

Editor's Page



Image courtesy of Robbie Murphy

Welcome to the
Winter Edition of
Nature's Web!

A Cry for the Curlew

There is something I love about the Curlew, with its long, curved beak. For many years, I have seen Curlews wading on the edge of the water on one of our local beaches on Sherkin Island, where they peck the sand for food. I have taken this sight for granted and I never thought that someday it could be no more! Did you know that the Curlew is one of Ireland's most threatened bird species? It could become extinct in Ireland in the next ten years if conditions for them do not improve. BirdWatch Ireland, are now saying that there are only 130 breeding pairs of the bird remaining in Ireland. A number of factors have led to their decline—loss of bogs, intensive farming, predators (foxes and crows), land being abandoned and forests being planted on land which has never had trees before. Scientists have come together to set up an action plan to try to protect the known breeding grounds of curlews and to try to save them from extinction here—I hope they can find a way to save them. Every curlew I see from now on, I will appreciate even more!

AS GAELIGE! We are delighted to have teamed up with An Gúm, who are translating Nature's Web into Irish. Issues are available, as gaeilge, at:

<http://www.forasnagaeilge.ie/fuinn/an-gum/aiseanna-bunscoil/lion-an-dulra/>

Ingredients

- 4 x175g skinless and boneless whiting fillets
- 2 eggs
- salt and pepper
- 200g fresh white breadcrumbs
- 25g plain flour
- 1 tablesp. olive oil
- 25g butter
- 4 tablesp. Mayonnaise
- 1 teasp. chopped fresh dill

Crispy Whiting with Dill Mayonnaise



Photo: © Bord Bia - Irish Food Board

To Cook

- Heat a large frying pan. Season the flour on a plate. Lightly beat the eggs in a shallow dish with a pinch of salt and put the breadcrumbs in a separate shallow dish. Lightly dust the whiting fillets in the seasoned flour and then dip in the beaten egg, shaking off any excess. Coat in the breadcrumbs.
- Add the olive oil and butter to the frying pan and cook the coated whiting fillets for 2-3 minutes on each side until crisp and golden brown. The exact time will depend on the thickness of the fillets.
- Meanwhile, mix the mayonnaise with the dill and season to taste. Arrange the crispy whiting on warmed plates with the dill mayonnaise and some garden peas to serve.

Tips: Small dipping bowls of soured cream or crème fraiche topped with a little sweet chilli sauce or even a simple tomato salsa would also be an excellent accompaniment for the crispy whiting.

Other fish you could use: Hake or haddock.

Serves 4

Courtesy of Bord Bia - Irish Food Board www.bordbia.ie.

Dear Reader,



Welcome to the winter 2016 issue of Nature's Web. In this issue, we meet Aisling Moran who is the Community Development Worker on Sherkin, Heir and Long Island in West Cork. We learn about the work she does to help make the islands a better place on which to live and to visit. We look at the Wren—the King of the Birds—which is one of the smallest birds in Ireland. Vicky West tells us about the Snow Leopard and we learn how the walnut is a tough "nut" to crack, even though it's not actually a nut at all! You can check out nature news from around the world on page 11 and enjoy a giggle with the jokes on page 14.

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

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