

Editor's Page

Rainbow's End

When I was young, I was convinced (and still am) that if you could reach the end of the rainbow, there was sure to be a pot of gold! It is a magical sight when a rainbow appears in the sky, particularly when it forms a perfect arc and you can see both ends hitting land. But why does a rainbow form? Rainbows are formed when the sun shines through falling rain. Sunlight is a mixture of all colours and when it strikes a raindrop it is split into beams of different colour. The beams of colour hit the back of the raindrop, which acts like a mirror and bounces the beams back out again, with each colour following a different path. These different colours form into an organised band of colours of red, orange, yellow, green, blue, indigo and violet.



Photo: © Robbie Murphy

Above: Rainbow over Kinish Harbour, Sherkin Island, Co. Cork.

Welcome to the Summer Edition of Nature's Web!



Dear Reader,

Welcome everyone to the summer issue of Nature's Web. This issue we are focusing on the heron, the honey bee, patterns on the seashore, tides and meadow plants. We're also talking about animal and plant conservation and how scientists keep records of how endangered some species are. In this issue, the Fairyland Trust in the UK show you how to make a fairy garden. If you get going soon, you might just have your own bit of magic at the end of your garden before the summer is over. 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!

Susan & Audrey

Email: editor@naturesweb.ie
Web: www.naturesweb.ie

Editors: Susan Murphy Wickens & Audrey Murphy
Layout and Design: Susan Murphy Wickens
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Water Safety

We'll all be hitting the beaches this summer and I can't wait! But it's important to think about safety when near the sea. It is well worth paying a quick visit to the *Irish Water Safety* website www.iws.ie to check out their tips about water safety.

TASTY TOPPED FISH

What you need:

4x salmon or white fish portions

Topping

- 8 tablespoons of breadcrumbs
- 1 small onion or some spring onions - finely chopped
- Herbs of choice
- 4 dessertspoons of olive oil
- Salt and freshly milled black pepper

What to do:

- Season fish with salt and pepper
- Mix ingredients for topping and spoon on to the fish.
- Bake in a preheated oven at 200 °C / 400 °F / Gas mark 6 for 15 minutes or until fish is cooked through and the topping is golden brown.

or

- Grill fish under a medium heat for 5-6 minutes.
- Turn, spoon topping on to fish, continue to grill for a further 5-6 mins, or until fish is cooked through and the topping is golden brown.



Photo: © BIM

To Serve

Serve with salad or oven roasted vegetables.

Cook's notes: Add sun-dried tomatoes and grated mozzarella cheese to the topping for a great dish with a difference or give it an extra 'kick' with a touch of horseradish sauce.

Dive in!

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