



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

Freedom of Foraging

With all of the current hype surrounding zero waste, it seems like an apt time to talk about Autumnal foraging. There's a satisfaction that comes with the knowledge that you've picked food straight from the source without processing or packaging—would could be less wasteful than that! Invest some time into researching identification before heading out to ensure you're picking the right thing. Currently in season:

Berries- Autumn provides a cornucopia of berries in the shape of blackberries, elderberries, hawthorn berries and rosehips, to name a few. Blackberries are extremely common in hedgerows and are full of antioxidants and nutrients. For a healthier take on traditional jam; stew berries with coconut palm sugar, add chia seeds after cooking and serve fresh.



Apples- UK apples truly shine at this time of year. Cooking apples are generally larger and have a tart

flavour that mellows when cooked. For something different, add roasted apples to lentils with toasted seeds and nuts.

Sweet Chestnuts- Chestnuts stand out from other edible nuts for their distinctive nutrition profile. They are exceptionally rich in Vitamin C and B-complex vitamins. Roasted chestnuts are

great by the handful but also make an amazing stuffing for vegan style wellingtons.

Horse Chestnuts- 'Conkers' invoke childhood nostalgia for a lot of us and litter the woodland floors throughout Autumn.

They aren't edible but can be ground up and used in the same fashion as soap nuts to ensure your laundry comes out fresh.

Weeds— Nettles, thistles and dandelions are considered weeds and pests to many gardeners, but they can be wonderful in the kitchen, even used in herbal teas.

Mushrooms—here you have to be especially careful about identification, learn from an experienced forager where possible! Many species of wild mushrooms are very tasty and nutritious, but some species are poisonous so you must know what to look for. Mushrooms naturally grow in decaying wooded areas, helping break down plant life back to soil for the next generation of plants to grow from.

When foraging, remember that we're a part of delicate ecosystems and leave enough for the wildlife that share our green spaces.



Enjoy responsibly!

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

What's.....New?

On the Shelves

As ever, we do our best to find the tastiest and most unique edibles going, and we feel we've found some worth editions to our range this past quarter. We will of course be enjoying MANY new items in the run from Halloween to New Years, so do make sure you put in a suggestion for anything you'd particularly love to see!



- ♥ Divine (a wonderfully ethical fairtrade company) now also do a completely vegan and organic range, we have turmeric/ginger and blueberry/popped quinoa in stock.
- ♥ Schlagfix mascarpone, didn't think we'd see an alternative for this, and feedback has been really good so far
- ♥ Joining Suma's baked beans and sausages is baked beans and mini burgers, AND tinned meatballs! Awesome...
- ♥ Green Vie cheeses have been a nice addition, and the Veghaloumi has disappeared pretty quick!
- ♥ Many of our Ten Acre flavours have disappeared, and to fill the gap, we've got Kallo pop chips, in sour cream & dill, sea salt

&

Booja-Booja

lemon vinegar, or wasabi & soy sauce. Different.

- ♥ Equal Exchange organic, fair trade, dark chocolate bar with roasted almonds
- ♥ Bonsan almond based cream cheese and fresh breakfast scramble. Lovely quirky company too!
- ♥ Suma paprika twists, satisfyingly crunchy snacks...
- ♥ Heavenly Organics, a huge range of premium body care: body scrub, eye cream, foot cream, facial clay cleanser, and solid hand balms.
- ♥ And finally, we cannot forget the immense efforts of Booja Booja. Small tubs of hazelnut praline ice cream join the larger tubs in the freezer, and the launch of their new truffle flavours (honeycomb caramel and toffee strudel) have been amazingly popular. We had a truffle party on Friday 21st, with samples for everyone to try, you can imagine just how popular that was :D

Organic September

We celebrated Organic September with Saturday tastings, free samples of gourmet organic chocolate truffles, and a poll at the till asking our customers why you choose to buy organic. There are many reasons to support organic farming and products. We asked you to rank five of them – and the results are in!

- ⇒ Better for wildlife
- ⇒ Fewer pesticides
- ⇒ Nutritionally better
- ⇒ GM free
- ⇒ No artificial colours or preservatives

The poll wasn't intended to be very scientific (there is some overlap between the reasons), rather a fun way (it did involve pom-poms!) to remind customers of the benefits of organic farming. It's interesting that you ranked wildlife above nutritional benefit for yourselves. What an altruistic lot you are!

We are proud to stock an extensive organic range and it's pleasing to know that our customers support us.



Now, another beautiful thing about Organic September, is that every year, we are able to take some time to truly appreciate the humble bumble.

There are nearly 20,000 different species of bee around the world, but, well, we really do think just about a couple, so we thought we could give you some wonderful information about these beautiful bees, and you can appreciate them as much as we do!

Honey producing bees are the ones we think off the most, because they are the ones folks focus on using for production. Worker bee's that you find out foraging for nectar are all female, the males are stingless and are simple workers in the hive.

 **ORGANIC**
YOUR
SEPTEMBER
EAT, DRINK, USE, CHOOSE.



Knees

Bees are a 'haplodiploid' species. Humans reproduce by 50% genetic material being contributed by the mother, and 50% by the father, and if they go unfertilised, there are no offspring. With bee species, all males are developed from unfertilised eggs, meaning they have just half of the genetic material you would expect.

All fertilised eggs are female, receiving ALL the genetic material of their father, and the half from their mother. Essentially, this means genetically speaking, they are more benefited from helping to raise and care for their brothers and sisters than they are for raising offspring: welcome to how the hive mind works together.

A colony of bees can be as large as 60,000 individuals, with only a single queen, and that queen is the only one to lay eggs. She might live up to 5 years, while typically all the worker bees live for around 6 weeks.

In those 6 weeks, they will be incredibly busy flying up to 6 miles in a day to collect nectar, but will make maybe 1/12th of a teaspoon of honey with it. How many thousands of bee lives do you think go into making the average jar of honey?

Bees are incredibly smart, despite having a brain the size of a sesame seed. It is well known that they can communicate by the 'waggle dance' using visual information to relay complex calculations of distance and good food sources.



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We know that bees are important pollinators (looking at you, fewer pesticides and a STRICT ban against neonicotinoids as a reason to eat organically) but can we appreciate for a second just how much so? Honey bees pollinate more than a 70% of our crops. When they die, and yes they are in serious decline, Albert Einstein estimated that humans would have about another 4 years to live.

This is perhaps a drastic estimate, but when the crops we eat disappear, the animals that also eat the fringes of those crops will decline. Insects living from the flowers/fruits of those crops will disappear. We'd struggle to sustain any great level of people.

They key word there? Sustain. Sustainable. We don't live in a sustainable ways. And the future is looking bleak because corporations prefer money over global responsibility. But you can help! Plant wildflowers, sign petitions against the use of hideous bee killing pesticides, and maybe learn a waggle dance....



Korokke in the Kitchen!

The leaves are starting to change colour and when we leave the shop door open they've even started blowing into the shop. Autumn is definitely on its way. And so new pumpkins and squashes have started to appear en masse. These seasonal wonders are great in soups, stews and roasted and packed full of natural goodness. But sometimes you need something a bit more indulgent. The following is a recipe that has been adapted from a Japanese dish called Kabocha korokke. However, the more traditional recipe asks for kabocha squash which can be a little tricky to get hold of. Instead you can use any number of squashes and pumpkins that we stock, red kuri pumpkins and butternut squash work beautifully. This recipe suggests deep frying the croquettes but you can shallow fry them if you prefer.

Squash Korokke bites

24 bite-sized croquettes

Ingredients

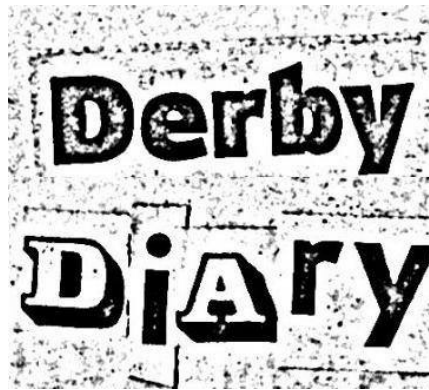
- 1 squash or pumpkin, de-seeded and cut into wedges about 2 inches wide
- 1/2 teaspoon salt
- 1/2 teaspoon cinnamon
- 1/2 teaspoon sage
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon freshly cracked black pepper
- 1 tablespoon extra virgin olive oil
- 1 small yellow onion, peeled and diced

- 1 clove garlic, minced
 - 1/4 cup potato starch, or cornflour
 - 1/2 cup unsweetened non-dairy milk e.g. Sojade natural soya milk
 - 1/2 cup panko breadcrumbs, or gluten-free breadcrumbs
- Sunflower, or other neutral cooking oil to fry croquettes



Preparation

1. Preheat oven to 200°C.
2. Oil a roasting tray and lay out the squash/ pumpkin wedges. Season with salt, cinnamon, sage, cayenne pepper and black pepper and drizzle with olive oil.
3. Roast for around 40 minutes (the squash should have softened and started to caramelise). Remove from the oven and allow to cool a little before removing the skins.
4. Cook the onion in a frying pan until they are translucent
5. In a large bowl, mash the wedges until smooth and mix in the onions and garlic.
6. Preheat the sunflower oil in a pan or fryer. Using a spoon or a small scoop, roll the squash mix into small balls, roughly 2.5cm in diameter (you should be able to make about 24 depending on the size of the squash).
7. Roll the balls in the non-dairy milk, then the cornflour and finally the crumbs.
8. Fry each ball until they are golden brown on all sides, about four minutes. Remove from oil to a plate lined with paper towel. Serve you soya sauce, or perhaps one of the dipping sauces we sell. Remember to dispose of the used cooking oil responsibly (not down the sink).



Man with a Van

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

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/

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!

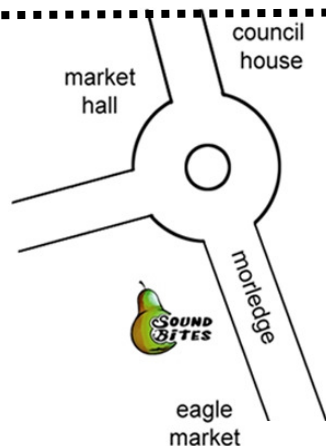
Beaurepaire-Belper town's name is thought to mean "beautiful retreat". Belper, being the place of my lovely home and new BnB. Come for a stay in my cosy mini Bed and Breakfast which is on the route of the Derwent Valley Heritage Way long distance walk, and near to the High Peak Trail and the Midshires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

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 £84.91 for the Hunt Sab group locally working against the badger cull coming to North Derbyshire this autumn.

Our next collection will be for a national charity called CALM: campaign against living miserably. It is specifically aimed toward suicide prevention of young me, given that it is the largest cause of death in the under 45yrs age bracket. It is a difficult thing for many people to be open about, but boys being taught nonsense about being tough an emotional doesn't give them the tools they need to handle the things that happen to us in adulthood. This needs to change.



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