

Editor's Page

Hermit Crab

Carla Fagan from Dublin recently spotted this Hermit Crab on Burrow Beach at Sutton, Co Dublin. Hermit Crabs can sometimes be seen in rockpools but what is unusual about this photograph is that Carla capture the moment when the Hermit Crab was out of its shell.

Hermit Crabs, unlike other crabs, do not have a hard outer shell to protect their body. Because of this, they have to find an empty shell in which to live. They carry this new shell everywhere with them and when they outgrow the shell, they find a new one and move house. It is safer for them to change shells at night so as not to be seen.

If disturbed a Hermit Crab can retreat right into the shell it calls home, closing the opening with its right pincer. It also grips on to the inside of the shell with two tiny back legs.



Here you can see the Hermit Crab, with its curled body, perched in the mouth of the whelk shell.

Image courtesy of Carla Fagan

AS GAEILGE! 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/lion-dulra/>

Welcome to the
Summer Edition of
Nature's Web!



Dear Reader,

Welcome to the Summer 2020 issue of Nature's Web. With the arrival summer, visits to the seashore are often part of the holidays. For those who cannot visit the shore at this time, we've brought a flavour of the shore to you. You can find out about life in a rockpool, learn about Thrift, or Sea Pink, a pretty coastal flower, or discover what a kelp forest is. Barry O'Connell of the Cork Sports Partnership will hopefully inspire you to get out wherever you are. He loves the outdoors and encourages everyone to discover new places on foot and take the time to notice the environment around you. You might even spot a Common Lizard on your travels!

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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New Season Potato Salad with Poached Salmon



Photo courtesy of www.bordbia.ie

What to do:

Place the potatoes in a large pan, add a pinch of salt and cover with 2-3cm of cold water. Bring to the boil over a high heat and cook for 8-10 minutes until tender when pierced with a fork. Drain in a colander and set aside to cool a little.

In a large bowl, combine the mayonnaise with the yoghurt, mustard, chives and scallions. Season with salt and black pepper.

When the potatoes are still a little warm, toss them with the mayonnaise mixture.

Season the salmon fillets with a little salt. Place the water, onion and herbs in a large pan over a medium heat and bring to a gentle simmer.

Place salmon fillets into the pan, skin-side down. Cover and cook for 6-8 minutes, or until done to your liking.

Serve the potato salad with the salmon, generous handfuls of watercress or lamb's lettuce and lemon wedges on the side.

Brought to you by Bord Bia www.bordbia.ie

What you need:

For the potato salad:

- 800g baby new potatoes or Queens potatoes (when in season), halved or larger ones quartered
- 4 tablesp. low-fat mayonnaise
- 2 tablesp. plain yoghurt
- 1 tablesp. wholegrain mustard
- Small handful of chives, snipped
- 3 scallions, very finely chopped
- Salt and black pepper

For the salmon:

- 4 salmon fillets
- 200ml water
- ½ an onion, thinly sliced
- Handful of fresh dill
- Juice of ½ a lemon
- 3-4 whole black peppercorns