



the Nibbler

Issue 57

Jul-Sept 17

Newsletter of Sound Bites

**Derby's independent wholefood grocery
& info space (see map on back page)**

A not-for-profit workers' co-operative

Yaffle Café & Books upstairs! 11–5 Mon–Sat (Thur eve meal nights)

“Farming for the Future”

“As a devoted vegan campaigner for over five years now, few things have a more profound emotional impact on me than stories about farmers renouncing animal agriculture and promoting a vegan way of life instead. In our own fair county of Derbyshire, we have one such beautiful story. A few weeks ago, farmer Jay Wilde of Ashbourne released 60 cows, 30 of them pregnant, to Hillside Animal Sanctuary, where they will be able to live out the remainder of their natural lives. Had he sent them to slaughter these gentle, sentient creatures would have been worth around £45,000 to him, however, his conscience dictated otherwise. Jay was already vegetarian when he inherited the family farm after his father's death in 2011, and he struggled to see a way out of animal farming. That is until he had a chance encounter with Pat Smith of Veggies Catering Campaign, who gave him a copy of the Vegan Society's 'Grow Green' report. Jay now plans to transition to growing organic crops for human consumption and potentially have a vegan cookery school on site. He said "a lack of imagination" had previously stopped him switching to arable farming. Understandably, the media and the public have gone wild for this story of the rebellious vegetarian beef farmer with the big heart. There have been millions of views of the story on the BBC website and the story recently featured on an episode of Countryfile. Cows can easily live up to 20 years, yet in the animal agriculture industry, 'beef cattle' don't live beyond 2 years, whilst each year in the UK over 100,000 unwanted male calves born to dairy cows are

culled at only a few days old. Those transported abroad for veal live short lives of 1-32 weeks. Worn out dairy cows are slaughtered as soon as their milk yield drops or they develop chronic conditions due to the constant strain their bodies are put under. Yet cows are glorious and inquisitive creatures, very similar to dogs! Animal campaign group Viva! writes extensively about the natural behaviours of cows, and the dark side of the dairy and meat industries (see: viva.org.uk) They write: "Female calves will naturally suckle until they are around nine months old and stay with their mothers for the rest of their lives. Males are weaned at around 12 months old and would then leave the herd and join a bachelor herd. According to Rosamund Young, an expert on cattle behaviour, it is extremely common for calves to establish lifelong friendships when only a few days old." This is tragically different to the life of the modern beef and dairy cow, exploited for animal products that humans don't need to eat. I'll leave you with some words from farmer Jay himself: "Cows are conscious of what goes on around them – they have personalities and an inner life... They experience a range of emotions – they can be sad, happy, bored or excited. I've even seen cows cry. They're not just units of food. Knowing them personally makes it more difficult to think about eating them." – Natalie of Veggies catering Campaign

**Remember...
Home Delivery
Available, inc
Veg Boxes &
Bulk Discounts!**

What's.....New?

On the Shelves

As ever the 'cult of the new' is in full swing and we've said hello (and goodbye) to a whole range of tasty products over the last few months... here are just a few—keep your eyes peeled in store for these and many more!!

- * Loving Earth range of raw chocs, they have many to choose from, but we've got mandarin, caramel, raspberry, hazelnut and lemon on the shelf for you to try! Really creamy texture
- * Biona tinned cherry tomatoes
- * Mr Organic seitan ragu; high protein cooking sauce, great on pasta, or as a base for bigger dishes
- * Essential wheatgerm with bran, the staple returns to us
- * Enhancing our Clear Spring range of eastern interests, we've got sushi ginger, daikon radish and noodle broth, even sushi mats to get that perfect texture every time. Dig in!
- * Following up from last edition, we brought in a huge range of Montezuma chocolates for your delight. Have you tried any or all of these innovative flavours??
- * I Sea Bacon. Literally. It is seaweed that tastes like bacon when fried!!! Big news, let's hope it is super tasty...



- * Nakd never disappoint, and we might be saying goodbye to the Lemon Drizzle bars in the near future but the Cocoa Coconut taste just bountiful and is here to stay
 - * Cooper Cakes are experimenting with nut free recipes to cover all needs for our customers, Raspberry Brownies are now here!
 - * Thorncroft Kombucha cordial for easy home made refreshment
 - * Chilled items: these are always rotating as we simply don't have a fridge massive enough for the full range available to us—but we try!
- Make sure you look out for all the new flavours of cheese from Bute Island, and Follow Your Heart. We've got new items from Forest Foods too—black bean burritos and tomato olive calzones. Vork Pie will soon be delivering us their beetroot hummus scotch egg alternative, Tofurky slices and meat alternatives in their entire range, and new flavours of Violife slices are in there too!!!

Making the Most of Oats

Oats are one of those wonderful staples that are so often overlooked. Oats are a rich source of carbohydrates and fibre, but also a significant source of many important minerals: manganese, phosphorous, thiamin, magnesium, and copper among others.

Oats are also high in polyphenols, and uniquely, the avenanthramide compound. These are anti-inflammatory and help to dilate blood vessels reducing blood pressure. They also contain beta-glucan which is a really important soluble fibre for gut health. It absorbs water to become a gel and help clear the internal passages through, including removal of cholesterol. It also helps you feel full, and evens out the insulin response to digesting sugar. Truly a wonder food!



Oatly is a Swedish company that understood the benefits of using oats, and the importance of alternatives to dairy products offered everywhere. It didn't seem to make much sense to feed oats to cows to be processed

into milk when it could be done without animal involvement, and a greatly improved output. Check out their website for a tongue in cheek look at all they do!

**WOW
NO COW!**

Oats are a plentiful crop in Sweden, minimising food miles and environmental damage; something they are committed to minimising. At Sound Bites, we currently stock: organic oat milk, fortified oat milk, chocolate oat milk, barista oat milk, and oat cream. These are all amazing products covering the needs you might have; the barista edition is proving really popular with coffee lovers!

Oatly have worked hard to produce a wider range of non-dairy though (yoghurt, ice cream, and crème



fraiche) and we really hope the UK will be blessed with these items soon!



SUPPLIER SPOTLIGHT

With a constant supply of exciting new products and brands popping up, it can be easy to forget about the suppliers that have quietly been minding their own business and getting on with things for years now.

So, we wanted to draw attention to the brands that have been producing ethical wares long before it was en vogue to do so!

And there's no better example than the British based, award-winning Hodmedod's. The Suffolk based company grew from an initial project called Great British Beans, which assessed demand for indigenous pulses and identified a need for locally-grown, organic beans. You might find it difficult to get excited about the humble bean, but in our current political and environmental climate it's more important than ever to focus on locally grown fare. The toll of our reliance on cheap but unsustainable food exports and mass production is becoming ever the more apparent. Take the small yet telling example from a few months ago, when an issue

with an undiversified chain supply meant there wasn't a scrap of hummus to be found in supermarkets. The horror! Did you know that carlin peas have a distinctively nutty flavour and a good firm texture, which makes them an ideal substitute for chick-peas in any recipe? Did you even know what a carlin pea is?

Hodmedod's also work to ignite an interest for bringing underused beans, which used to be staples in traditional pantries, back into the limelight. Before Hodmedod's started producing them, carlin peas were sold under the dialect name 'Black Badgers' and were largely produced exclusively for the Japanese exports market. Furthermore, Hodmedod's produces organic fava beans, grown in Britain since the Iron Age but little eaten in recent centuries. Fava Beans are delicious, nutritious and good for the soil and bees (bees have good taste too!) They've also been searching out and developing the on-trend quinoa from the plains of Essex!

FUN FACT: Hodmedod is an East Anglian dialect word referring to something round or curled up, hence snails, hedgehogs, curls, ammonites and even conceivably beans and peas.



THE BIG VEGAN BBQ

Buffalo cauliflower wings

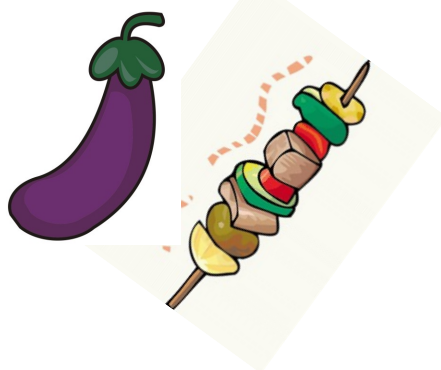
1 cup non dairy milk (Oatly!)
1 cup flour of choice, even GF
2 tsp garlic powder
Large cauliflower head
1 cup marinade (bbq or hot)
1 tbsp. Vegetable oil

Preheat the oven to gas mark 8. Combine the milk, flour and garlic in a bowl, and coat the chunks of cauliflower with it. Roast this in the oven for 20mins, remove, coat in marinade of choice, and return to oven for 5 to 10mins longer. Enjoy with a cheesy dip!

Aubergine Hotdogs!

1/4 cup olive oil
6 thin aubergines (fewer big ones)
1tsp chilli flakes
1tsp fennel
1tsp sage
1tsp salt
Pinch ground pepper
Pinch onion powder
Pinch garlic powder
6 hot dog buns
Salsa or cheese toppings!

Peel aubergines and cut lengthways into sausage strips. Mix seasoning together in a bowl, rub aubergine in oil then coat in seasoning. Wrap and refrigerate overnight to mature flavours. Cook over BBQ on foil or skewered lengthways to support structure. Enjoy in a fresh bun with toppings of choice!



Potato Salad

As much potato as you want
Mayonnaise
Wholegrain mustard
Spring onions
Cucumber

This one can be as slap dash as you like. Simply cube up the potato and boil (or even dry roast for added texture) until cooked and leave to cool. Then mix with mayo, mustard, chopped cucumber and spring onions. Get fancy by adding strips of grilled peppers or fresh fennel leaves!

Tempeh Bacon

Simply slice and marinate in a thin paste of liquid aminos and tomato paste in the fridge overnight. Pop those slices straight on the grill (unless crumbling, then use foil underneath).

Veggie Skewers

Easy peasy one: cube up your favourite veggies—peppers, courgette, mushrooms, red onions, cherry tomatoes and aubergine works great for this. Pop them alternating on skewers, brush lightly with olive oil and place on the grill.

Chia Pudding

200g chia seeds
1L non-dairy milk
2tbsp palm sugar or agave
Flavour of choice—vanilla extract, cocoa powder, fresh coffee, lots of options here.

Simply mix the flavour into the milk till smooth, then stir in the chia till evenly spread. Leave to soak overnight, stir when you remember to remove lumps. Super nutritious filling pudding with a tapioca like consistency.



Man with a Van

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

Derby Counselling Centre

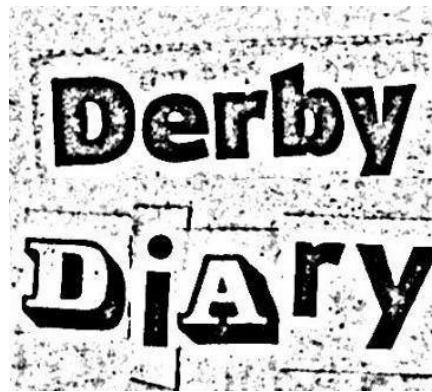
We have been operating in Derby since 1981, offering affordable counselling in a stress-free environment close to the city centre. See Tim @ Soundbites for details.

The Fig - Eagle Centre Market

A fab little stall (number 22) providing all manner of natural remedies and solutions to your herbal health needs. Don't forget to stop by and support other local small businesses!

Belper Heritage, Hills and Breakfast!

Beaurepaire-Belper town's name is thought to mean "beautiful retreat". Belper, being the place of my lovely home and BnB. Come for a stay in my cosy mini Bed and Breakfast which is on the route of the Derwent Valley Heritage Way long distance walk, and near to the High Peak Trail and the Midshires Way. Can be found and booked on Air BnB, or call 07805 527293

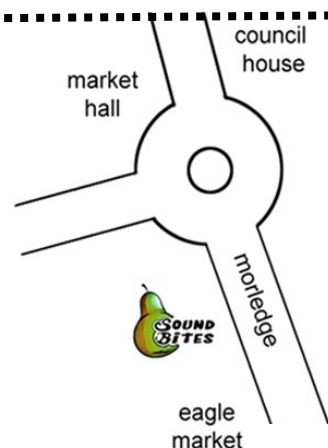


We are no longer hosting a green diary of events, as a phenomenal brain child has grown from a local community of people. The Derby Peoples Diary—found here: www.derbypeoplesdiary.org is a place for any and all to list their events and days of action, for groups to come together and make a difference.

CHARITY COLLECTION

Our most recent collection raised an awesome total of £229.82 for Padley homeless charity. Thank you for your generosity!

Our next till collection will be for Animal Asia, a great charity working toward animal welfare issues across Asia, and ending cruel practice in medicine. This includes bear bile farming, and captive exotic species use. We had a very heartfelt request to raise for this charity, there are so many that need help in the world, we welcome your recommendations if you have one in mind!!



Sound Bites, 11 Morledge DE1 2AW
Open Mon-Sat 9.30-6 (Thu til 6.30pm)

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 van to anyone in and around Derby (including Belper and Ilkeston). See our online shop, or email info@soundbitesderby.org.uk

*- or call **01332 291369***

www.soundbitesderby.org.uk