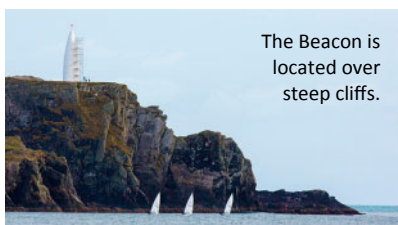


Editor's Page

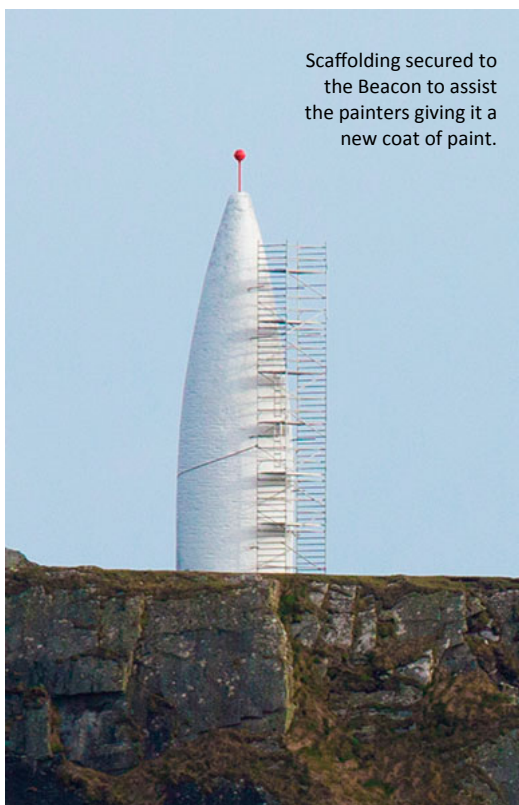
A Painting Job with a Difference!

If you have ever visited Baltimore in Co Cork, it is hard to miss the Beacon—a distinctive white signal “tower” that marks the entrance to Baltimore Harbour. Every few years, the Beacon needs a coat of white paint and at 15.2 m high, with a diameter of 4.6 m, it is a huge task. This March scaffolding was secured to the Beacon to enable the painters to reach the top. It's not a job for the fainthearted, particularly when you see the cliffs below where the Beacon stands. The gleaming white Beacon now stands even more proudly in Baltimore Harbour.



The Beacon is located over steep cliffs.

Images courtesy of Robbie Murphy



Scaffolding secured to the Beacon to assist the painters giving it a new coat of paint.

AS GAELIGE! We are delighted to have teamed up with An Gúm, who are translating Nature's Web into Irish. Issues are now available, as gaeilge, at: <http://www.gaeilge.ie/maidir-le-foras-na-gaeilge/an-gum/leon-dulra/>

Hake, Broccoli and Cheddar Cheese Bake



Photo courtesy of www.bordbia.ie

What you need:

- 700g hake, skinned, boned and cut into 4cm chunks
- 200g broccoli, cut into small florets
- Salt and freshly ground black pepper
- 300ml light cream
- 200ml fish or vegetable stock
- 1 tablesp. Dijon style mustard
- 2 cloves garlic, peeled and chopped
- 2 bay leaves
- 150g grated cheddar cheese
- 1 tablesp. capers

What to do:

Place the broccoli florets in a saucepan of salted boiling water. Bring back to the boil then reduce the heat and simmer for one to two minutes until the broccoli is just tender. Remove from the heat immediately and drain well. Transfer to an ovenproof baking dish (approximately 24cm x 24cm). Set aside while you prepare the sauce.

Add the cream, stock, mustard, garlic and bay leaves to the saucepan and bring to the boil. Add the hake and simmer very gently for 4-5 minutes. Remove from the heat and gently stir in most of the grated cheddar cheese, keeping aside 2 tablespoons for the topping. Add in capers and season with salt and pepper. Then spoon this mixture over the broccoli. Combine gently.

In a separate pan melt the butter then add in the breadcrumbs, reserved cheese and chopped parsley. Mix together then sprinkle over the top of the hake and broccoli mixture. Brown under a hot grill and serve with steamed potatoes and a tomato salad.

Brought to you by Bord Bia www.bordbia.ie

Welcome to the Autumn Edition of Nature's Web!

Dear Reader,

Welcome to the Autumn 2020 issue of Nature's Web.



In this issue the librarian in Sherkin Island Library, Sue Cahalane, tells us what it is like to work there and what she enjoys about her job. We take a closer look at a fruit that we all know and love — the apple. Comet Neowise flashed across our skies this summer. We learn what a comet is and if or when we might expect to see Comet Neowise again. Would you know what to do if there was a flood warning? Water Safety Ireland give us some really important advice. John Joyce, a regular contributor to Nature's Web, has been working with Explorers.ie to produce some excellent videos to show us how to draw all things marine. Check out nature news from around the world on page 12 and enjoy a giggle with jokes on page 13.

We would love to hear your views and comments and suggestions for future articles. Have a good read!

Susan

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