

Editor's Page

2011 - The Year of the Volunteer

The year 2011 has been designated the European Year of the Volunteer. This is to celebrate the work of volunteers across Europe and to encourage those who do not currently volunteer to get involved so they too can make a difference. There are many organisations in Ireland which are looking for volunteers, from the environment, to sport, to the needy. You may have a skill that would be really useful to an organisation. Are you good at organising, weeding, teaching, listening, painting, fundraising? The list is endless. If you don't volunteer already, why not give it a try - maybe just one hour to begin with. You might find you enjoy it and can really make a difference.

Visit **Volunteering Ireland** www.volunteering.ie and **Volunteer Centres Ireland** www.volunteer.ie for information on volunteering in Ireland.



Volunteers in action.

Image courtesy of www.volunteer.ie

One organisation looking for volunteers is the Irish Peatland Conservation Council. They have loads of opportunities for volunteers from gardening, to databasing and, throughout the summer, lots of work on their nature reserves in Lullymore, within the Bog of Allen in Co. Kildare. They are also looking for people to sign their petition to save the raised bogs of Ireland. Check out their website for details: www.ipcc.ie

Welcome to the Summer Edition of Nature's Web!

Dear Reader,



Welcome everyone to the Summer 2011 issue of Nature's Web. In this issue we are delighted to feature the work of Tiarnan O'Sullivan, one of the many lifeguards around the country helping to keep our beaches safe. We look at a summer favourite, the strawberry, and a bird we don't see on this side of the Atlantic - the Hummingbird. Captain Cockle gives us important information about how plastic affects our marine environment and the EPA introduces us to a new family of "litter bugs"! 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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GRILLED MACKEREL

WITH APPLE, SPINACH AND YOGHURT SAUCE

What to do:

- Brush fish lightly with olive oil and season with salt and freshly ground pepper.
- Grill for 4 minutes on each side or until golden on both sides.
- Meanwhile make sauce - heat together apple and spinach purée and add in yoghurt. Check taste and season well.

To Serve:

- Place mackerel fillet on layers of crisply fried potato slices and tomato.
- Top with spinach and mackerel fillet.
- Serve with sauce and caramelised apple on the side.

Serves 4

Brought to you by BIM.

For more fish recipes visit www.bim.ie

Recipe created by Anthony McDaniel, Tourism College Killybegs

What you need:

- 8 very fresh mackerel* fillets - pin bones removed
- Salt and freshly milled pepper
- Olive oil

Sauce:

- 1 cooking apple - cooked and puréed
- 55g / 2oz spinach - cooked and puréed
- 110g / 4 oz natural yoghurt

*You can substitute herring