

3 for the Sea

We are all becoming more aware of the need to reduce the amounts of plastic and packaging we use and how we dispose of it. However, plastic and other rubbish is still getting into our seas and waterways and then washing back up on our shores.

"Take 3 for the Sea" is an initiative that began in Australia (www.take3.org). It encourages people to take 3 pieces of rubbish home with you when you leave the beach, waterway or... anywhere, in order to make a difference.

This initiative is being taken up in a number of locations in Ireland, with some beaches putting up permanent signage, encouraging people to take home three pieces of rubbish each time they visit. Beaches include Spanish Point and Whitestrand, Miltown Malbay, Co. Clare, and beaches near Crosshaven in Co. Cork— Fountainstown, Myrtleville, Church Bay, and Graball— are soon to have similar signage.

Perhaps this is an initiative that could be encouraged at a beach near you?



Image courtesy of Susan Murphy Wickens

"3 for the Sea" encourages each of us to take home 3 pieces of rubbish every time we visit the beach.

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/leon-dulra/>

GRILLED HADDOCK with a Salad of Baby Gem, Egg and Crispy Bacon



Photo courtesy of www.bordbia.ie

What you need:

- 700g haddock, skinned & boned
 - Salt & black pepper
 - 6 streaky bacon rashers, smoked if possible
 - 100g green beans
 - 4 baby gem lettuces
 - 2 eggs, hardboiled, peeled & cut in quarters
- Dressing**
- 2 garlic cloves, crushed
 - 1 dessertsp. wholegrain mustard
 - 1 teasp chives, chopped
 - 2 teasp. tarragon, chopped
 - 2 tblsp. white wine vinegar
 - 4 tblsp. extra virgin olive oil

What to do:

- Preheat the grill. Place the fish on an oiled baking sheet and season with a little salt and black pepper. Place the streaky rashers alongside the fish. Grill for about 5-6 minutes until the fish flakes easily and the bacon is crispy.
- Cook the beans in a saucepan of boiling water for a couple of minutes then drain and keep warm.
- Place the garlic, mustard, chives, tarragon, vinegar, oil and a little salt and pepper in a jam jar. Shake to combine.
- Cut each lettuce into four and divide between four serving plates along with the eggs and beans. Flake the fish and roughly chop the bacon. Add to the plates then drizzle over the dressing and serve while still warm. Serves 4

Brought to you by Bord Bia www.bordbia.ie

Welcome to the Spring Edition of Nature's Web!



Dear Reader,

Welcome everyone to the Spring 2019 issue of Nature's Web. In this issue Damian Foxall tells us about his life on the sea as a professional racing sailor. He also works as an Ocean Health Ambassador and gives us some tips on how to live more sustainably, including a great poster produced by the Volvo Ocean Race that looks at 22 ways to avoid plastic pollution. The Great Spotted Woodpecker has begun to breed in Ireland and we look at this distinctive bird and where it may be seen in Ireland. There are many differences between sea lions and seals. Find out what these are and also how sea lions get their name. Check out nature news from around the world on page 12 and enjoy a giggle with 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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