



Issue 65  
July-Sep 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**

'Plastic free' is still a buzz phrase at the moment and campaigning against single use plastics is going from strength to strength. High Street giant Boots has completely eradicated plastic shopping bags and it's a similar story for McDonalds' plastic straws. Though even with the best intentions, you may well find that the odd single use plastic sneaks into your life and this is where ecobricks come in!

An ecobrick is a building block made entirely from unrecyclable plastic. It's created by filling a plastic bottle with clean, dry plastic until it's packed tightly and can be used as a building block. The characteristics that make plastic so difficult to dispose of: its durability, longevity and water resistance, also make it a brilliant building material. In Guatemala schools are being built from ecobricks, in South Africa they're utilising them in composting toilets and closer to home in the UK, we're using them in children's playgrounds.

How to make your own ecobrick:

**1:Choose a bottle.** Any size bottle will



work as an ecobrick, but the average size tends to be between 500ml to 1.5l.

**2:Prepare the plastic.** All plastic that you put in your brick needs to be clean and dry – any dirt can lead to microbiological growth and methane forming inside your brick. You can use any type of plastic in your bottles but it's best to go for ones that aren't readily recycled elsewhere: straws, photo paper, cling film, crisp packets and Styrofoam to name a few! Metal, paper, cardboard, glass and biodegradables will not poison the biosphere, so there is no need to put them into a bottle.

**3:Stick it.** You'll need a stick to poke

the plastic in your bottle down so you can fit as much as possible in. You want your stick to be about twice the height of your bottle, with a slightly rounded tip. Avoid sharp cornered sticks as they can rupture the bottle.

**4:Get packing.** Use your stick to push down the plastic around the inside of the bottle—move in a circle pushing down along the sides. To maximise the density, it's good to mix soft, then hard plastic. Depending on the project you want to contribute towards, take the colours of the plastic you're using into consideration. For example, if you're building something for a children's playground, it wants to be as colourful as possible. Be sure not to overfill your bottle to the point that it's pushing up against the lid, as this could compromise the lid to the point that it comes off.

**5:Weigh your brick.** Once you've finished packing, you'll need to weigh your bottle. Minimum density goals are essential to ensure quality ecobricks. Ecobricks that are too soft cannot be used for modules and can compromise structural constructions. As a rule of thumb, a good minimum density is **0.33 g/ml**. This means that a 600ml bottle will have a minimum weight of 200 grams and a 1500ml bottle will have a minimum weight of 500 grams. Be sure to label your brick with the finished weight

**6:Log and label.** There are places you can drop off your finished ecobricks all over the UK – and they use their bricks for various projects in Britain and abroad. Check out the [Ecobricks website](#) to see where your nearest drop off point is.

Ecobricks are a relatively new idea so not many people know about them. Spread the word to your friends and let people know that their plastic doesn't need to end up in the ocean!

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

# What's.....New?

## On the Shelves

It is really important to us to keep on top of the great new releases, so we can make sure our customers get to try out the super interesting alternatives, making zero waste, organic, and ethical living that little bit easier. Take a look:

- ♥ Conscious Chocolates have been with us since almost the very beginning, they have just gone through a massive revamp, and the new range is coconut sugar sweetened in place of agave and rice syrups. Can't wait!
- ♥ Glebe Farm are UK oat growers, we've now added their Oat Milk and Oat Flour to our range, both are gluten free; and oats are super sustainable crops we grow abundantly in the UK, making this an ideal brand to go for
- ♥ LoofCo have now brought out dish brushes with a wooden handle, and also (very excitingly) bottle brushes! With so many of us choosing to refill and refill those reusable bottles, it is important to keep them clean—lovely item



- ♥ The Heavenly Organic eye creams come in sweet little glass jars, and have been really popular, so we've stocked all the fragrances!

- ♥ We now also have glass jars of clay face mask powder (bentonite, rhassoul mud or green clay). Mix with water at home for a fresh face mask, reuse/recycle jar after!

- ♥ We have loads of different brands of alternatives to meats and cheeses, and we've been enjoying some new Parveggio parmesan style cheese from Green Vie, plus blue cheese, and one with hemp seeds in! Coconut oil based bliss
- ♥ Suma are one of the biggest Co-op's around, and also wonderful people. We've reduced the range of Faith In Nature shampoo/conditioner because these are readily available many places (of course we can still order in for you if you want it specifically!) so that we can expand on our Suma range of hair care. Shortly we'll be seeing glycerine based shampoo and conditioner bars from them, plus a wider range of their best selling soaps.
- ♥ Marshmallows of many kinds—now even chocolate coated marshmallow nuggets! Creative baking with the kids over summer perhaps?
- ♥ Adding to our dental range, Georganincs toothpaste in a jar, coconut oil clay based, with fresh peppermint flavour for a mineralising polish on those gnashers. Keep your eye out for little bamboo interdental brushes too; we're living in the future!!

# The situation with Soya

Soya has been one of those conversations that takes you all over the map, and been going on for many years, so we wanted to look into it for some clarity, to best advise our customers when they are looking at protein alternatives (though of course soya is in SO many things now; chocolate, breads, all manner of non dairy, meat alternatives, ready meals, flavourings, the list goes on).



**SOY FREE**

Now, obviously, there are people that are allergic to soya, and for them, this debate doesn't really exist, but for the rest of us, it is important to know the benefits and drawbacks of what we eat.

Soya is a traditional food of Asia, but due to its impressive nutritional profile, it is now grown worldwide. Most of that soya is genetically modified (a different conversation)

and most of it is grown specifically for livestock feed. This of course means there are severe environmental issues, as land is cleared for increasing production through South America. Most of this land is gained by displacing other arable independent farmers (soya is big business for big developers), some of it is deforesting into the Amazon basin, some is putting the dry forests of Bolivia at risk, and some is leading to soil erosion and water contamination of the savannahs of Argentina and Paraguay. With production growing about 10% each year to meet demand, how you source your soya is for you to decide!

Now, let's take a look at human consumption.

Soya is a complete protein, which means it contains all the essential amino acids we need to consume (can't be made by the body) in order to maintain healthy functioning. It has 17g of protein per 100g, full of fibre and a whole host of vitamins and minerals. The more processed the beans are, this diminishes, so prioritising whole foods soy products will maximise the benefits.

# The situation with Soya

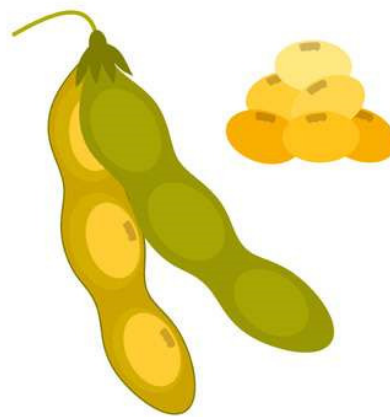
Soya contains Phytates, which bind to minerals, and can block absorption. Some believe that this therefore counters any benefit you have from soy, however research shows that soaking the beans greatly diminishes this effect, and that when consumed in a balanced diet, the nutrients are absorbed just fine anyway. Hurray!

This is a big topic: isoflavones and phytoestrogens. These guys can bind to oestrogen receptors in the body, which makes people worry about hormonal changes. Isoflavones have in fact demonstrated a protective effect against hormone dependent cancers! This includes reducing the risk of prostate cancer in men, and premenopausal breast cancer in women. This may be due to their strong receptor binding properties, but reduced activation effect; so there is no net gain in oestrogen released. Isoflavones have been found to have no affect on testosterone levels in men, nor circulating oestrogen levels, so these concerns can be put aside. Disease patterns of Asian culture that rely on soy as a staple for protein source have much lower rates of issues like strokes, osteoporosis, diabetes and of course cancer. The modern availability of 'Western Foods' has seen a dramatic increase in these issues sadly.

Isoflavones interact with the thyroid, this is true. It will decrease the activity of the thyroid peroxidase enzyme, however this has only been problematic in iodine deficient case studies, otherwise blood levels of thyroid hormones have been just fine.

Fermented soya products are becoming increasingly popular. Tempeh, yoghurts, miso (not all miso is soya based), natto, kofu, even fermented soya milk is now available. The fermentation process begins digestion of some of the starchier compounds and boosts the gut bacteria. This helps to support the immune system, and makes nutrient absorption more effective.

For folks wanting to include soya in their diets, we would recommend ideally eating organic as the nutrient level will be even richer, including fermented types where possible, and try to find European sources.



**SOYBEANS**



# RecipeCorner

## The trouble with Turnips!

We've had some super delicious turnips in store recently, but they are such an under appreciated humble veggie, that we thought a bit of inspiration might help with that.

### Roasted Roots:

#### Ingredients:

- \* 2 tbsp olive oil
- \* 2 cloves garlic
- \* 1 tsp smoked paprika
- \* 2 medium turnips
- \* 150g potatoes
- \* 150g sweet potatoes
- \* 1 tbsp fresh parsley
- \* 1 tbsp lime juice

#### Method:

Preheat the oven at a medium heat. Heat olive oil in a pan on low, and stir in the minced garlic and smoked paprika. After a couple of minutes set this aside.

Roughly chop the root veggies into evenly sized chunks and coat with the seasoned oil. Bake until golden and cooked through. Dress with parsley, lime juice, salt and pepper.

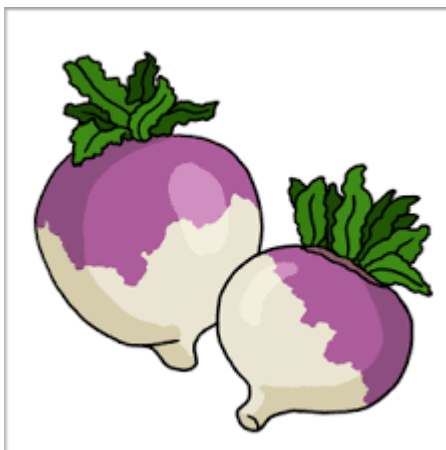
## Tempeh Stir Fry:

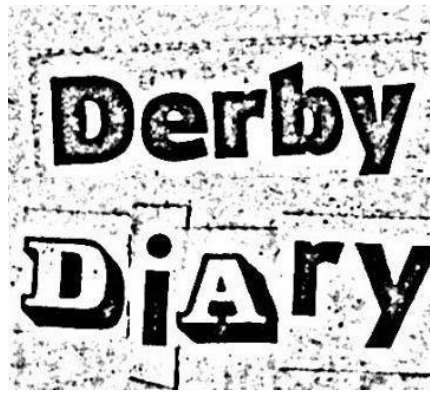
#### Ingredients:

- \* block of smoked tempeh
- \* 1 tbsp toasted sesame oil
- \* 2 cups turnips
- \* 1/2 cup scallions
- \* 3 cups spinach
- \* 1 tbsp soy sauce
- \* 1 tbsp sriracha sauce
- \* 1/2 cup fresh pineapple

#### Method:

Slice the tempeh and fry until crispy on both sides. Set aside for now, and add the sesame oil, chopped turnips and chopped scallions to the pan, stir fry until browned (around 5mins). Reduce heat and cover the pan for a further 5 mins cooking. Add the spinach, when wilted, toss through the sauces, add the pineapple and tempeh strips and cook while tossing for a further minute. Finito!





### 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/](http://www.derbycounsellingcentre.org/)

### MASSIVE DRUMS/PALLETS FOR UPCYCLING

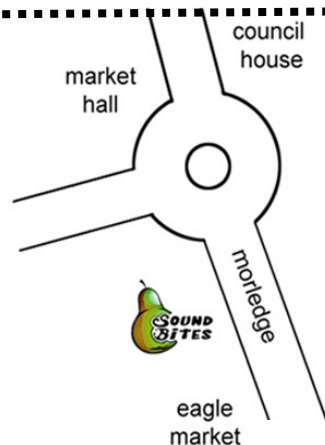
We buy Bio D household products in big big big bottles, 25L, 15L, and 5L in order to run our refill scheme from our shed, get you guys the best prices possible, and reduce the prevalence of single use plastics as much as we are able—only now we have a pile up of these big bottles. And pallets from deliveries! 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](http://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 £60.05 for the awesome Bike Back Derby project.

Our next collection will be for Broken Biscuits - a charity specialising in mobility aids to rescue, rehabilitate and re-home animals that deserve a second chance. Caring for animals with additional needs can be challenging, these guys are committed to finding the right homes for each animal in care, and getting them the families they really want.



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](mailto:info@soundbitesderby.org.uk) - or call 01332 291369*

[www.soundbitesderby.org.uk](http://www.soundbitesderby.org.uk)