



Issue 64
Apr-June 19

the Nibbler

Newsletter of Sound Bites
Derby's independent wholefood grocery
A not-for-profit workers' co-operative

Yaffle Café & Books upstairs! 11-5 Mon-Sat

Onward and Upward

As many of our regulars will know, we recently had a refurbishment, hurray!

We needed the floorboards on the front half of the shop replacing, so took the opportunity to give everything a little sprucing up; we have a beautiful new floor in a classy dark wood finish, and matching countertops and shelving. Slightly less classy was the fresh coat of vividly green paint, but the black gloss woodwork brings us back to classy, right? Closing for 2 weeks was incredibly stressful, and we appreciated everyone's patience,. The Derby Telegraph even did a little feature on us after we re-opened (slow news week?!) which was lovely!



We have many more little changes in the pipe line, which are really exciting for us, as I'm sure they will be for yourselves too. The next one up is that our online shop is having a total revamp!!!! It is about a decade old, and lets face it, not very

user friendly, so getting that sorted really is a high priority. The first few weeks will be a learning curve as we get used to the new system, but fingers crossed it will be as smooth as possible, and make life easier too for our distance customers.



We also want to make our website more of a resource. It is the home of our whole Nibbler archive (if you want to check out some really old editions, go take a look!) but we're looking forward to providing info pages about commonly asked questions in store, around nutrition, environmental and product related things. If you have any suggestions, as always, feel free to get in touch.

Remember...
Home Delivery
Veg Boxes &
Bulk Discounts!

What's.....New?

On the Shelves

- ♥ Geo Organics flavoured agave shots for hot drinks, come in vanilla or caramel flavours— the classics
- ♥ SUPER excited about this one, Biona sweetened condensed coconut milk. Comes in a recyclable can, ideal for so many baking adventures needing a rich ,thick sweet sauce
- ♥ Also from Biona are organic Chinese stir fry sauces, we have teriyaki and sweet and sour on the shelves, in glass bottles



- ♥ We've just made a huge addition to our Hodmedod's range. These guys are invested in growing heritage products all in the UK; take a look at our range of pulses. They've also brought to us Camelina seeds, Yellow pea flour, and Green pea flour, pluuus if that is not enough for you, a savoury fermented umami paste made from fava beans. Exciting stuff!
- ♥ Rhythm 108 are converting to an entirely vegan company, which is wonderful news. They make cookie dough-esque squares from good quality ingredients, we hear more to come!
- ♥ One of our lovely customers requested that we stock the Green Cane toilet tissue, which is made from recycled sugar cane fibres and bamboo; and so we now stock it!
- ♥ Booja Booja have created an ambient 9 truffle box of their super selling 'almond seasalt caramel' which you can now find in our permanent collection
- ♥ Divine make divine chocolate flavours, let's be fair. We've got their limited edition flavour 'lemon and juniper' which I am led to believe is the equivalent of gin flavoured chocolate?
- ♥ We also are finally, finally, able to declare that we have a whole range of loose leaf ingredients for making herbal teas! This currently includes: chamomile flowers, elderberries, elderflowers, hibiscus, lavender, lemon verbena, lime flowers, nettle, peppermint, raspberry leaf, rosehip and valerian. PHEW! We will be keeping an eye out for things we can add to this collection, and that we are always committed to helping the reduction of unnecessary waste in our day-to-day.
- ♥ Grace's Vegan Pantry are now supplying us with a range of tasty frozen desserts and jars of delicious conserves!
- ♥ Happy Cow Vegan Fudge, based in Sheffield, hand made fresh per order, we're loving this quirky alternative and new flavours
- ♥ Mr Organic biscuits (choc orange, choc, or multiseed) are palm oil free, organic and frankly moreish, thankfully not a tiny pack!

Stay tuned for LOTS more to come, and as ever, your recommendations are valuable to us

Ethical Above All

As an independent business, we try to put an emphasis on shaping our little shop based on the feedback of our customers. However, sometimes due to conflicting ethical considerations, we're unable to fulfil customer requests. Here's an insight into why we don't stock some commonly asked for items.

* Himalayan pink salt: In recent years there has been a lot of hype around the health benefits of pink salt, though it is not as 'clean' as many think. Himalayan salt is extracted from the salt mine in Pakistan, not sourced from the mountain range as the name implies. The mining necessary to extract a non-renewable resource is highly damaging to the environment.

* Ecover cleaning products: Ecover is now owned by SC Johnson, a company that openly tests on animals, has subsidiaries that operate in a number of oppressive regimes, made significant political donations to the Republican party during the 2017 election and uses harmful chemicals in their products. Yikes.

* Ben and Jerrys ice cream: There was much excitement when the company finally launched vegan ice cream a few years ago. Alas, as much as we *love* ice cream, we can't support a company owned by Unilever. Ah, Unilever, what to say? We could write an essay on how bad Unilever are, but to give you an idea; they score Ethical Consumer's lowest ranking for both animals and people.

* Aspalls: Once a smaller, family run affair, last year the business was sold to the US beer giant Molson Coors- an industry we didn't feel comfortable supporting on a larger scale.



*Green and Blacks chocolate: This is another example of the problem lying with the parent company-this time in the form of Mondelez (who also own Cadburys). It's no coincidence that Green and Blacks has now begun to move away from Fairtrade certified chocolate- the amount of certified cocoa used by Mondelez is at most 35%.

This is an ongoing process for us, as companies are often evolving or being sold on and it requires us being aware of the ethics research. So if you see an item in the shop that you're dubious about, please don't hesitate to pipe up!



Grow Your Own?

More and more, information about food miles and food waste is becoming a really topical issue because let's face it, we all have to eat. It isn't something we can avoid, but it is something we all have a responsibility for.

In an ideal world, we would all have the space to grow food to contribute to a community supply, but a lot of us simply don't have the time or space to dedicate to successful growing enterprises. One tiny way we can all be involved however, is to grow a few small plants each in window boxes, or on the kitchen windowsills.

noises as they absorb high frequencies, making your indoor space feel that little bit less hostile. Nice huh?

We have just had our annual supply of Organic Seeds come through from the Seed Co-Operative, a lovely UK group of folks, and we've tried to find some unusual varieties of plants you might want to try! We have a mixture of productive vegetables and flowers for pollinating insects to enjoy (and yourselves of course), many of which can be grown in small spaces. Organic plants have a much higher nutrient yield making them more nutritious and enriching for the soil.



SEED CO-OPERATIVE

The UK's community owned seed company

Not only does this provide you with easy access foods, there are other wonderful benefits too:

- ♥ Psychological wellbeing; having plants indoors creates a sense of calm, keeping them in offices actually reduces the number of sick days taken!
- ♥ Air quality; indoor plants improve air quality by filtering some pollutants out of the air, releasing oxygen, even reducing dust
- ♥ Reducing background noise; this may sound strange, but plants are good at providing a sound buffer to outside

You can also support the work of The Seed Co-op by buying shares as a member, volunteering on their farms to help grow crops and harvest seeds for future plant generations, or donating to their cause on their website at www.seedcooperative.org.uk or if you just want to find out more about why we support them as a stockist!





RecipeCorner

We'd actually like to take a moment, to talk about the weird and wonderful array of foods out there. We've been having some fun ordering unique fresh produce, so see what people will make of it. Culinary creativity is key!

One we've had MANY questions about, is Salsify. Salsify is a common biennial wildflower which grows quiet well in the UK. It is also known as the Oyster Plant—because it tastes a bit like oysters! It was very popular in the 18th century, but has fallen out of modern use, so many of us have never hear of it. Well, we're changing that!

Salsify is best eaten raw only when it is a young tender stem, otherwise you can use it like many other root vegetables; boil, steam, mash, roast, soup. The world is your oyster plant.

According the BBC Good Food section, it is particularly tasty in a creamy or buttery accompaniment.

We've also currently got fresh lemon grass stalks available, which add a wonderful flavour to Indonesian or Thai cuisine.

The flavour of food often depends on the quality of ingredients, fresh is more

flavourful than dry, and day, and the nutritional benefits are much higher too.

Peanut & Ginger Fresh Bean Salad

-1kg of fresh beans, can be string beans, fresh green, whatever you like to eat, even sugar snap peas too

- 5 tablespoons olive oil
- small red onion
- 1 inch fresh ginger root
- 1 lemongrass stalk (bottom half)
- 2 garlic cloves
- 200g dry roasted peanuts
- 1 teaspoon lime juice
- 100g fresh coriander
- 1 fresh chilli

- Gently boil the fresh beans and peas you've chosen, for a few minutes, till still just firm, drain

- heat the oil ad fry the onion until browning, then add the ginger, lemongrass, garlic, chilli and coriander all diced.

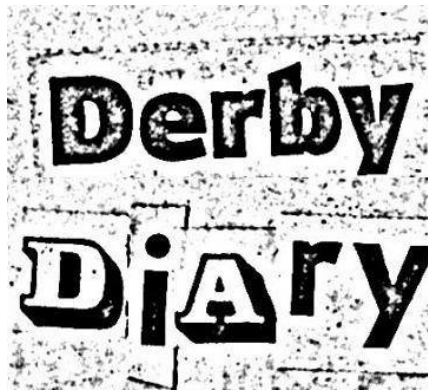
- After a couple of minutes, add the peanuts to this and fry for another minute or so.

- Toss beans with the cooked peanut and spices mixture, dress with lime juice and salt and pepper to taste.

A flavourful and light summery dish that can be a light meal on its own, or a side dish for other Thai style meals.



yum



Derby Counselling Centre
They have been operating in Derby since 1981, offering affordable counselling in a stress-free environment close to the city centre.
www.derbycounsellingcentre.org/

MASSIVE DRUMS/PALLETS FOR UPCYCLING

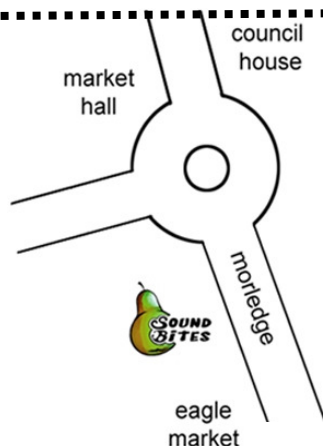
We buy Bio D household products in big big big bottles, 25L, 15L, and 5L in order to run our refill scheme from our shed, get you guys the best prices possible, and reduce the prevalence of single use plastics as much as we are able—only now we have a pile up of these big bottles. And pallets from deliveries! Can anyone think of a good use? Anybody willing to collect any for a project they are doing?? Get in touch!

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 £73 for Derbyshire Bat Group.

Our next collection is for Bike Back Derby (as part of the Life Cycle organisation), they recycle and upcycle old unwanted bikes, which are sold on at very reasonable prices to ensure that everyone in the community has access to a healthier mode of transportation. Healthier for the body, and healthier for the environment. If you want to find out more, or to donate bikes to the project, please find more info here www.lifecycleuk.org.uk/derby



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 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