



the Nibbler

Issue 58

Oct-Dec 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)

The super everyday foods

The word SUPER usually means, super money maker. We're all interested in maintaining our health, and not having to put masses of effort in, so when someone tells you a powder or speciality can provide concentrated goodness, it is pretty exciting. And we're not saying that 'superfoods' aren't pretty super, but how can we forget about how super our every day foods are??

APPLES :

Rich in fibre and antioxidants (with tarter varieties being even more so), they are also loaded with vitamin C and potassium, linked to lower weight, and better heart health

BROCCOLI:

Packed with calcium, protein, magnesium, vitamin C and a range of B vitamins. These are an amazing versatile veggie to sneak into daily meals!

CARROTS:

Cheap and cheerful, full of vitamin A, C, potassium, magnesium, they are great for sweet and savoury dishes, both cooked and raw.

CELERY:

One of the best for lowering blood pressure, fibre for aiding digestion, and vit K for blood cell production.

KIWI:

One kiwi fulfils your daily need for vitamin C, which increases the ability to uptake iron. Also high in vit K for blood clotting function, and more potassium than a banana.

LINSEEDS:

Also known as flax seeds, these are the most affordable source of high omega 3 seeds. Also high soluble &

insoluble fibre, they clean the digestive tract of waste, and reduce cholesterol.

OATS:

Oats are a much overlooked powerhouse. They are lower in starch and higher in protein than most grains, and really very affordable. Full of iron, zinc, potassium, B vitamins, and hugely versatile, these are an easy winner.

SPINACH:

Rich in omega 3, folic acid, iron, calcium, and vitamins A, C & , this leafy green is fantastic for heart health.

SWEET POTATOES:

High in alpha & beta carotene, these are great for bone health and immune system function. Also rich with manganese, magnesium and B6, these will fill you up, satisfy your sweet tooth but not impact your blood sugar levels

YOGHURT:

Fermented cultures are amazing for gut health, providing a boost to the beneficial bacteria. It should be consumed regularly, and is packed with calcium and protein. Avoid the really sugary ones!

The bottom line here is that all foods can be amazing, they don't need to be exotic or carry an exclusive price tag to get your attention.

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

What's.....New?

We've enjoyed trying out a whole lot of random new products over the last couple months, but not very many have wowed us enough to make it to the elusive shelves!! If you really miss something do shout out that you'd love to see it again....

A few bits we couldn't resist shelving:

- ♥ Hemp milk; unsweetened. SO good for you, now even better
- ♥ Living Naturally liquid hand soaps and new lip balm flavours, these guys are wonderfully ethical and all soap nut based for really gentle skin care!
- ♥ Clearspring rice mirin, umeboshi paste and smaller jars of rice miso, these are essentials for exciting Japanese dishes
- ♥ Kingfisher now make a naturally whitening charcoal toothpaste;



fluoride free, and so fun to brush with black toothpaste!

- ♥ We now have access to the whole range of Violife cheeses, their mature cheddar slices and halloumi style blocks have been super popular, plus dessert fruity cheeses, and more....
- ♥ We've replaced Sunita tahini with Meridian, much more affordable, and made in the UK
- ♥ Coconuts Naturally have not disappointed us with their ice creams, Mint Choc, Rum & Raisin, and Strawberry are available
- ♥ RAWR big bars of raw lacuma chocolate, sweet and rich for a lighter raw chocolate treat
- ♥ Ombar coco mylk buttons have been popular for years, so we thought we'd offer their dark variety as well



pukka

SUCKS

When once independent tea brand Pukka Herbs sold their company to multinational giant Unilever, to say that many in the ethical consumerism market weren't best pleased would be somewhat of an understatement. Many independent health shops, including ourselves, took the executive decision to completely discontinue the brand. As the dust settles on a bare tea shelf and that kaleidoscopic packaging becomes a distant memory, we look at why Pukka's decision was problematic in relation to the murky waters of the ethics of tea production.

The humble cup of tea is the second most popular drink in the world after water- an estimated 70,000 cups are drunk every second. And yet despite this, the farmers and tea pickers behind our daily brew are the most vulnerable in the tea supply chain, having inconsequential bargaining chips in a market dominated by 4 large corporations. The name of one of the aforementioned corporations? That's right; that would be Unilever.

The latest report from Oxfam estimates that the average tea picker makes just 1p from each £1.60 box of teabags sold in a British supermarket. The injustice of this statistic is further compounded when you consider that the everyday challenges faced by tea estate workers range from long working hours, difficult relationships with estate management and substandard living conditions. One in four children in Kenya's tea growing regions are malnourished, whilst one in ten children in the tea growing regions of Malawi die before their fifth birthday.

Whilst this all undoubtedly paints a bleak picture, our buying habits have the power to help combat the problem. Things to consider when purchasing tea:

1) Fairtrade:- Strict Fairtrade standards include an origin-specific minimum price for producers, which acts as a safety net against the increasingly unstable market. Standards also include an additional premium payment for producers to

invest as they see fit into resources such as better crops, education, clean water and community clinics.

Whilst UK Fairtrade tea sales have doubled since 2000, they still only account for 8% of total tea sales. The Fairtrade symbol is easily recognisable and stamped clearly on packaging. Special mention goes to CafeDirect, who were the UK's first 100% Fairtrade hot drinks brand. To date, they have invested over 50% of their profits back into the 40 producers they support across 14 countries.

Generally speaking, it's best to avoid buying from companies that don't identify anything about the origins of their teas. If a product has sound origins, brands tend to like to make a big deal out of it.

2) Ethical Consumer magazine:- Ethical Consumer is a well utilised resource at Sound Bites and something we often consult when deciding which brands to stock. They recently published an edition centred around the issue, which is a must read if you wish to broaden your understanding of the topic. Combining numerous factors including Fairtrade, Organic and environmental impact, their ethical score table has Sound Bites stocked brands Equal Exchange, Hampstead Tea, Qi Teas, Clipper and Dragonfly ranking highly. Where does Pukka rank now? That would be firmly near the bottom with fellow Unilever owned brands PG Tips and Lipton, like one big, dysfunctional family.

Of course, you can always grow your own herbs for tea to minimise the environmental impact. Then you too can amass £30 million in sales like Pukka, but still feel like your company couldn't grow unless you engaged in a "beautiful opportunity" with Unilever. Just saying.

HEMP REVOLUTION, HEMP REVELATION

Our staff member Nat moseyed on down to Buddhafield this year, and heartily enjoyed the musical stylings of the duo 'Mobius Loop'. These guys are bold vegan campaigners and one of the things they promote, and sing about in several songs, is the use of hemp milk in place of dairy. So much do they believe in the potential of hemp that after performing at Buddhafield, they headed down to help and perform at the annual Hempen Harvest, a not-for-profit organic hemp farm co-operative in Oxfordshire (read about this great project at: www.hempen.co.uk).

So what's so great about hemp, I hear you ask?

Hemp seed has been used as a nutritionally rich ingredient since Egyptian times, and is one of the oldest and most sustainable crops to be grown in the world. Hemp seeds are an excellent source of protein, minerals, and dietary fibre. It is the only plant that contains all of the essential fatty acids and amino acids required for body functions, including metabolism, the skin, the brain, and the heart. For example it is rich in nutrients including GLA (Gamma Linolenic Acid) and Omega 6. These long chain fatty acids are the building blocks for our body and cell growth.

Many folk who are concerned about the environmental and ethical implications of eating fish and using fish oil supplements, as well as the health concerns about mercury contamination of fish, have switched over to hemp for a compassionate and sustainable option.

The versatility of hemp is phenomenal! Not only can it be used in food production but it can also be invaluable in lots of diverse areas:

* **Fuel** - Historically hemp oil was used for centuries as lamp oil but it was unfortunately replaced by petroleum in the late nineteenth century. In our modern society hemp oil could be used to produce renewable

biofuels as a replacement for gasoline in diesel engines.

* **Sustainable Construction** - Hemp has fibrous roots, which means it can be used in building insulation, foundations, walls, shingles, paneling, pipes, and paint. Modern building materials Hempcrete and Isochanvre are lightweight, waterproof, fireproof, self-insulating, and resistant to pests.

* **Plastic Alternatives** - Modern plastics are made from non-renewable fossil fuels and production involves using toxic chemicals, but hemp is a mighty alternative! In 1941, Henry Ford held a media event where he swung an axe at a prototype car body made of hemp and other plant material to prove its strength. Sadly this technology never made it into mass production.

* **Other uses** - Paper due to its fast and efficient growth, fabric and textiles due to it being more durable than cotton and rope because it's strong and water-resistant.

Find this wonder product on the Sound Bites shelves:

* Good Hemp milk - Pour it on your cereal or use in hot drinks. This product scores impressively on the Ethical Consumer website, being grown in the UK by a vegan company with good environmental credentials.

* Good Hemp oil - Drizzle on salads, use in a stir fry and in everyday cooking.

* Organic hemp seeds - Good for grinding down and baking into bread or sprinkling on top of meals or into smoothies. You could also try making your own hemp milk. Packed by us in our biodegradable cellophane packaging.

* Hemp Burger Mix - Simply mix with water, shape and fry. Packed by Veggies Catering Campaign of Nottingham, an Ethical Consumer 'Best Buy' and multi award-winning vegan caterer.

* Yaoh Hemp Salve and Moisturisers - Hemp is great in bodycare products because it has a high content of beneficial oils and natural emollient properties. Another Ethical Consumer 'Best Buy', as is Faith in Nature who make some hemp shampoos and conditioners that we also stock.

* Find hemp as an ingredient in some sweet and savoury snack bars and nut butters that we sell - great for an added nutritional punch!





Crisis

Roasted Pumpkin Seeds

Pumpkin and squash seeds are routinely thrown away, but are absolutely packed with healthy fats, vitamins and minerals.

150g seeds (washed and dried)
1tbsp oil
1tsp salt or seasonings
Preheat oven to 140c, toss seeds in oil and seasonings, and roast for 10-15mins. Store in a cool dark place to keep for 3 months.

Simple Apple Cake

100g non dairy spread
100g sugar
4 apples
200g self raising flour
100g vine fruit
Pinch of cinnamon/mixed spice
2-3 tbsp. water

Preheat oven to 180c, cream the spread with the sugar until smooth. Mix in the dry ingredients and add water till a thick cake batter is achieved. Bake in a greased tin for 35 mins or till golden on top. Dust with extra cinnamon or sugar on top while still warm, and allow to cool before serving. Enjoy with your favourite non-dairy cream, such as almond of oat!

This October sees the 7th annual Soundbites Charity Concert, with our friend James Rippingale returning from the wilds of Somerset, along with fellow guitarist Jonathan Priestley, to present a program of beautiful classical guitar pieces (including Bach, Rodrigo, and Albeniz).

Once again, the recital will take place in the lovely St Mary's Chapel, on Sowter Rd. and, as with the last two years, all proceeds will go to the homeless charity, Crisis. The event will take place on October 20th at 7.30pm and tickets are priced at £10. There will be an interval, when you can purchase drinks and homemade cakes and biscuits. Tickets are available now from Soundbites.

DONATIONS
—ACCEPTED—



Man with a Van

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

Derby Counselling Centre

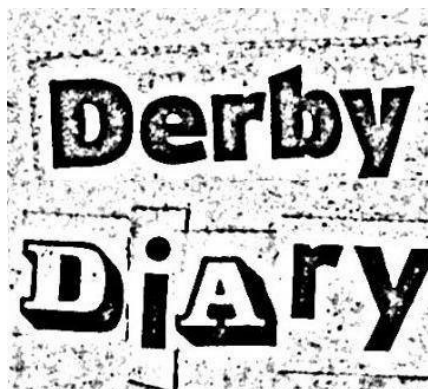
We have been operating in Derby since 1981, offering affordable counselling in a stress-free environment close to the city centre. See Tim @ Soundbites for details.

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

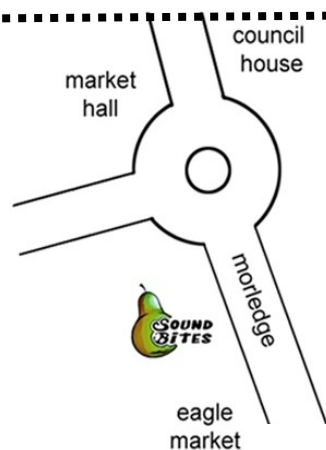


We are no longer hosting a green diary of events, as a phenomenal brain child has grown from a local community of people. The Derby Peoples Diary—found here: www.derbypeoplesdiary.org is a place for any and all to list their events and days of action, for groups to come together and make a difference.

CHARITY COLLECTION

Our most recent collection raised a total of (weirdly, exactly) £100 for Animal Asia. Thank you for your generosity!

Our next till collection will be for Derbyshire Refugee Solidarity, to help support them with the amazing work they are doing for stranded children and parted families living in poverty conditions, to escape the conflict in their home countries. It takes a lot to force people out of their homes, every country should stand side by side to support the global population in all our struggles.



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