

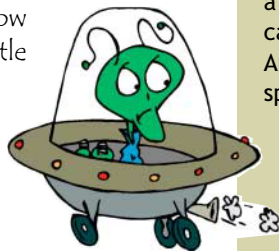
Editor's Page

Close Encounters!



Photo: © Robbie Murphy

I remember the first time I saw the Northern Lights (see page 15). I had been at a night class on the island and afterwards a friend was walking with me to the car. Looking skywards we were astonished when we saw an extremely bright green sky. We had never heard of the Northern Lights so it was really alien to us. And you can imagine that "aliens" was one of the wild ideas going through our heads! My friend usually walked home but I insisted on driving her just in case! Obviously, now that I'm a little older and a little wiser, I know what causes the lights and that there is nothing to be afraid of. It makes me laugh now when I think how innocent we were.



YOU WANT TO PLANT A TREE BUT DON'T HAVE A GARDEN?

Each year we are encouraged to plant a tree for Tree Week. Many people are lucky enough to have a garden with the space to plant a tree but some people either don't have a garden or just don't have the room to plant one. So what can they do? Well, there are a number of options. Firstly, you could sponsor a tree. The Tree Council of Ireland have two different schemes, one which assists the cost of planting and maintaining special Family Tree groves and the other is the Larch Hill Family Tree Scheme which enables you to commemorate an important event, or to remember a loved one. The Native Woodland Trust also have a sponsorship scheme, where you can dedicate a tree to someone. Another option is to donate or sponsor the planting of a tree in a family or friend's garden or in a local park. Obviously you would first have to check that they would like another tree planted!



Welcome to the Spring Edition of Nature's Web!



Dear Reader,

Welcome everyone to the spring issue of Nature's Web. This issue we are focusing on trees, with National Tree Week coming up in March (page 14). We're also highlighting the Central Fisheries Board's school resource pack, "Something Fishy" which they are re-launching this spring and is a great resource for children (page 4). In every issue, something stands out and this time it has to be the Cuckoo (page 3). We always knew it laid its eggs in other birds' nests but never realised it was quite so selfish! Check out nature news from around the world on page 11 and enjoy a giggle with the jokes on page 13.

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

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FISH IN A PARCEL

What you need:

- 4 x white fish portions - boned
- 1 courgette
- 1 handful of cherry tomatoes
- 1 yellow pepper - all roughly chopped
- 2 cloves of garlic
- Basil leaves (optional) torn
- Salt and freshly milled black pepper

To Serve

Serve with baked potato, wedges or salad.

Cook's notes: You can use any vegetables - spinach, leeks, aubergine, red onion, celery etc along with whatever herbs are available. For summer seafood just pop the fish parcel on the barbecue and cook for the same amount of time.

Dive in!

Brought to you by BIM. For more fish recipes visit www.bim.ie

What to do:

- Place fish on chopped vegetables, in centre of the foil
- Season fish
- Make the foil bag by folding the foil in half to cover the fish and vegetables
- Fold the foil on each side twice on each side of the parcel. Finally fold the remaining open end
- Place in a preheated oven at 200 °C/400 °F Gas Mark 6 for 15-18 minutes
- Slit bag and slide the fish and vegetables on to a plate