



Issue 66
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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

Making the Most of Food

As we all become more conscious of minimising waste, here at Sound Bites we've turned our heads to thinking of ways to 'use stuff up'. It's certainly not a new concept and was a necessity during post-war hardship, but we've moved away from it in the age of convenience. However, although the recent trends in sustainability has had some positive impact on UK food waste, we still manage to waste around 10 million tonnes of food annually. Perhaps then we all need to give more thought to whether we're making the most of our produce. Here's a few ideas to get you started.

Potato Skins- Most of us just throw away our potato peelings, but they actually make a healthy snack. Roast them for 15 to 20 minutes, stirring once halfway through. When done, dry them well on paper towel and put them in a small mixing bowl. Add olive oil and salt and turn the peels over until they are well coated. They make a great topping for soups and stews.

Banana peels contain vitamin C, vitamin E, potassium, zinc, iron, and manganese. These nutrients can drastically reduce skin irritation such as swelling, redness, and scarring. Furthermore, banana peels contain lutein and carotenoids which are fat-soluble compounds that help fight inflammation and acne breakouts. Simply rub the banana peel over your skin and leave for 5 to 10 minutes before rinsing.

Alternatively, adding a banana peel to your compost pile will help introduce more calcium, magnesium, sulphur,

phosphates, potassium, and sodium, all of which are vital to the healthy growth of your plants. Cut the banana peels into smaller pieces and bury under the plant you want to fertilise- ideally next to the roots.

Fruit peels- Save your fresh orange, grapefruit, lemon, lime, and clementine peels to toss into a hot bath. The water draws the naturally occurring essential oils out of the fruit peels, creating a spa-like aromatic retreat that makes you feel invigorated and refreshed. *Tip:* tuck peels for one to two days in an air-tight container in the refrigerator until you have enough to truly enhance your bath.

Coffee Grounds: The web has a whole host of uses for these! Just to name one, they make a great fertiliser for the garden. They contain numerous key minerals for plant growth — nitrogen, calcium, potassium, iron, phosphorus, magnesium and chromium and may also help absorb heavy metals that can contaminate soil. Simply sprinkle them onto the soil surrounding your plants.

Green Stalks: You can use right down to the bottom of most veg. The stalks of broccoli are amazing roasted or can be finely shredded into a coleslaw. Also, there's a misconception that you need to peel the skin off squash to roast it- you don't! It just takes slightly longer to cook but you have the benefit of all the nutrients found in the skins.

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're seeing some drastic changes now in our deli department, after losing Saker and Rowanberry as suppliers in the same week (both to focus on other awesome things) so we're going to be trying out making things ourselves, and see what a few other little vegan bakeries might have to offer—watch this space!



- ♥ Georganics continue to impress us, now we've had the addition of solid toothpaste tabs, 180 in a jar for a 3 month supply, available in both charcoal and spearmint
- ♥ The cheese and onion crisps from Ten Acre are so popular, that we've added larger bags to our shelves, for 'sharing'
- ♥ Fabulous unwrapped glycerine soap blocks, lovely new fragrance combinations, soft on skin!
- ♥ A really quirky little gem, is that we now have tinned Tunah, from Marigold. Fingers crossed it'll be a simple staple for any cupboard; especially with nori seaweed flakes...
- ♥ Suma have upped their game, by looking for things we've specifically been missing out on. So, now we have for you a tinned creamy mushroom soup, and a tinned pea & ham soup. Just in time for cozy cooler evenings too
- ♥ We've been struggling to get hold of the smaller single yoghurts from Sojade in recent times, we we've swapped over to the Koko fruity 2 packs. Folks noticed, and recommended we try out the cheese too—feedback has been strangely positive (vegan cheese is a very 'marmite' discussion usually) and we've been blown away by how much people are enjoying it! We're now stocking the tubs of Koko cream cheese along side it, so get stuck in
- ♥ We had a great special offer on Kallo corn & lentil cakes just recently, apparently you all want us to stock the lentil ones permanently, so we'll be looking at jiffying the shelves around to cram that one in too. We like to hear about the things that make you happy ^_^

Halloween is just around the corner, so you'll be finding some super cute seasonal items in store (wooden bats, crème filled pumpkins, cinder toffee and more) - it isn't all about Christmas, just because all other shops appear to think it is!

Sweet, or sour?

It makes sense that our diet has a massive impact on our health and wellbeing, because what we eat changes the environment within our body—on a microbial level! There are vast numbers of bacteria living in our gut. Many of these are helpful, they assist in breaking down various things we eat into smaller compounds which are easier for us to absorb. So, the bacteria that thrive in our guts are the ones with the most plentiful food sources. Eating a wide variety of fruits, vegetables and wholefoods keeps the biodiversity of the gut broad, but eating a diet high in processed starches has the opposite effect. It might not seem like a big deal to just have a different array of gut bacteria, but think of it like your immunity. It is a good idea to have immunity to as many things as possible, so that we stay as healthy as possible, right? Having broad bacterial range helps reduce the likelihood of being poorly when we eat contaminated foods, or when facing stomach flu!

Did you also know that some of the byproducts excreted by bacteria can act as neurotransmitters and literally affect our moods? Amazing studies have found the impact of this on people with depression and even autism! Where are we going with this? Well, actually, we wanted to talk about different kinds of sugar; but just wanted to contextualise that ‘eating sugar’ isn’t a discussion in isolation, it isn’t as simple as looking at the Glycaemic Index or calorie content and making a decision, it is really important to say that the more refined and processed your sugar and food is, the worse your bacterial biodiversity will be.

So, let's take a look at different sweet options:

Table sugar: GI=65

The most refined and highly processed, table sugar is the standard to which other sugars are measured in terms of how much they impact the glycaemic index. It is linked with obesity, heart disease and all manner of health issues including cancer.

Raw Cane Sugar: GI=60

Raw cane sugar retains some of the molasses during production, making it more nutritious than table sugar, but not by much.

Agave: GI=15

Agave syrup comes from cactus sap, and is up to 90% fructose. Fructose is absorbed directly into the bloodstream and processed by the liver and stores as fat if required, so it doesn't affect the GI much at all, but consuming lots of fructose will overburden the liver.

Sweet, or sour?

Maple Syrup: GI=54

This sweetener is tapped sap from living maple trees, abundant across Canada. Many brands mix some maple with other syrups for a more affordable version, so do check. Trees are not cut or used up in production, making it a somewhat sustainable process. Contains 24 antioxidants and a good mineral content, but still quite a high GI

Honey: GI=60

Made by honeybees, this is not a vegan product, but one that many folks still choose despite the damage the honey industry does on bee populations. While it is high in GI and calories, it does contain the prebiotic bifidobacteria so is thought to aid in gut health, and appears to be beneficial for cholesterol levels too.

Coconut Sugar: GI=35

The sap from coconut trees is harvested much like maple, and dried out into granules, which means it retains its inulin content. Inulin is a dietary fibre which slows the absorption of glucose, AND is a prebiotic for feeding good gut bacteria. It contains an array of important minerals too.

Date Syrup/Sugar: GI=50

Date sugar and syrup are both literally made from date fruits. The granulated sugar is therefore high in fibre and is slower to digest, but the sugars are difficult to dissolve. Syrup has much of the fibre removed, but still rich in inulin, so both are similar to coconut palm sugar in the benefits of that.

Stevia: GI=0

Stevia is made from the leaves of the stevia plant, which are really very sweet! It is zero GI so a common choice for diabetics. However, the dark side of this sweetener is that its use is a theft of the cultural rights of indigenous peoples of Paraguay and Brazil, where it has been grown and used for generations.

Xylitol: GI=12

Xylitol (despite the name) is a fairly natural option, it is made from birch trees. It has a very low GI, is actually preventative for tooth decay, but will irritate the gut if excess consumed.

Aspartame/Sweeteners: GI=0

Just don't. These aren't food, they are chemical compounds designed to offer a sweet taste without the calorie content. They've been linked to many health and gut related issues, they really should be avoided if possible.

The thing to keep in mind, whichever your choice might be, is that sweeteners of any kind should be enjoyed responsibly, with your overall health and wellbeing kept in your thoughts.

Sound Bites Vegan Library

The observant amongst you will probably have noticed that we now have a vibrant collection of vegan recipe books, nutrition guides and other related issues on the bookshelves at the back of the shop. These are all available for you to borrow! You can check out one book at a time for up to a month by popping your details in the folder at the till. We hope you find this an interesting and valuable resource. Many thanks to some of our lovely regular customers who have donated all the books and put together the library system. We love you!



Compassionate Derby Festive Fayre 2019

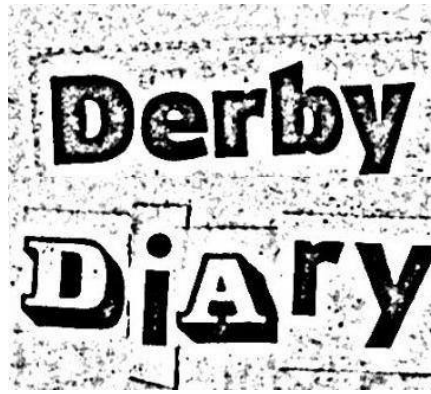
We're delighted to announce that for the ninth year running (where did all that time go?!) Sound Bites will have a stall at this wonderful local event, celebrating all that is vegan, eco and ethical. There will be over 40 stalls selling an exciting array of vegan food, drink, treats and lifestyle products, animal rescues and lots of other compassionate campaigns for human rights, environmentalism and animal rights. There will also be engaging talks, vegan cookery demos and spoken word poetry. Entry is free and proceeds from the day will be donated to Brinsley Animal Rescue.

Compassionate Derby is taking place on Saturday 7th December from 10:30am-4:30pm at the usual venue of St. Peter's Church on St. Peter's Street in the city centre. We love seeing lots of our customers there so do pop over and say hi! We'll also be running the free vegan samples table again this year so will have some tasty treats for you to try.

www.facebook.com/CompassionateDerby
www.compassionatederby.com

Suggestions for using leftovers!

- * Pie. Almost any meal leftovers can go in a pie. Just throw on some gravy, tomato based or curry sauce, and you've got a whole new meal made from an old one
- * Juicer remains. Lots of folks want to juice fruits and veggies to get a potent intake of goodness, but actually the leftovers are still pretty great! Full of fibre and nutrients, it can be used too! Fruit waste can go back into smoothies or dehydrated into fruit leather. Veg remains can be used as a soup base, for bulk in veggie burgers, used in baking (hello, carrot cake) or dehydrated into crackers.
- * Soup. Odds and ends of vegetable kitchen carnage, peelings, stalky bits, they are almost always welcome in a soup!



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

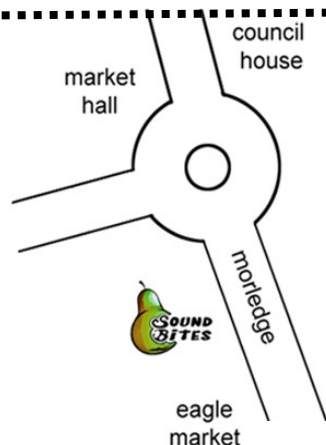
We buy Bio D household products in big big big bottles, 25L, 15L, and 5L in order to run our refill scheme from our shed, get you guys the best prices possible, and reduce the prevalence of single use plastics as much as we are able—only now we have a pile up of these big bottles. And pallets from deliveries! 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 £78.40 for the adorable Broken Biscuits Charity

Our next collection will be for The Padley Centre in Derby. They do a huge amount of work for the most vulnerable among our city, supporting the homeless with food, services, healthcare and shelter as a stepping stone to better times. National funding is stretched thinly, and these folks do a lot with what little they have!



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