fri 29 Oct - Derby Animal Rights film showing on foxhunting. West End Community Centre, by Britannia Mill. 7pm. £1 entry. Cakes and snacks for sale.

Sun 31 Oct - Mapping Alternative Derby Open Space popular education event, Clockworks social centre. See madweb.org.uk

Tue 2 Nov - 'Three months in Palestine: observations and conclusions' presentation by Mike. Free event 7.30pm. Preceded by middle eastern meal raising funds for the Vision Arts Centre in the West Bank. Suggested £5. St Mary's Parish Centre. 6.30pm

Thu 11 Nov - Dining Rooms November, Yaffle Café. £5.50 per person. 7pm. Please book with James at Yaffle/ 07799 815083.

Thu 25 Nov - Games night at Yaffle Café (last Thu of the month) til 9pm

Mon 29 Nov - People's Kitchen meal, venue tba. 6-8pm. £2/head.

Sat 4 Dec - Climate Change march, London. Transport will be arranged from Derby, and tickets should be available from the shop.

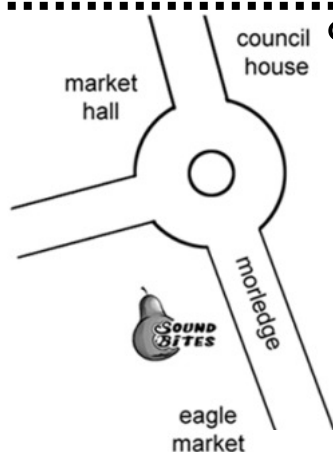
Thu 9 Dec - Dining Rooms December, Yaffle Café. £5.50 per person. 7pm. See 11 Nov.

Sat 18 Dec - Sound Bites 5th birthday pear-themed drop in! Pear related food, drink and activities, at the shop, 7.30-10.30pm.

Mon 20 Dec - People's Kitchen Xmas meal, venue tba. 6-8pm.

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 (Thu til 9pm)

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