



# the Nibbler

Issue 37  
July - Sep 2012

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 & Fri)**

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

## ***Sounds* Bite Derby..**

Derby DJ Perry Jackson is going to be playing some of his own ambient tunes right here in the shop on a Thursday late opening soon - so if you want a unique shopping experience (refreshments also available) keep your ears open. Yaffle Café is also open for meals on Thu eves, last orders 8.30pm.

## **More on Yaffle Menu!**

Yaffle Café above the shop has just acquired planning permission to switch from a retail premises to a food premises, which means they will be able to expand their menu!

While at the moment you can get soup and toasties during the day (classed as snacks) - soon you will be able to get more of a meal, similar to their international meal night events. (see Nipper inside)

Keep your eyes out, cos this is great food made from great ingredients (from Sound Bites!) - it is unique - the only café in Derby specialising in freshly made foods from organic and fair-trade ingredients, and all suitable for veggies and vegans too.

## **Real Food Fair (October)**

Inspired by a new film called *Planet*, all about how a plant-based diet is good for you and the planet, we decided to put on an awareness raising event in October. There will be stalls, workshops and films. It's still in the planning phase - if you want to contribute let us know, and keep your eyes out for more info nearer the time!

## **Delivery now Thursdays**

In line with our main veg supplier Eden Farms changing their delivery day to reduce mileage, we have moved our home delivery day to Thursday. Double bonus is this ties in better with other suppliers too, so chilled products and fresh real bread can come straight out to you. See our online shop for prices!

## **Pedal Power!**

It's great to have the Sustrans office in the building too. We get to hear about all the exciting bike projects going on in Derby - like the new 5-bike generator just made in Derby that will be used to power several events this summer - see diary!

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



**SOUND  
BITES**

# What's New?

Organic Veg



On the Shelves

We are just coming into new crops of potatoes, and bunched onions, carrots, beetroots etc after the winter season of stored root vegetables, and summer fruits are here such as apricots, peaches and nectarines...

## **Locally Grown (not certified organic) -**

Chris, Sound Bites' home delivery driver, is now picking up new supplies of salad leaves from his friend Robin in Ilkeston. Robin has worked as an organic grower in Ilkeston and Nottingham and is now growing from home, not certified. More uncertified produce is also coming from **Derwent Green Gym**, a therapeutic gardening project in Derby. These small projects cannot afford the certification fees, and any produce we get from them will always be clearly labelled.

## **Naan Breads... on the bread stand**

They come in packs of two (£1.69), either plain or garlic and coriander.

## **Calypso fruit juice ... in the chiller**

We now have a new Fairtrade juice, in Orange, Apple, and Tropical flavours (apple / tropical: 59p, orange: 69p), just in time for summer!

## **Raw Almond Butter.... With the nut butters**

New from Carleys, this luxurious, healthy spread is made from unroasted Spanish almonds, with no sugar or salt added (£3.75, 170g).

## **Fairtrade Soya/Tamari Sauce.... With the Japanese foods**

New to King Soba's range of noodles and condiments, these tasty sauces are rich-tasting and proudly support sustainable farming (£1.99 each).

## **Wheelie Bin Bags.... With the household products**

New from Gardening Delights, these bags will fill a whole wheelie bin!

## **Ultimate Muesli - now with cranberries!.... With the cereal flakes**

Can't get banana chips, mango too fiddly - now with cranberries!

## **Parmezano replacement.... In the fridge**

The shaking Parmezano pot was discontinued - try Redwood's new one.

## **New Raw Chocolate... in the fridge**

Chocolate is chocolate, right? Not when it's processed, boiled, and loaded with sugar and fats, which depletes vital nutrients and vitamins. Raw chocolate is a healthy alternative, one of the richest sources of antioxidants available, so it's good for your skin, protects from pollutants, and helps you sleep - and it's delicious! Try our Conscious Chocolate bars or Living Foods Chocolate Pies, and taste the difference.

## **Cheaper peanut butter, and vegetable juices...**

We're replacing the small jars of Suma peanut butter with Essential, still organic and no added sugar, but 40p cheaper! Also, Vitaverde/James White vegetable juice, carrot juice and tomato juice are going to replace Biona. Back to 75cl, still organic, and cheaper too.

## **Offers all the time, coming up, Green Rooibos...**

If you like green tea but not caffeine, try green rooibos! 40p off!

## **Rico Mexican salsas now thicker!...in the fridge**

By roasting and cooking the tomatoes differently, they're now thicker!

Liz's cakes, apple pies, and pasties, now arrive Thursday not Weds.

## **Upstairs \* Yaffle Cafe Bookshop**

For most of the week upstairs is taken over by the marvellous Yaffle Café. See insert. Yaffle can now also put on private dinner parties!

## **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. Some evenings and Sundays may be possible by arrangement. See Sound Bites website or contact the shop.

## Grow Your Own Herbs

Sound Bites' back yard is a bit greener this summer. We've planted up some old pots and containers with a collection of herbs that are handy to have fresh and nearby when cooking. So the chives snipped into your salad, or that rosemary glow in the roast veg/hummous baguette, are as home-grown as can be!



And it's so easy. Plants can often be scrounged from friends or picked up at the Farmers' Market. Containers can be made from old tins or plastic bins (just drill or punch a few drainage holes in the bottom). They can be filled with garden soil, home-made compost, or shop-bought (peat-free, of course).

Strongly flavoured herbs tend to deter slugs and other pests. More tender plants, like basil, can be grown on a sunny sill indoors.

Growing herbs takes little space or effort – we've a dozen different specimens in a square metre – fantastic fresh flavour, cheap, and flowering herbs are great for bees too!

## Free global justice Mag

New Internationalist (which we sell) is offering 3 free trial issues of their magazine, plus a free No Nonsense guide to Equality, if you sign up at [www.newint.org/sub80](http://www.newint.org/sub80) or call 01604251046.

## New Land Mag is in!

Summer 2012, less dreaming, more digging, £4. Last issue £3.

# More

## Derby Carbon Initiative

DCI champions environmental values, sustainability strategies, carbon footprint reduction processes, community green issues and practical responses to the huge implications of Peak Oil and Climate Change at the local level.

Taken from [derbycarboninitiative.org](http://derbycarboninitiative.org)

## Co-ops!

What is a co-operative?

Sound Bites is. The Co-op is.

From the outside they may look like any other businesses ... it's what goes on inside that makes them different.

The co-operative sector is diverse and vibrant with over 5,000 independent co-operative businesses in the UK. We work in all parts of the economy from healthcare to housing, farms to football clubs, credit unions to community shops, wind farms to web design. Co-ops are owned and run by everyday people, not by the vagaries of the stock market. Across the UK nearly 13 million people are involved as co-op owners.

**make it  
co-operative**

Co-operatives want to trade successfully – they are businesses, not charities after all. But rather than rewarding financial speculators, they share profits among their members. And since the start of the credit crunch, the UK co-operative sector has outperformed the UK economy, growing by 21 per cent since 2008. This mix of self-help and mutual aid makes co-operatives a force for good around the world. Nearly one billion people are members of co-operatives. Seventy-five per cent of all Fairtrade goods are produced by co-operatives. In France nine out of ten farmers maintain their livelihood by being part of a co-operative. In Spain the fans of FC Barcelona own the football club.

For us it's a fairer, healthier, more satisfying way to do business. We'll be at the Co-op event 21 Sep - see diary.

## ... news...

### Vegetable Pedallers

We are proud to announce that our Vegetable Pedaller scheme was awarded the Cycle-Friendly Business of the Year award at the Derby Cycling Group AGM last month, a testament to our hard work and commitment to sustainable transport, provision of healthy foods, and belief in inclusive living for all members of our community. If you know anyone in the Abbey Ward area who struggles to get fresh fruit and veg and would benefit from a delivery, we are offering a FREE TRIAL thanks to funding from the Derbyshire Community Foundation. Please get in touch.

### Move Your Money

It's one bank scandal after another - see [www.moveyourmoney.org.uk](http://www.moveyourmoney.org.uk) to help build a better system.

### Postcard from Patti

*Former Sound Bites member Patti and her partner Dom set off travelling on 22 June. Here is Patti's first e-postcard'....*

Hello! We arrived in Bratislava very tired after 30 hours' travelling. On the way we nearly got left behind as the bus drove off while we brushed our teeth just before the euro tunnel but luckily someone noticed and came back for us! On the way we went through France, Belgium, Germany and Austria. We stopped for dinner in Germany where I was very impressed at the yummy salad bar and Dom was very impressed that you could get a litre can of beer. Bratislava was beautiful especially the old town, lots of windy cobbled streets and pretty old buildings. We are now staying at a lovely campsite on an island in a river in a city called Trenčín which has a co-op and an organic wholefood shop! Tomorrow we are leaving for a village called Jablonka, which means apple orchard, where we will be looking after goats and dogs! We hope everyone is well in Derby, much love Patti and Dom xxxx

### More Midwives Petition

One of Sound Bites' founder members Ruth Kelly is now training as a midwife, and has sent us info on The Royal College of Midwives' current campaign for 5,000 more midwives. They are trying to get 100,000 signatures by 22 August, calling for a Commons debate on the issue. Ruth said: 'I've been working on very short staffed wards recently which has brought home to me the very real need for more midwives.' The weblink is <http://protect.rcm.org.uk/email-petition>.

### Supporting Bees

We recently had a request from the Derby and District Beekeeping Project (DaDBeeP) to put something in the Nibbler about their meetings as a new group. I explained our position, that we don't stock any animal products including honey, and in the context of declining bee numbers, we came to the conclusion that while beekeeping done well can support honeybee populations, the best way to support bees seems to be to support wildlife gardening and organic agriculture, and oppose neonicotinoid pesticides.



I have now learned that this group is part of a new movement of more natural beekeeping which aims to put the bees' needs first. It is not about producing honey, but about protecting and increasing local bee populations - not just at the level of the individual colony or apiary, but of the region. In this way, it seems to be more of a wildlife conservation project.

To find out more see <http://dadbeep.blogspot.co.uk> or attend their monthly meetings, 1st Wed of month, 7pm, Shakespeare Inn, Shardlow.

# Waste Not .....

## Laptop Repairs

UKSL at 24 Sadlergate do laptop repair, and sell reconditioned laptops from £99. Call 291006.

## £'s off Bambo nappies

We have moved over to Beaming Baby, a new, cheaper supplier of disposable (and higher biodegradable content) nappies, but still have a few left over from Bambo, the previous manufacturer. Now at reduced price to clear, bigger packs but cheaper per nappy.

Midi x 56 (5-10kg) **£1.35 off**, now £10.99 (19p per nappy);

Junior x 42 (15-25kg) **£3.35 off**, now £8.99 (21p per nappy);

Pants x 22 (14kg+) **£3.35 off**, now £5.30 (24p per nappy).

Then we can move fully on to Beaming Baby nappies, which are the most biodegradable disposables available, taking four years for most of the nappy to biodegrade instead of the standard 400 years...

For more info see [www.beamingbaby.co.uk](http://www.beamingbaby.co.uk)

## Real Nappies Cashback

Don't forget we also sell real nappies (washable organic cotton) for £7.99 each, and if you spend over £50 on them you can claim for £25 cashback from Derbyshire County Council!

## Collection tins by tills

Thanks to everyone who contributed to the April - July Collection, which was towards our Food Health event later this year. We have collected £13.63. Look out for more details in the next newsletter in Sept.

Our next collection is for Stress Aid, also known as Derby Counselling Centre. They offer affordable, confidential, weekly 50 minute sessions for an average of £15-25, with lower rates negotiable if needed. See [derbycounsellingandtherapy.co.uk](http://derbycounsellingandtherapy.co.uk) or call 01332 366863. Stress Aid will also do refreshments on Sep 14 -see diary.

## Staff Changes

Patti has gone travelling (see 'postcard' inside), Jane is settling in, and we have 2 new casual cover staff - welcome to Alice, who has been volunteering here over the last few months, and welcome to Lucy, fresh new faces!

## Kohl Rabi salad



### Ingredients:

- 2 large carrots
- 1 small kohlrabi
- A pinch of seasalt
- 2tbsp sunflower or other oil
- 2tsp lemon juice
- 4tsp cumin seeds

Peel and coarsely grate the carrots and kohlrabi, then toss in a bowl with the salt.

Heat the oil, add the cumin seeds and when sizzling, tip over the veg and add the lemon juice - toss and serve immediately!



*Don't forget Sound Bites catering service is available for any occasion.*

Please contact [ruth.s@soundbitesderby.org.uk](mailto:ruth.s@soundbitesderby.org.uk)

## Small Ads.....

### Green Man with a van

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

### Counsellor available

Qualified counsellor, reasonable rates. Contact Tim Almy MBACP 01332 773419 / 07981 302673

### Scriveners Books, Buxton

It's like Scarthins in Cromford, (piles and piles of second hand books!), except the café is tea and coffee self-service! Great day out. Books also repaired. 01298 73100.

### Nick's House for Sale!

Izzy, and Nick (ex-Vegetable Pedaller), now in Cornwall, are selling their lovely house nr Arboretum Park, Normanton. Garden, attic room, new boiler and windows. Call Izzy 07951 777203/izzyrat@yahoo.com

### Arran's Tree & Gardening Services

For tree surgery, hedge cutting, clearances, demolition, construction, fencing, patio, call 07719 637501/ 01332 200246 or email [arranstreeservice@yahoo.co.uk](mailto:arranstreeservice@yahoo.co.uk)

### Taranor-Prophecy

A new fantasy book written by local authors John, and Helen, maker of the papier-mâché birds in Yaffle Café! Age 13+, available kindle/paperback, Amazon.co.uk

### Fiori Musicali CD's

For CD's from one of the UK's principal providers of baroque and classical music concerts

outside London, email us. [fiorimusicali.com](mailto:fiorimusicali.com)

### Geofest Collective

For performances and workshops in circus skills, puppetry, capoeira, drumming and graffiti, contact Derby's own Geofest at [geofestcollective@gmail.com](mailto:geofestcollective@gmail.com). See [GEOfestcollective.wordpress.com](http://GEOfestcollective.wordpress.com)

### Postnatal Support Group

New FREE Postnatal Support Group in Borrowash for any parents with babies from 0-12 months. If you are experiencing postnatal stress, feeling low, isolated and in need of support, please join us. Pick up the phone and call today. 07504 196 732. Natasha Sephton, independent therapist, just asks for a small donation to cover costs.

10 – 11a.m. 1st and 3rd Fridays of every month (term time only)

### Photographer Gary Austin

Gary will be helping us get a few more photos on our online shop. For any photo work call 07837 638270 / 01332 835876.

### Tabby Cat needs home

After its owner has died. If you can help please call Sandra 07753681359

### French Horn/Piano lessons

Jennie McGeoch, who has been working upstairs with Sustrans, is now available for music lessons in Belper or Derby. Call 07724 560827. [jenniemcgeoch@hotmail.com](mailto:jenniemcgeoch@hotmail.com)

### Vegan Cooking Course

Learn the health benefits and how to prepare highly nutritious dishes. 4 sessions, 2-5pm, starting Sat 28 July. Costs £130. Call 07556 346946.



**Sound Bites, 11 Morledge DE1 2AW**  
**Open Mon-Sat 9.30-6 (Thu till 9pm)**

*Getting to us: Derby bus station is only 200m away. There are cycle racks outside the shop, and disabled parking (other car parks nearby).*

*We also deliver: by bike for people with mobility difficulties, or by van to anyone else in and around Derby (including Belper and Ilkeston). See our online shop, or email [home@soundbitesderby.org.uk](mailto:home@soundbitesderby.org.uk) - or call 01332 291369*

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

# DERBY GREEN DIARY

July - Sep 2012 - details correct to our knowledge!

*Don't forget Yaffle Café has international meal nights each and every week!*

*Thu's 6.30-8.30pm,*

*Fri's 5.30-8.30pm.*

**Sun8-Mon9 July** -Transforming Our Food System, London. waronwant.org

**Thu 12 July** - history of Derby Carnival, documentary, QUAD, 7.30.

**Fri 13 July** - 'Still Life -Tales from the West Bank' - an hour of story, song and image, Robert Ludlam Theatre, St Benedict School, Darley Abbey, Derby, DE22 1JD. Fairtrade Palestinian craft and produce stalls. Free entry. All Donations to EAPPI. (www.eappi.org)

**Sat 21 July** - Zero Carbon Britain Day - see www.campaigncc.org/zcb

**Sun 22 July** - Sponsored Walk and Garden Party in aid of the Vegan Organic Network (VON), Chorlton, Manchester. Walk 11-2pm, Garden Party 1-5.30pm, inc stockfree organic gardening demonstration. Entry £5/3 adults, £2/1 kids. For tickets call 0161 2327807.

**Mon 23 July** - 'Gaslands' film-showing about fracking, plus debate and tea & cake. Part of Midlands Co-op campaign on toxic fuels. QUAD 2-4pm. Call 293653 to book.

**Thu 26 - Mon 30 July** - Peace News Summer Camp - lots of workshops, more info see peaceneWSCamp.info

**Sat 28 July** - Demo of ways to use cocoa butter and shea butter - in the shop 1-4pm. With Sophie, also available for eco-pamper parties!

**Sat 28 July** - Vegan Cooking Course starts today. See Small Ads.

**Wed 1 - Mon 6 Aug** - Earth First Summer Gathering (same venue as Peace News, at Crabapple Housing Co-op, Shrewsbury).

**Thu 2 - Sun 5 Aug** - Green Gathering, Chepstow. See www.greengathering2012.co.uk

**Tue 7 Aug** - Fairtrade evening and exhibition preview - portraits by Aran

Illingworth - plus Sound Bites tasters and Indian clothing and handicrafts stall by Bazaar. The Beetroot Tree Gallery, Draycott. 6.30-8.30pm. thebeetroottree.com

**Sat 11 Aug** - Commemoration of the 1817 Pentrich Uprising for universal suffrage - find out more, The Ashes field, Park Lane, between Pentrich and South Wingfield, Nr Alfreton, DE55 7LR. 3pm - late. Songs, walks, talks, bar. Sponsored by Notts and Derbys Labour History Society and the Nottingham Clarion Choir. Contact: [doradus@tiscali.co.uk](mailto:doradus@tiscali.co.uk) or 0795 153 6921

**Sat 18 Aug** - Pedal Powered cinema in the Market Place, 4-7.

**Sun 19 Aug** - Walk 'the thin line between disaster and deliverance!' 10.30-5.30. 8-10 miles, bring food and drink, £5. QUAD.

**Sat 25 Aug** - Pedal Powered sports, Mkt Place, 10.30-3.30pm.

**Sat 8 Sep** - abseil Jury's Inn, min £80 sponsorship for Sight Support Derbys. Call 287027.

**Sun 9 Sep** - Pedal Powered 'On Your Bike' Day, Derby Mkt Place, inc street performers, theatre and community groups, 4-9pm.

**Wed 12 Sep** - Just Do It, film on direct action, Global Education Derby, 12 Bramble St, 6.30pm.

**Fri 14 Sep** - Guitar Recital, Bridge Chapel, in aid of the Monkey Bay project supporting orphans in Malawi. Refreshments donations to Stress Aid (Derby).

**Fri 21 Sep** - Celebrate Cooperation event - St Peters Church, 10am-1pm. Talks and stalls.

**Wed 3 Oct** - Drop-in and workshop, Black History Month, 4-7pm, Global Ed, 12 Bramble St.

**6 or 13 Oct** (tbc) - An Economy for the 99%, day event, Derby.

WE CAN PUBLICISE YOUR EVENTS!

Please email

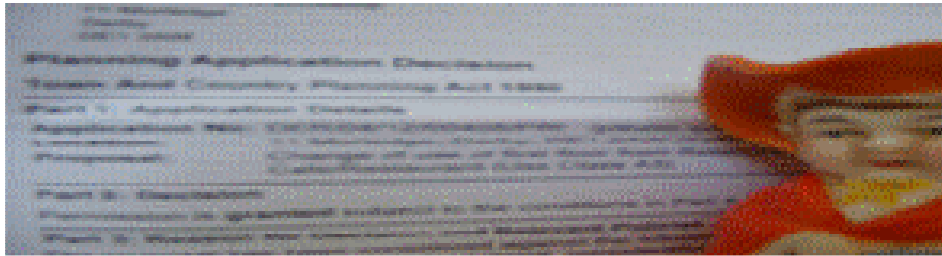
[ruth.s@soundbitesderby.org.uk](mailto:ruth.s@soundbitesderby.org.uk)

- we also do a monthly emailout.

# The Nipper

Yaffle Cafe is open:  
Mon-Fri 12-5, Sat 11-5  
Meal Nights: Thu 6.30-8.30  
Fri 5.30-8.30

Newsletter of Yaffle Cafe and Bookshop (The Nibbler's little sister!!!)



## **Bigger portions at Yaffle Meal Night and changes in the kitchen!!!** THU 6.30-8.30, FRI 5.30-8.30

Well, after the seemingly irreplaceable Patti left our kitchen to travel the world (inspired i hope by the wonderful food she used to make!), we've got a new chef now and so far its going great! Good feedback from our regulars, why not come and try it yourself?! Also, for a crazily good value £5.45 we're now doing bigger portions with more dishes on your plate with our Yaffle Platters! That way you get to try more world flavours and go home feeling happily sated! Our food night will be taking place in some of the following countries (so to speak). Booking recommended: 07799815083

**July**—5/6 Vietnam, 12/13 Australia, 19/20 Tanzania, 26/27 Peru

**Aug**—2/3 Wales, 9/10 Lebanon, 16/17 Bangladesh, 23/24 Portugal, 30/31 Taiwan

## **Yaffle Cafe—Celebrity Hang Out!**

Following Mark Thomas's cafe visit a couple of months back, we've since had some Olympic Torch Relay runners (lets assume they were carrying it, even though they said they weren't!) and the splendid comedian and radio four regular Josie Long. We also know on the same date Josie was in town, so was Brian Blessed, Paddy Considine and Attila the Stockbroker, who may have been in the cafe depending on whether you believe in artificial rumours created to boost the cafe's profile!

## **Planning permission granted!!! New menu coming soon...**

Yes indeed! After a month of waiting our cafe now has an A3 licence which means we are now officially a cafe/restaurant space as opposed to a retail

## *Mrs Gamp and the Planning Permission*

space as we were before. This means we are no longer limited in the range of food we can sell and will soon be doing hot meals during the day! All we need to do is fit an extractor fan. Keep an eye out for mail outs/information in Sound Bites regarding the new menu...

## **Beached Uncle**

Last Nipper we were considering starting up a weekly cabaret in the cafe however that never got off the ground. Instead there's now a monthly cabaret at the Vaults (Iron Gate, by the Slug and Lettuce 8pm) called Beached Uncle on the fourth Tuesday of every month! Expect something more than a little bit different...

Next one is on Tuesday 24th July.

## **Dinner Parties**

If you can find 7 or more of you we can cook you a lovely three course meal for £10 per head! Get in touch either on 07799815083 or [yafflecafe@gmail.com](mailto:yafflecafe@gmail.com) and we'll explain how it works.

## **Yaffle Comedy**

Here at Yaffle Cafe we're involved with comedy nights in Belper (Queens Head, every 3rd Wed of the month) and Burton (The Star and Garter, every 2nd Thu) as well as occasional stand-up workshops. Get in touch if you'd like to give it a go!

Email [yafflecafe@gmail.com](mailto:yafflecafe@gmail.com) for info. Also see [www.derbycomedy.co.uk](http://www.derbycomedy.co.uk) for Yaffle associated comedy night listings.

[www.yafflecafe.co.uk](http://www.yafflecafe.co.uk)