

Editor's Page

Fantastic Foxes!

In early May, two curious foxes were hanging out near where my brother was working on Sherkin Island. They didn't seem to mind that he was nearby and gave him plenty of time to grab his phone. He took a great shot of a female fox and her cub and another of the cub feeding.

Foxes are common on Sherkin and, although they are usually wary animals and are more often seen at night, some do venture out during the day. They largely feed on a diet of earthworms and insects. In late summer and autumn they have the added bonus of delicious blackberries. However, foxes will take advantage of other opportunities to feed and at low tide they will often feed on crabs. Recently I saw one catch a rat! Foxes are also scavengers and come close to houses in search of scraps.



Images courtesy of Michael 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/ion-dulra/>

Soy & Honey Glazed Rainbow Trout with Cucumber & Mint



Photo courtesy of www.bordbia.ie

What you need:

- 4 rainbow trout fillets
- 4 tablesp. each of light soy sauce, clear honey and white wine vinegar
- 200g long-grain or jasmine rice
- ½ tablesp. olive oil
- 200g frozen peas
- 1 small cucumber, diced
- Small bunch mint leaves

What to do:

- Mix the soy sauce, honey and vinegar together in a non metallic bowl. Set aside half for your dipping sauce. Add the trout fillets to the remainder and marinate for about 20 minutes.
- Cook the rice according to the packet instructions.
- Meanwhile heat the grill to high, place the trout fillets and marinade on a sheet of tin foil (turn it up at the edges to keep in the juices) and grill for 5 to 8 minutes, depending on the thickness of the fillets, until the trout is cooked through.
- Heat a splash of olive oil in a frying pan and fry the rice with peas and cucumber for a couple of minutes, until the peas have completely defrosted. Then stir through the mint leaves
- Divide the rice between four plates. Place the trout on top of the rice and serve with the reserved marinade as a dipping sauce along with a green salad or steamed pak choi.

Make sure all the bones are removed from the trout. Get your Fishmonger to do this for you. Other fish you could use: Hake, haddock, whiting.

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 2017 issue of Nature's Web. In this issue we meet Ríona Murray, a Primary School Teacher at St. Enda's National School, Kilnadur, Dunmanway, Co. Cork. She tells us what she enjoys about her job and how much she loves spending time in the outdoors. We take a look at the South American Coypu, a large rodent, which has recently been spotted in the wild in Cork City and is considered an invasive species in Ireland. As well as learning about the Coconut, if you are feeling creative, you can also make your own palm tree! 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!

Susan

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