

# Editor's Page

## A Visitor with a Sting in the tail!

At the end of September 2016, Irish Water Safety alerted the public to be on the lookout for the venomous jellyfish—the Portuguese Man o'war—along the south, west and northwest coastline. These jellyfish are not native to Irish waters. Tropical maritime air for almost two months and very little northerly winds, together with sea water temperatures of approximately 15oC, saw one of the largest influxes of the Portuguese Man o'war land on Ireland's western seaboard in over a hundred years.

They asked surfers, kite surfers, swimmers, kayakers, divers and walkers to keep a vigilant eye open for these creatures which give a very strong sting and to some people can cause anaphylactic shock or seizures. Local Authorities from Cork, Kerry, Clare, Galway, Mayo and Donegal reported them on their shores mainly in south and southwest facing bays. There have been reports of in excess of 80 landing on the South Harbour in Cape Clear and in excess of 20 on Keel Bay in Achill. They have been known to kill people such is the severity of their stings.

To download a Jellyfish photo identification Card and First aid treatment information click on <http://www.iws.ie/beach/jellyfish-safety.321.html>



A Portuguese Man o'war on Silver Strand, Sherkin Island, Co. Cork.

Welcome to the  
Autumn Edition of  
Nature's Web!

Dear Reader,



Welcome everyone to the Autumn 2016 issue of Nature's Web. In this issue we read about Anthony Toole's interesting life as a travel writer and how much he enjoys what he does. We learn about an animal that is unique to the Galapagos Island, the Marine Iguana. With the arrival of autumn, many plants are now producing seeds, which need to find somewhere suitable conditions in which to grow. Discover how different seeds travel in the hope of finding these conditions, including the seeds of the featured plant—the Spear Thistle. Check out nature news from around the world on page 10 and enjoy a giggle with the jokes on page 14.

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

Susan

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**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/leon-dulra/>

## SEAFOOD RECIPE Mussel, Hake and Tomato

### WHAT'S NEEDED:

- 1kg mussels
- Knob of butter
- 150ml white wine
- 400g hake, skinned and cut into 3cm pieces
- 1 tablesp. olive oil
- 3 large leeks, thinly sliced, washed
- 2 garlic cloves, thinly sliced
- 500 mls water or stock
- 3 fresh thyme sprigs
- 400g tin chopped tomatoes
- Freshly ground black pepper
- 1 tblsp. chopped flat leaf parsley

### To Serve:

- French or sourdough bread

### What to do:

#### To Cook

Place the mussels in a large bowl of cold water. Use a small knife to remove any barnacles and pull away the beard. Discard any mussels that are damaged or won't close when tapped.

Heat the butter in a large saucepan, add the mussels and white wine, cover tightly. Allow the mussels to cook for 3-4 minutes, shaking the pan from time to time to ensure they cook evenly. Discard any that have not opened.

Tip the mussels into a colander set over a bowl to collect the cooking liquid. When they are cool enough to handle remove the mussel meat from the shells of about half of the mussels. Cover and set aside. Discard the empty shells.

Return the saucepan to a medium-low heat, add the olive oil then add the leeks. Cook, stirring occasionally, for 5 minutes or until soft, add the garlic and thyme, cook for another minute.

Pour the white wine mixture into a measuring jug (except the last tablespoon or two which may be gritty), add the water or stock to the jug to make up to 700ml, add to the leek mixture along with the chopped tomatoes and simmer for about 10 minutes for the flavours to infuse.

Add the hake to the sauce and simmer for a minute or two until the fish is just cooked through. Add the mussel meat and the mussels in their shells to the saucepan and cook for another 1-2 minutes. Taste and season with some black pepper. As the mussels are naturally salty you shouldn't need any salt.

Ladle the soup between 4 bowls, sprinkle over parsley. Serve with crusty bread.



Photo: © Bord Bia - Irish Food Board

Courtesy of Bord Bia - Irish Food Board.