



# 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**

## *Trees For Derby*

Last year, the government declared a 'climate emergency' due to enormous pressure from amazing national campaigning groups, such as Extinction Rebellion. But nothing meaningful has come from this yet.



There are however, many passionate people working outside of the government on a local level to make these changes happen as best they can in their local area. We have a Derby group for Extinction Rebellion and we also have a newly formed team of folks that have created the charity Trees for Derby. They

are aiming to plant 250,000 trees throughout the city of Derby, targeting all of the 17 wards. There have been significant losses to tree cover in the city over the last couple of decades, so this goal will help to undo that, while improving the air quality for residents living here.

In November, there was a hugely successful planting day arranged in Chaddeston, where 1000 trees were planted in less than 2hrs, with more planting events due to happen in the spring to volunteer for!

There are plans in motion working along side the Parks & Recreation team of the council to help get more trees growing in local parks, and with many local big businesses to suggest areas of privately held land which could be regenerated. There's more to read about on their website and you can sign up for email updates to see what is happening and what folks can help get involved with.

**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:



♥ We've got some awesome organic banana blossom in tins from Biona on the shelf, which is the 'must have' alternative for fish apparently, and not just in phish & chips, but cooked in sauces too!

♥ Biona are also now doing ready to go tins of jackfruit in smokey barbeque or yellow thai curry, for a super quick meal fix, both organic also

♥ We love having the Vegalino pralines in from Vego so much, but normally only for 'occasions' but that feels limited, so we're going to add them

to our range full time — woohoo

- ♥ Eat Real have a whole range of great free-from snacks and the new flavour of lentil chips has made it to our shelves; mango and mint. Scoop it in a curry!
- ♥ We've got another pizza joining our frozen section; the Oumph, with meaty texture chunks and flavourful sauce
- ♥ We're big fans of Hodmedods for what they do, the passion they have for real heritage pulses grown in the UK. They also do roasted pea snacks in various flavours, and have had to say bye-bye to the horseradish flavour, but a big hello to smoked paprika and chilli & lime flavours!
- ♥ Having solid and zero waste options for body care is really important, we we've added some solid aftersun balm sticks from Scence, packaged in cardboard
- ♥ We also now have singles of Greencane toilet rolls available, for those wanting to totally avoid unnecessary packaging where possible; these are made from bamboo and recycled waste sugarcane!
- ♥ Our deli cake section has been delighted by the addition of Clemie's Vegan Cakes, she's a true bakery artist and we've loved having some really original flavours, fantastic gluten free options, and importantly, very generous serving sizes!



# Veganuary

The Veganuary campaign-where participants switch to a vegan lifestyle and ditch the animal products for the entire month of January burst onto the scene a few years back and it's clear by the sheer number of sign ups that it's been resonating with people. Here's a quick fire guide to alternatives we stock to get you started.

**Milk alternatives:** From soya to hemp, we stock a wide range of plant based milks and really it's a case of trial and error to find the one that suits you best. Soya milk has the closest composition to cow's milk, so is a good starting point. Huge staff favourite is Oatly Barista which has a great consistency and won't curdle in coffee.

**Meat alternatives:** Where to begin?! A staple for the shop has always been Vegi Deli's sausages and they remain a firm favourite with customers- perfect for sandwiches and stews. In the last few years the range has grown exponentially to include items such as tofu, tempeh and seitan. All are great sources of protein and absorb flavours really well, so can be customised to meet your preferences e.g. a simple ginger and soy sauce marinade. Newer additions such as Biona's banana blossom and seasoned jackfruit are also making a big impression for their meat-like consistency.

**Cheese alternatives:** Similarly to milk, we've found that customer opinions on cheese alternatives vary widely! Coconut based cheeses such as Bute Island and Violife tend to be popular due to the creamy texture. Koko's new coconut cheese has been receiving rave reviews from vegans and non-vegans alike due to the convincing 'cheesy' flavour and ability to melt.

**Butter alternatives:** Suma do a range of margarines that work great as butter substitutions in baking. If you're looking for something more buttery, Naturli released a vegan butter that customers love for both taste and texture and apparently it melts like a dream on toast.

**Chocolate alternatives:** Listen, we don't mean to brag, but when it comes to chocolate, we definitely excel! Take your pick from the huge range of dark chocolate we sell and why not try something different like Chocolate and Love's pomegranate bar. If you're looking for a milk chocolate alternative, the IChoc range has a lower cocoa content and is super tasty, as is our top-selling Vego bars- I mean, can you really go wrong with chocolate and hazelnut? Vego also do a really good white chocolate alternative.

**Ice cream alternatives:** It might not be a staple for everyone, but we definitely consider it one here! Booja Booja do a healthy cashew based ice cream that has the best creamy and rich flavour- we defy anyone to say they're not good. We've been really impressed with Naturli's new oat based ice creams that also have an amazing fluffy texture, interesting flavours and include some nut free options.



# DRS 'Dent in the Rent' Campaign

Many Sound Bites customers will remember that our last annual Charity Guitar Recital was in aid of the wonderful local group Derbyshire Refugee Solidarity. We chose them because of the inspiring work they do both with refugees and asylum seekers in our local community and overseas. This year DRS is hoping that people will be willing to contribute a small amount of money regularly each month to go towards the rent on their premises, which will help ensure the long-term future of the charity. We here at Sound Bites thought we'd share their fundraising campaign with you because we know you're a caring bunch of community-minded folk. (Teamwork makes the dream work!)

Here's what DRS have to say:

Happy new year to all our fantastic supporters!! If you follow us on social media you will know that 2019 has been an amazing year for DRS! Now established in our lovely new home at St Anne's Church Hall in Derby, we have grown into a thriving community group. As well as continuing the same work we did before, sorting and sending donated clothing etc to refugee camps, we now offer a wide range of activities for refugee and asylum seekers who volunteer with us!

Please could YOU help us to continue this work and secure our future in our lovely home?

All 60 + people who work at DRS are volunteers. Our only cost is our rent - which is only £200 per month. If you could contribute maybe £1 or £2 per month, by Direct Debit, you could help us to offer even more aid and support to refugees in Derby and overseas.

If you are able to help us, please email:  
[lucy@derbyshirerefugeesolidarity.org](mailto:lucy@derbyshirerefugeesolidarity.org)

Thank you so much!  
Derbyshire Refugee Solidarity

## VEG NEWS

A note from our supplier Organic Pantry about veg:

You may have noticed that we don't seem to have as many UK lines in the 2019/20 season as you would generally expect to see in January. We have suffered, along with many other farms, from the extreme weather conditions over the Summer and Autumn months in particular with regards to the amount of rainfall. Brassicas have failed to thrive leaving sprout, cauliflower and broccoli patches bare. Much of our kale has come to an end and we are scrapping round to find a cabbage.

Sadly, UK lists are likely to be limited until this year's growing begins. If this warmer, wetter weather is what climate change means for the UK we farmers will have to adapt and move away from the traditional schedules of growing.

# CYCLING WITHOUT AGE



The aim of Cycling Without Age is to reach and improve the lives of people in residential homes. To allow those who can no longer ride to experience the joy of being on a bike and to feel the wind in their hair.

The format is simple: volunteer riders (pilots) take passengers out on an electrically assisted tri-shaw for a slow social ride. The two passengers sit at the front on a comfortable seat while the pilot behind does the leg work. The rides are through parks or along the riverside paths and involve being close to nature, noticing the seasons, talking about the surroundings, the sounds and the memories these evoke. Cycling Without Age is free at point of use.

The passengers, wrapped in a warm blanket, experience being outdoors, connecting with nature, socialising, and in many cases bringing back memories of riding a bike, and the feelings of freedom that gives. This is especially true for people with dementia, and reports indicate the mood enhancing benefits are particularly noticeable and long lasting. The pilot pedals sedately, chatting and sharing this joy.

We are in the process of setting up Cycling Without Age - Derby and seek enthusiastic people to join us in this project.

If interested please contact;  
[cathyjt63@gmail.com](mailto:cathyjt63@gmail.com)

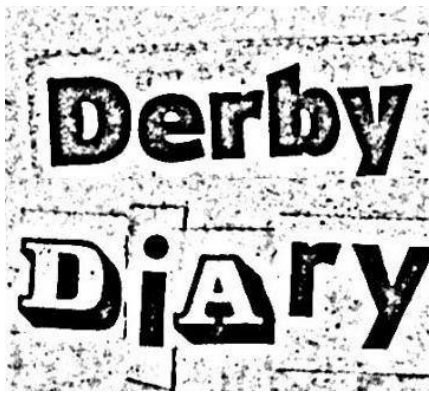


Extinction Rebellion was formed in 2018, as a response to the failure of government and industry to tackle the ever worsening pollution and the impact it has on the climate globally.

They work apolitically and non violently through direct action and campaigning to meet 3 goals: 1) that a climate

emergency be declared. This has happened. 2) that action be taken to halt biodiversity loss and reduce greenhouse gas emissions to net zero by 2025. This hasn't even started. 3) that a Citizen's Assembly be created within government to allow a community led approach to tackling these and future ecological issues.

The future is in the hands of all of us to work together on, and we each have an individual responsibility to be involved in that, to force industries to learn and change.



**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 and 15L 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!

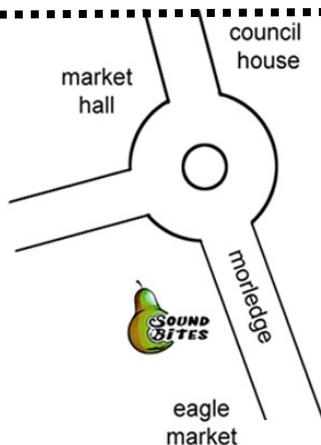
We are no longer hosting a green diary of events, as a phenomenal brain child has grown from a local community of people. The Derby Peoples Diary—found here: [www.derbypeoplesdiary.org](http://www.derbypeoplesdiary.org) is a place for any and all to list their events and days of action, for groups to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

### CHARITY COLLECTION

Our most recent collection raised £78.40 for The Padley Centre.

Our next collection will be for the newly organised group, Trees for Derby. We have an article in this newsletter if you wish to learn more about them, what they intend to achieve and how best more folks can get involved!

We raised a grand total of £335.05 for charity in 2019 thanks to our wonderful customers!



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)