

# the Nibbler

Issue 32  
May - June 2011

## 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 & Bookshop upstairs! 12-5 Mon-Sat (meal nights Thu)**

**Order a delivery online at [www.soundbitesderby.org.uk/cart](http://www.soundbitesderby.org.uk/cart)**

### Office Share

Due to staff changes in the Sustrans office on our 3rd floor, we have 2 desk spaces that may be available for rent to likeminded people. Please apply to [ruth.s@soundbitesderby.org.uk](mailto:ruth.s@soundbitesderby.org.uk)

### 'Making Local Food Work' support

We are currently undertaking a programme of support through the Plunkett Foundation. This will involve reviewing and business planning of our catering and delivery services, a visit to learn from the Ecoworks project in Nottingham, and a feasibility study of the future possibility of growing produce ourselves.

### Derbyshire Community Foundation funding

The Vegetable Pedallers scheme (delivering to people with mobility difficulties) is now also partially supported by the DCF. Thank you!

funded by

Derbyshire Community Foundation  
For Derbyshire for good



### Online Favourites

Our online shop now has the facility to remember your previous purchases (when you log in), making it even easier to get what you want.

### Survey Results

In our online survey last year we asked for comments on the shop, and hope we have now been able to address the main points:

People said more space and less clutter would be good - the new shop front has helped with this.

People said they'd like a café - Yaffle Café is now open every day!

People said they'd like more deals - we now have more deals!

### Yaffle Meal Nights

Yaffle Café is now open Mon-Sat 12-5pm, plus Saturday mornings from 9.30am for breakfast, and Thursday evenings 6.30-8.30pm for delicious meals - main course only £4.50! Freshly made from organic ingredients. If you'd like to reserve a place call James on 07799 815083.

Local/Organic Fruit & Veg, & Home Delivery

Lunch Takeaway & Outside Catering

Great Value Wholefoods

Fairly Traded Products

Eco House & Bodycare

Room for Hire / Regular Events

Library, Bookcrossing, Notices & Magazines



# Whats New?

## Organic Veg

### What's in season:

The word 'spring' in the name is a clue for some things, like spring greens and spring onions. Also, get your asparagus and rhubarb while they are here! Lots of lovely lettuces in the fridge too...

Don't forget we also sell seeds for you to grow your own.

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 in the shop, or on our website, (now with online shop) or email [home@soundbitesderby.org.uk](mailto:home@soundbitesderby.org.uk)

## On the Shelves

### BODYCARE

### New in:

- New bodycare products from Rawganic and Bentley Organic
- Biona Coconut oil even larger! Now in 800g jars for £12.89

### IN THE FREEZER and LOCALLY MADE!

- Delicious frozen meals from Orange Peel - cashew and ginger casserole, curried butter beans, and tofu surprise.
- Veggie 'tamales' from Rico - corndough filled with pinto beans, onion, chillies & spices and steam-boiled in a leaf wrapper!

### ALSO FROM ORANGE PEEL

- gluten free cake, cashew milk, sweet cashew and raisin spread... and more samples to come!

### NEW LOCALLY MADE BREAD TO ORDER!

- A local couple from Poland are now making their excellent sourdough rye bread for sale! From May you will be able to order either 400g or 500g loaves. They are best eaten about 2-3 days after they're made, but can last up to 3 weeks!

Open Mon-Sat 12-5, plus Sats from 9.30am, and Thu meal nights 6.30-8.30pm

## Meal Deals

Yaffle Café are giving away vouchers for meal nights as if it wasn't cheap enough already! Pop up and see James or Melody and ask for one!

## Bookshop

Don't forget Yaffle runs its own eclectic little second-hand bookshop - if you have books to pass on, consider donating to help support this little gem!

## Facebook 'page'

Yaffle is deleting its profile in favour of a 'page' which is more user friendly for establishments. Check it out: [www.facebook.com/yafflecafe](http://www.facebook.com/yafflecafe)

## Social Change Library

The library now has 2 regular volunteers, working on an up to date online and paper catalogue and a newsletter, and taking the library out to more events. There's loads of new books, and a membership scheme imminent...

**Join Yaffle's new facebook page to stay in touch!**

## Room for Hire and Therapies

The room is also available for hire while the café is not open, for meetings, workshops, exhibitions, and therapists, standard hire rate £6.50/hr. (Mon-Fri 8.45-11.45am, and 5.20-6.20pm except Thu) Evenings and Sundays may be possible by arrangement. To make an enquiry, (or for therapists details) please see website or contact us.

## Wholefoods Update

Despite food prices in general rising, some of our wholefoods have just gone down: organic cous cous is down to £1.40/500g, or £2.50/1kg, and organic pinenuts are down to £3.35/100g.

Regarding pinenuts, there has been news about a sensation called 'pinemouth', due to mixing in of inedible pinenuts to some supplies when the price rocketed last year. Our supplier Infinity Wholefoods have assured us they only buy from suppliers on the FSA approved list, and that this problem was more present in the smaller grade of pinenuts which they do not sell.

Due to customer requests we are again stocking red rice and roast buckwheat, but unfortunately red quinoa is still unavailable.

## Japanese products

We recently had a customer query about the safety of products from Japan after the nuclear emergency.

Clearspring, who specialise in Japanese foods including the sea vegetables and miso relish which we stock, have put out the following info on their website:

'There are measures in place both in Japan and in the EU to ensure that all products exported from Japan meet stringent safety regulations. All products originating from defined regions around the Fukushima nuclear plant have to be tested prior to departure to ensure they are safe for human consumption. On arrival at a European port they will be subject to additional checks including random testing.

After asking our suppliers how best we can support them, the overwhelming response has been by continuing to stock and sell their products. Only in this way can they recover from the damage of the tsunami devastation. We thank you for your continued support in making this possible.'

They also say that their current stocks are all from produce received before the March 11th earthquake, but they are now facing a possible shortage of wakame as stocks were destroyed by the tsunami.

# More

## Red Tape Challenge and 38 Degrees

The government have posed a Red Tape Challenge, saying they want to "free up business and society from the burden of excessive regulation".

But, included in the list for review are the UK Climate Change Act, National Parks Act, Clean Air Act and the Wildlife and Countryside Act.

Greenpeace and Friends of the Earth amongst others are clear that these are important laws, and not to be dismissed as 'red tape'.

'38 Degrees' is a web-based pressure group which played an important part in turning round the plans to sell off the national forests. Now they have an online petition to protect these laws which protect the environment. Go to

[38degrees.org.uk/campaigns](http://38degrees.org.uk/campaigns) to sign the petition and find out more.

## Sound Bites Mailchimp!

A member of 'Friends of Sound Bites' has set up a Mailchimp list for us! This means anyone who is interested in helping promote/support Sound Bites, for example helping with stalls/ events; doing research/fundraising/ DIY etc, can join a mailing list to hear about opportunities for volunteers.

Just go to: <http://eepurl.com/dwB4f>

## Free First Aid courses

The Red Cross are running free 2 hour Everyday First Aid courses in Derby in May. Wed 4 May, 7-9pm at Derby Central Library, and Sat 14 May, 10am-12, at the Derby Red Cross Centre, Liversage St. To book a place email [cgoodwin@redcross.org.uk](mailto:cgoodwin@redcross.org.uk) or call 0844 412 2729.



Like football?  
Why not try the friendly footy kick-about, open to all, every Sunday - see diary. [derbybreaks@yahoo.co.uk](mailto:derbybreaks@yahoo.co.uk)

# news...

## One Straw Revolution or the Fukuoka/Bonfils method

By Ruth Strange

One Straw Revolution is the title of a book written in 1975 by Masanobu Fukuoka, a Japanese farmer who over decades of experimenting developed a very efficient method for growing grains with minimal input.

Inspired by this book, and after a bit of web-searching, I managed to find a couple of projects in the UK where people are trying to adapt this method for our climate.

The basic method is to sow a permanent cover of a 'green manure' such as white clover, and return all the straw to the ground after harvest to improve soil fertility, avoiding need for artificial fertilizers. Sowing of new wheat before the harvest of the old wheat gives the young plants a headstart on weeds which come up after harvest, so there is no need for constant weeding or herbicides.

Heavy machinery is not needed either, which cuts money, fuel and soil compaction. The soil fertility and structure improve year after year, rather than the depletion you get with chemical farming, and the yield equals or exceeds that of conventional farming too.

I am planning to visit the 2 projects I am aware of in the UK, and possibly then conduct trials near Derby. If you are interested please contact me on [ruth.s@soundbitesderby.org.uk](mailto:ruth.s@soundbitesderby.org.uk)

## WWOOF tales

'Spent a lovely few days in the sunshine near Macclesfield last weekend... found an opportunity through the WWOOF forum (World Wide Opportunities on Organic Farms) hosted by LILI (Low Impact Living Initiative), to stay on a smallholding, help in the vegetable and soft fruit garden in the mornings, and have afternoons free for walking etc. Great food & gypsy caravan. Hope to go back in the autumn/winter to help with hedgelaying!' [wwoof.org/links.asp](http://wwoof.org/links.asp)

## Derbyshire Eco Centre

Derbyshire Eco Centre is Derbyshire County Council's new adult education centre, near Wirksworth. They are running a variety of courses from craft and heritage construction skills (including DIY for women, Green DIY, building in stone, lime renders and heritage roofing), to new technologies (including solar hot water, and self-build), coppice crafts (including hurdle making and pole lathing), textile skills (including embroidery and spinning), ceramics and more!! See events in diary (25 June open day), or [derbyshire.gov.uk/ecocentre](http://derbyshire.gov.uk/ecocentre)

## Exotic Midlands

'Garden Organic' are running a project to capture the knowledge of growers of non-traditional crops in the UK - they want to make the seeds and the skills available to pass on before they are lost. If you are interested in becoming a 'Seed Steward', they can provide training and support to help you take part. Call 02476 217738 or email [sowingnewseeds@gardenorganic.org.uk](mailto:sowingnewseeds@gardenorganic.org.uk)

## Agroecology not intensive farming

"Defined as 'applying ecological concepts and principles to the study, design and management of sustainable agroecosystems', agroecology received a significant boost last year when an expert group convened by the United Nations concluded that 'the best option' was not to farm more intensively but to adopt more environmentally friendly practices." *Farming Online*

In March The UN Special Rapporteur on the Right to Food presented a new report "Agroecology and the right to food" before the UN Human Rights Council. Based on an extensive review of recent scientific literature, the report demonstrates that agroecology, if sufficiently supported, can double food production in entire regions within 10 years while mitigating climate change and alleviating rural poverty.

# Waste Not

## Recycling toners

As well as mobile phones and inkjet cartridges (except Epson), we now take laser/toner cartridges for recycling.

If you or your workplace uses the large toner cartridges and they don't get recycled already, please bring them in as it also helps raise funds for us. NB. We can only take first-time used toners, not ones that have already been refilled.

## Empties for refills please

We have always done refills of washing up liquid, laundry liquid and fabric conditioner - we are now planning to move entirely to selling refills, and packing more ourselves, eg laundry powder. We will be buying 25 litre drums and sacks in bulk and each litre or kilo will work out at least 20p cheaper for you to buy.

The idea is that people would always bring us an empty bottle when they get a refill, but we do need extra empties to get going, so please bring in any you have.

## Energys share fund for renewable energy

Energys share is a fund over the next 3 years to support community renewable energy projects (energy efficiency or energy generation) which can demonstrate a wide range of support. 'Community' can refer to schools, hospitals, streets etc. For more info please visit [www.energysshare.com/fund/about-applying/](http://www.energysshare.com/fund/about-applying/) The current round of funding is open until 31 May.

## Small Ads.....

### Green Man with a van

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

### Stripey Line Stitchery

Ali, who has worked at Sound Bites since we were in the market hall, is now focussing on a new venture called Stripey Line Stitchery.

She makes a variety of tailored items from recycled fabrics, including commissions for patchwork quilts, instrument bags, and beautiful items for children including bunk-bed curtains. You can see samples on her website, which will be up in May, at <http://stripeyline.moonfruit.com>, and later in the summer she will be showing some of her work in the shop.

For more info or a quote, please contact [stripeyline.stitchery@yahoo.co.uk](mailto:stripeyline.stitchery@yahoo.co.uk)

### Veggie Guide UK north

On sale in the shop! Includes us!

### Small ads in the shop

Please take advantage of our new classifieds board in the shop for car share / house share notices etc...

### No bake lemon Cheesecake

Melt 175g marg and mix 350g crumbled biscuits into it then press into a flan tin.

Slowly heat 450ml water with 3tbsp golden syrup and 50g cornflour. Stir well till boiling, then reduce heat and it will thicken. Add one pack silken tofu and the juice and rind of 2 lemons, then blend til smooth. Pour into the base and chill!

### Collection bins by bills

Thank you for all the contributions to the last quarterly collection, which raised £60.80 for the Meynall Langley Community Orchard. The idea is for it to purchase some cider apple trees.

The next collection, until mid July 2011, will be towards Swap Tears for Smiles, who support women and children who have fled from domestic violence and are staying in a Derwent Living hostel in Derby.

Did you know we are on facebook?!  
Yaffle Café is too... just moved from the old profile to a new page...

# DERBY GREEN DIARY

For monthly updates please  
join our mailing list at  
[info@soundbitesderby.org.uk](mailto:info@soundbitesderby.org.uk)

Please check with organisers

**Wed 4 & Sat 14 May** - Free First Aid courses - see article inside.

**13-15 May** - Bearded Theory festival, Kedleston Hall. Tickets £70. Call 08432 081835.

**14-15 May** - Taking Control Of Our Lives - Midlands gathering - workshops, discussion, action planning. Birmingham - Friction Arts, 79 Cheapside, Deritend. Kids space, vegan food, crash space - £4 donation. Live music Sat night. Call 07582 734713.

[takingcontrolwestmidlands.wordpress.com](http://takingcontrolwestmidlands.wordpress.com)

**Wed 18 May** - March on pensions, London. Coach tickets for women over 50 from Age UK, Morledge.

**Thu 19 May** - 'Photography and Social Media: can Twitter change the world?' a hands-on evening, bring your laptop. 7.30pm, Brewery Tap Pub. Organised by Derby50kClub

**Sun 22 May** - Nottingham Green Festival - Nottingham Arboretum Park. 12-6pm. Veggies food.

**23-29 May** - National Vegetarian Week. [nationalvegetarianweek.org](http://nationalvegetarianweek.org)

**Tue 31 May** - An Evening with Tony Benn - 'expect frank responses and entertaining political anecdotes', £14. Derby Theatre, 7.30pm. Call 255800.

**Wed 1 June** - Public Meeting on the Energy Bill - speakers Chris Williamson MP, someone from 'Stop Climate Chaos', and VP of Ramblers Association. Details tba.

**Fri 3 June** - Cabaret Against the Cuts - a multimedia show of music, comedy and video by Banner Theatre. 7.30pm, £8/6. Derby Dance Centre. Tickets: 370911.

**8/9 June** - Making Projects Sustainable - people, environment, finances. Derbyshire Eco Centre, call 01629 533038.

**10 June** - Potions Club summer workshop - gather and make your own potions - 10.30 Atlow Mill, 2pm Derbyshire Eco Centre. Call 01629 533038 to book.

**Sat 25 June** - Sustainable Building Fair 11-4pm, Derbyshire Eco Centre, Wirksworth. Call 01629 533038.

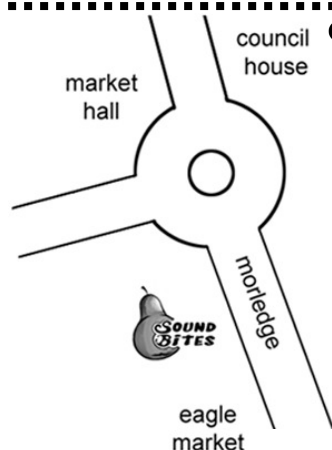
**Wed 6 July** - Mark Thomas gig - 'Extreme Rambling' - his time in the West Bank. 7.30pm, Derby Theatre.

**Sun 17 July** - Belper Food, Real Ale and Craft festival. 80 stalls and a variety of musicians and dancers!

**Skillshare** - Every Thursday from 4pm at Nottingham's Sumac Centre. Free meal and social club bar from 7pm.

**Friendly Football Kickabout**  
Every Sunday 10-12, Arboretum Park  
No kit, no £'s, open to all!

WE CAN PUBLICISE YOUR EVENTS!  
Please email  
[ruth.s@soundbitesderby.org.uk](mailto:ruth.s@soundbitesderby.org.uk)  
- we also 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](mailto:home@soundbitesderby.org.uk) or call 01332 291369

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