

Editor's Page

Bees Love A Little Meadow!

It isn't hard to create a little patch of meadow in your garden. You don't have to dig up the lawn, just don't cut parts of it quite so often. Leaving a heart, circle or spiral shape of uncut grass creates an interesting meadow that is also pretty and fun to look at. If you leave the grass grow you may be surprised to find some wildflowers could emerge, such as clover, dandelions or ox-eye daisies. Bees love to feed on these flowers (see page 6 and 7) so you'll be providing them with food!



Image courtesy of Audrey Murphy Cain

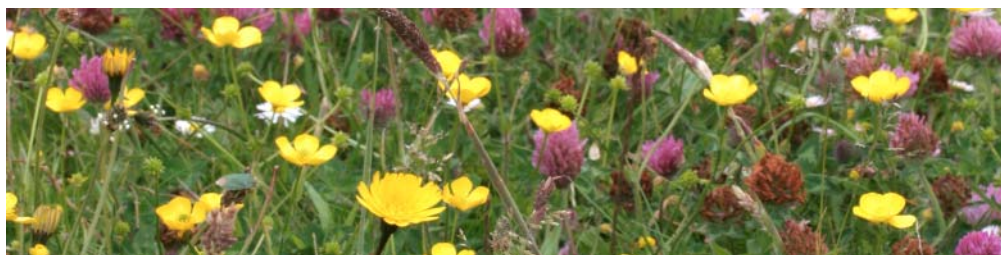


Image courtesy of Robbie Murphy

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/lion-dulra/>

HADDOCK WITH PASTA & BROCCOLI



Photo courtesy of www.bordbia.ie

What you need:

- 700g haddock, skinned and boned
- 375g pasta - linguini or spaghetti are ideal
- 250g broccoli, broken up into small florets
- A little salt and black pepper
- 125g cream
- 125g stock
- 2 cloves garlic, finely chopped
- 2 chillies, deseeded and finely chopped
- Juice and grated rind of 1 lemon
- 1 handful parsley, chopped
- 2 handfuls watercress or spinach leaves, roughly torn

What to do:

- 1 Cook the pasta in a large saucepan of boiling water as per packet instructions. For the last minute add the broccoli. Drain and return to the saucepan, along with a couple of tablespoons of the cooking liquid. Keep warm while you cook the fish and make the sauce.
- 2 Heat the grill. Lightly oil a baking tray and place the fish on it. Season with salt and pepper. Cook under the hot grill for 5-6 minutes until the fish flakes easily.
- 3 Put the cream and stock in a saucepan along with the garlic, chillies, lemon juice and rind and season with salt and pepper. Bring to the boil, reduce the heat and let it simmer for 4-5 minutes. Then stir this mixture and the watercress and parsley through the pasta.

Brought to you by Bord Bia www.bordbia.ie

Welcome to the
Summer Edition of
Nature's Web!

Dear Reader,



Welcome everyone to the Summer 2016 issue of Nature's Web. In this issue we meet Úna FitzPatrick, from the National Biodiversity Data Centre. She has recently helped put together an All-Ireland Pollinator Plan to teach us how important bees are and how we can make the world a safer place for them to live in. Black John explains how the ocean influences weather and climate and we look at cabbage, a vegetable we all know, as well as the Common Tern, a migratory seabird that comes all the way from Africa for the summer. Check out nature news from around the world on page 12 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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