

Editor's Page

By Jupiter, it's Goldilocks!



Welcome to the
Autumn Edition of
Nature's Web!

In July, we had a "celestial" visitor on Sherkin Island, when space expert Leo Enright paid us a visit during a "Summer of Space" tour. He gave a really exciting talk about our solar system, the highlight being images of Jupiter's "Great Red Spot", which is as wide as three Earths. The talk was really fascinating and Leo was so enthusiastic it made us all even more interested in the night sky.

While Jupiter was the highlight, I also loved hearing about the "Goldilocks Zone". The "Goldilocks Zone" is a part of space where conditions are such that life could be supported. It is named after the fairy tale "Goldilocks and the Three Bears" and refers to the fact that conditions are not "too hot" nor "too cold" but "just right" – just like the porridge!

The "Summer of Space" tour was made possible by CIT's Blackrock Castle Observatory and Cork County Library, with help from the Cork County Council. During the talk, Leo encouraged us all to visit our local library and check out the many exciting books on space!



Leo Enright giving the "Summer of Space" talk at The Islander's Rest on Sherkin Island, Co. Cork.



The International Space Station passing over the Franciscan Abbey on Sherkin Island, Co. Cork.

AS GAELGE! 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/>

Pan Fried Fish with Minted Pea Puree



Photo courtesy of www.bordbia.ie

What you need:

- 4 medium white fish fillets (whiting, haddock, cod, john dory, plaice etc)
- 200g frozen peas
- Handful fresh mint leaves - roughly chopped
- 1 teaspoon butter
- 2 tablespoons flour
- Salt and pepper

What to do:

- To make the pea puree, cook the peas according to the instructions on the pack.
- Place in a blender with the mint, butter and a little salt and pepper. Blend quickly until desired consistency. If the mixture is too thick add a little milk or cream. Set aside and keep warm. (If you do not have a blender you can mash the peas with a potato masher or fork and add in the chopped mint, for a more firmly textured mix)
- Dust the fish fillets with a little seasoned flour, and shake off any excess. Heat the oil in a pan and add fish. Turn once during cooking. Cook in the pan or in the oven until golden brown.
- Remove fish from the pan and place on top of the peas.

Serves 4

Brought to you by Bord Bia www.bordbia.ie



Dear Reader,

Welcome everyone to the Autumn 2017 issue of Nature's Web. In this issue we meet Tracey Wood Wolfe who writes a blog called "Wild Atlantic Family". She explains how going out and about discovering new places along the Wild Atlantic Way has been a great way for her and her family to spend time together. We look at the Red Fox, an animal that is common and widespread throughout Ireland and the rest of the world. Check out Ireland's longest river and learn more about the Shannon Navigation. Then see how to convert a tube into a squirrel money box! 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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