



the Nibbler

Issue 38
Oct - Dec 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) from

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

Sound Bites Real Food Fair

Don't miss it – unless you already have!

Saturday October 20th in
St.Peter's Centre on St.Peter's Street.



What is the best real food for ...?
We don't guarantee to have all the answers, but we do have a lot – and we are always keen to find more...

We will be joined on the day by a wide range of local people and groups with a breadth of food-related expertise.

Healthy snacks and lunch will be available from the Sound Bites caterers.

A day of information, activity and awareness, all about real food. The fair is to celebrate our local good food culture and to look more broadly at some basic questions like;

- Why does so much of today's "food" make us ill?
- Where and how can we find real healthy food here and now?
- What has any diet got to do with the health of the planet?
- Why should anyone care about what we eat?

Do join us for a lively day – or catch up with what went on via the sound Bites website:

www.soundbitesderby.org.uk



Local/Organic Fruit & Veg, & Home Delivery

Lunch Takeaway & Outside Catering

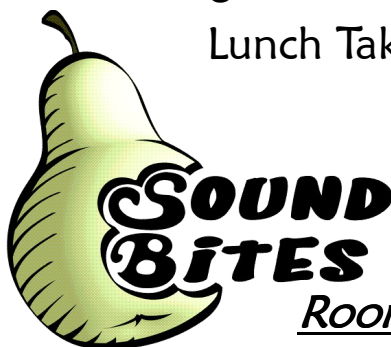
Great Value Wholefoods

Fairly Traded Products

Eco House & Bodycare

Room for Hire / Regular Events

Library, Bookcrossing, Notices & Magazines



Whats New?

Organic Veg

We have started to receive produce from Green Health in Shipley Park, a fantastic project who have signed up to our draft Cropshare agreement, where we will accept local produce grown organically but not certified. So far we have just put some clearly labelled cucumbers in our vegboxes and asked for comments on the idea, which aims to increase the range of local produce and support local production. Producers have to agree to the growing principles of the Wholesome Food Association, and be committed to an open gate policy where the public can inspect their plot. The Cropshare model is inspired by Ecoworks in Nottingham and Organiclea in London, and we hope it will increase the popularity of our boxes!

On the Shelves

White Poppies and Purple Poppies

This year again we will be selling two types of alternative poppy for Remembrance Sunday.

Benizalte Extra Virgin Olive Oil...from the foothills of Southern Spain. Fruity, rich, and delicious, ideal for salads and tapas (£5.65 for 500ml)

'**Earth Pathways**' diary for 2013 is now in stock; a beautiful and inspiring way to journey through the year ahead (£13.99)-produced by a co-op, profits to Seed Fund - do apply! (for info see diary in the shop)

Due to their takeover by Unilever, we no longer stock Swedish Glace ice-cream. However, we are now selling lovely lemon, chocolate, and strawberry **ice-creams from Bessant and Drury** (£4.99 for 500ml)

Fans of **Clearspring's fruit purees** will be happy to know we have four new flavours on offer, all for only 95p each.

Snack attack...we now stock **Landgarten's range of yummy snacks**, including chocolate-covered soybeans and pumpkin seeds (from £1.75 each)

Perfect fuel for cyclists..**James White Beetroot juice** (£2.65 for 75cl). And check out their Vegetable juice...the best I've tasted (£2.65 for 75cl).

Due to public demand, we now stock **Asafoetida Compound and Nigella Seeds** (both 85p for 50g).

There are always great new products coming into our store, from Bio D dishwasher rinse, to a new cheaper Kombu from Algamar, and 'Rhubarb and Custard' flavour in the great Nakd bars range. Come in and check it out!

Stop press...our Organico pasta range (**penne, fusilli, and spaghetti**) is currently on offer for the crazy price of 58p for 500g. Hurry, while stocks last!

Keep track of the lunar cycles during 2013 with a **Moon Calendar** - check which days to stay in bed!

Look out for the range of **copper gardening tools** to complement the collection of bio-dynamic seeds. Winter seeds on the way!

Hazelnut & Rice/ Almond & Rice drinks from Organico -absolutely delicious..

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.

All of a Sudden ...

After a few years in this wholefood business you learn to take notice of Spring and Autumn equinox. In our climate the equinox signals a major change in eating habits. September sees sales of warming comfort food suddenly rise. At Sound Bites we find ourselves madly packing pulses, porridge and the like. Vegetables such as swedes, celeriac, leeks and squashes are snapped up for a hearty hotpot. It's not fashion – it's not marketing – it is our natural instinct to face the darker, colder days and nights with an inner warmth.



We have noticed other changes too. Suddenly more new customers are signing up to our vegbox delivery scheme. People are switching from massive monthly supermarket indulgences to more frequent, more thoughtful and better focussed trips to smaller specialist traders – like Sound Bites, like the excellent local market stalls. It might be a response to harder times. It might be a real culture shift in how we shop – refocusing on quality rather than quantity. Watch this space. We will, keenly!

Guitar music for Monkey Bay

In 2011 we were desperate for funds to keep the Vegetable Pedallers service on the road. A fund-raising recital by ace classical guitarist James Rippingale raised enough to bridge the funding gap and keep our elderly and disabled customers satisfied. Talented and generous James agreed to make the fund-raiser an annual event. This year we targeted support for Monkey Bay Fund,



a small charity working with Aids orphans in Malawi. Another wonderful eclectic programme of guitar music in the stunning setting of Bridge Chapel (festooned with symbolic sock monkeys) delighted the crowd. Cash raised on the night will further the charitable work in Malawi – feeding, sheltering and educating children, and supporting community rebuilding. Many thanks to James and all who supported the event. We will be doing more for the Monkey Bay fund in December – look out for seasonal sock monkeys, an ideal ethical stocking filler!



Copper Gardening Tools

Why? Because they are beautiful. They are a joy to use. Copper is a noble metal. Tools have a sharper edge and a more slippery surface to slice into the soil. They never rust. Because experience indicates that conductive copper provides real benefits in the gardener's never-ending engagement with slugs and snails. Because they are tools you can get all spiritual and esoteric about. Because you can fall in love with them. Ask Graham!

Handcrafted in Hungary by master coppersmiths, with carefully selected natural wood handles they are unapologetically not cheap.

Here at Sound Bites we are convinced enough to stock a range of the smaller tools, and will point customers towards the specialist supplier of larger ones. We have a lot of experience of using them ourselves – so do ask...

Just in time for a special seasonal gift (or treat) – ready to admire and enjoy before getting them dirty in earnest next Spring.

... news...

New Wholefood Co-ops

Wholefood shops run by workers' co-operatives are multiplying! Three new ventures have visited Sound Bites in the last few months seeking inspiration and advice on setting up their businesses. We were delighted to welcome *Rice Up* from Southampton, *The New Leaf* from Edinburgh and *On The Pulse* from Bristol for a behind-the-scenes tour. We wish them well.

Compassionate Derby

Following last year's successful event, the Compassionate Derby vegan festival is back! Once again it promises to be packed full of healthy, environmentally-friendly and cruelty-free food and lifestyle products. It's free to get in and there will be plenty of free samples to try inside as well! In addition to the delicious food on offer, a range of ethical organisations and charities will be present, and there will be a series of talks throughout the day. So there'll be plenty of opportunity to learn, discuss and explore some new ideas in a friendly and welcoming environment. Compassionate Derby will be held in the Darwin Suite at the Assembly Rooms on Saturday 24th November 2012, 11:00 – 17:00. Sound Bites will have a stall.

Giving up the Booze ...

From February next year Sound Bites will no longer be selling alcohol. A number of factors have led us to this decision – the cost and bureaucracy of enrolling a new licensee; the relatively poor return and turnover of expensive stock; increased tax and duty; pressure for more space in the shop and store for more fundamental products, and even a little concern about health. We do regret that the distinctive range of vegan/ organic beers and wines will no longer be so easily available. However, two of our main suppliers sell online: www.pitfieldbeershop.co.uk for beers and country wines and www.vinceremos.co.uk for wines and spirits. Moreover, Marble beers can be found locally on draught at the Black Bulls Head in Belper, and Samuel Smith draught and bottled beers at the Abbey in Darley Abbey. Cheers!



Tree Station Support

Greater Manchester TreeStation is the second urban tree station in the UK, and the first in the North West. As an urban tree station it acts as a hub for a broad range of wood related activities, including woodland management operations and arboricultural works. It also serves as a “one-stop-shop” for wood products including wood-fuels, timber and related products.

The TreeStation provides a local, unique and innovative green solution to wood waste for the surrounding area, and produces a range of quality wood products for the local market.

Above all, the TreeStation is led by strong ethical views, which govern the way the business is run. Sustainability is embedded in the aims of the company. Our very own ex-member and still accountant Patrick is very much involved, and they are looking for investment - please see treestation.co.uk/share-offer/

Waste Not

Chip Fat Fuel (cont.)

It might not be everyone's idea of a day out, but Sound Bites staff enjoyed sawing, hammering and painting bits of the recycled biofuel shed. Building now completed and ready for installation of the filtering equipment, we will soon be in full production, turning used frying oil into van fuel. Home deliveries will be even more eco-friendly.

Many thanks to the Co-op Community Fund for helping with capital costs and making it all possible.



If you are interested in our veg. box/ home shopping deliveries just ask in the shop or check the Sound Bites website:
www.soundbitesderby.org.uk

Recipe

Pumpkin soup

Ingredients:
Medium pumpkin/ squash peeled and cubed
1 medium onion chopped
2 cloves garlic crushed
Thumb-size piece of ginger finely chopped
Small chill (optional)
Tin coconut milk
500ml water
Salt/ pepper/ bouillon powder
Olive oil

Sweat the pumpkin, onion, garlic, ginger and chilli in olive oil for five minutes.
Add coconut milk and water, bring to boil and simmer until soft.
Liquidise to a smooth creamy consistency.
Season to taste.
A great Autumn warmer!



Wild Food

It would be a shame to waste Nature's abundant free gifts at this time of the year. There are walnuts in Osnabruck Square (if you can beat the pigeons), elderberries and rowan berries for making Autumn/ Winter tonics by the river, crab apples in the hedgerows for jelly and jam, horseradish for pungent sauces, wild cherry plums, acorns to roast for coffee - and even edible fungi for those who know which ones they are!
Make the most of it....

Collection tins by tills

Counselling Centre. The next collection will support **Prickly Ball Lodge Hedgehog Rescue in Sinfin**. When Co-op member Scott found a very poorly hedgehog out in the daytime a couple of months ago Heather who runs the rescue collected him within twenty minutes of the phone call for help! In 4 years she has saved and released over 300 hedgehogs back to the wild. More info & lovely hedgepig pics at www.pricklyballlodge.co.uk



Don't forget **Sound Bites catering service** is available for any occasion. Quality delicious food at great prices. More info on website.

Small Ads.....

Green Man with a van

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

Counsellor available

Qualified counsellor, reasonable rates. Contact Tim Almy MBACP

Cycle Repairs

For affordable and reliable cycle repairs contact Al 07719631310 / freewheelingcyclerepairs.co.uk

Plumbing Experience?

If you have, or want to get some, Wild Peak co-op in Belper seek volunteers in November. Call 01773 850493.

Contribute to Earth Diary 2013?

Deadline Oct 31st this year!

Shahenshah Indian Food

If you love our scrummy samosas and pakoras, then visit 'Shahenshah' on Peartree Rd and find a great range of authentic Indian food, from a snack to a feast, at great prices!

'Upcycled' candles

Eco-soya scented wax candles made in 'upcycled' re-used containers such as traditional vintage jelly dishes and china cups. byheathermay.co.uk

Farming heritage project

Combine is a creative project to capture and promote the people, places and traditions that define the East Midlands rich agricultural past. combinefarmingheritage.org

House for Sale

Izzy, and Nick (ex Vegetable Pedaller), are selling their house nr Arboretum Park, Normanton. 2 bed plus en suite attic conversion, long garden, new boiler and windows. Reduced to £80K. Come and have a look Call Izzy 07951 777203/izzyrat@yahoo.com

Free Horticulture Skills course for 16-19 yr olds

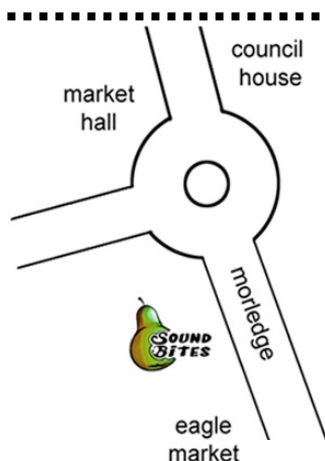
14 week practical course, transport available. Contact Zana at Groundworks 01773 535232.

Yaffle Cakes by Charisma Arts

Yaffle Cafés cupcake maker has been dedicating the profits to the community artists collective that she is part of. Charisma Arts now has a new website detailing the various art, dance, and food sessions they can offer. See charisma-arts.co.uk

Self-Confidence Workshops

A non-scary, fully achievable and quick route to 'super self-confidence'. An evening workshop with Sunny Willows (a professional life coach, hypnotherapist, touch therapist, comedienne, children's entertainer, host and organiser). Booking advisable. £20. Concessions available. Tue 23 Oct 7-9pm Yaffle cafe room. See sunnyslifecoachingpractice.co.uk Contact autumn-willows@hotmail.co.uk / 078 963 455 64. *Other sessions also available, as well as CDs from Yaffle Café.*



Sound Bites, 11 Morledge DE1 2AW Open Mon-Sat 9.30-6 (Thu til 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 - or call 01332 291369

www.soundbitesderby.org.uk

DERBY GREEN DIARY

October - December 2012

Thu 18 Oct - Readings of poet Adrian Mitchell, Quad, 7.30pm.

Sat 13 / 20 / 27 Oct—unique art event, Derby Haunted House project, 'I thought i saw something beautiful'. £3, booking essential, available at wegottickets.com. Over 16 only. 7-11pm, St Helens Hse, King St, DE1 3EE.

Wed 17 / 31 Oct—Derby Animal rights meetings, held fortnightly, upstairs at the Brewery Tap pub.

Fri 19-Sun 21 Oct—Wild Peak working weekend, helping new Radical Routes housing co-op in Belper, around the house and land. Inc big meal and fire Sat night. Let them know if you'd like to go, call 01773 850493, text 0790 3541341 or email wildpeak@phoncoop.coop

Sat 20 Oct—Derby Real Food Fair, stalls, films, talks, and food, from 10-4pm at St Peters Centre, DE1 3AB.

Sat 20 Oct - National anti-austerity march 'For a Future that Works', sponsored coaches to London leave Full St Derby 8am. Email unison@derby.gov.uk or call 643216.

Sat 20 Oct—Winter gardening family friendly workshop, Kirk Hallam Community College, 9-12midday. 50p charge towards snacks. Email to book a place, jblundell@kirkhallam.derbyshire.sch.uk

Tue 23 Oct—Confidence workshop in café room - see Small Ads inside.

Wed 24 Oct - Visit to the Co-op anaerobic digestion plant, pick up 9.15am Full St. Call 293653.

Sat 27 Oct - 'The Times they are a short-changing' Robb Johnson/Chris Butler gig, Brunswick Inn. 7.30. £6/3

Sat 27 Oct—Kaleidocope Community Music 10th birthday! 7.30-11pm, The Polish Club, 18 Kedleston Rd. £5 inc food and band. Tks 07532 355879

Sun 28 Oct / 4 Nov—11am Abundance Nottingham apple

picking! 28th meet at Forest Fields tram stop (take tram from city centre), 4th meet Savoy Cinema, Derby Road (on way in to Nottingham). Usually 4-5 hours. abundancearea4@googlemail.com

Mon 29 Oct—Peoples Kitchen Halloween special, community meal monthly at Boyer St Community Room (halfway down on right, next to postbox). £2. 7-9pm. To help call 0756 2727 306/ derbypeopleskitchen@gmail.com.

Sat 3 Nov - Chai and Pancake evening, fundraiser for Vegfam. Yaffle Café, 7 - 11.30pm.

Sat 17 Nov - Fundraiser for Derby Peoples History Group, womens choir 'Rosas Lovely Daughters' at the Brunswick, 7.30pm. £6/4. derbypeopleshistory.co.uk

Fri 16-Sun 18 Nov— Wild Peak working weekend, see 19 Oct.

Sat Nov 24 - Compassionate Derby vegan festival, packed with stalls! Assembly Rooms, 11-5pm.

Nov 24-25 - Intro to Permaculture weekend, Ecoworks, Nottm, £30. Call 0115 9622200. ecoworks.org.uk

Thu 15 Nov - Alternatives to Austerity Economics: Plan B? - speakers 7.30pm, Quad.

Sat 3 Nov - Co-op Games night! Fundraiser for Co-opoly. Yaffle Café, 7-11.30pm. Coopolygame.com

Wed 5 Dec—Ethical & Sustainable Christmas? Drop in, refreshments and workshop, Global Education Derby, 12 Bramble St. 4-7pm.

Thu 6 Dec - Glad Tidings of Struggle - political Christmas cards over the ages. 7.30pm, Quad.

Sat 8 Dec - Amnesty International greetings card signing, St Peters Church, St Peters St, 10-4pm.

WE CAN PUBLICISE YOUR EVENTS!
Please email
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 Nibblers little sister!!!)



Yaffle Café changes shape!

That's right! We've been selling off our book shelves for £25 a block (including delivery) in order to fund new furnishings and make the café altogether more spacious! Don't worry, we won't be getting rid of our books... we'll hopefully be putting up new shelves above seated head height so there's extra space for extra hungry people!

Meal Nights have been super busy THU 6.30-8.30, FRI 5.30-8.30

August was so busy at Yaffle Meal Night that we had to turn Sound Bites offices into a makeshift restaurant! Like Clark Kent turning into Superman (minus the red pants and the lycra!) through clever use of hanging materials you wouldn't believe you were sitting inches away from desks, printers, computers and files! Its been pretty busy in September too so we hope you can come and check us out...

Our food night will be taking place in some of the following countries (so to speak). Booking recommended: 07799815083

Oct - 11/12 Iraq, 18/19 England, 25/26 Kenya

Nov - 1/2 Mexico, 8/9 Italy, 15/16 South Korea, 22/23 Bosnia, 29/30 Afghanistan

Dec - 6/7 Czech Republic, 13/14 India, 20/21 Nigeria, 27/28 Scotland

New menu (still) coming soon...

Okay so we've a meeting with the food hygiene department about the installation of an extractor fan unit for our kitchen, after that we're free to cook hot meals whenever we like! As soon as we have a launch date we

will put big sparkly posters all over the shop and door and set up an event on facebook! Watch this space!

Strange new book appears in Yaffle!

A cathartic tale during a zombie apocalypse described as somewhere between Fear and Loathing in Las Vegas and 28 Days Later by local writer Daniel Ratcliffe (not that one!) is now available in the cafe. The author brought in this book in something of a nervous sweat. For that reason much as I wanted to calm him down with a cup of steaming camomile I haven't yet dared to read this. Do you?

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 and we'll explain how it works.

Hypnosis and Self Confidence

Friend of Yaffle Café, resident soup guzzler and occasional stand-up Sunny Willows is selling cds in the café to help boost self-confidence and is now running a workshop on self confidence in the café on the evening of Tue 23rd October! Email autumn-willows@hotmail.co.uk for more details.

Has anyone ever seen a Yaffle?!

I've been running this café for a couple of years now and I have still never seen the bird its named after! If anyone knows where I might find a Green Woodpecker, please let me know!

www.yafflecafe.co.uk