

## An Unusual Visitor!

I don't like earwigs. I can tolerate spiders and beetles but when it comes to earwigs, they make my skin crawl! Normally I don't give them much thought but one day this summer it was hard to miss a white earwig crawling along the floor of our utility room. Our first thought was that the earwig was an albino, but after a bit of searching we discovered that that wasn't the case. To be albino means to have no pigment in the skin and as earwigs have no skin then it couldn't be albino. The reason for the lack of colour is due to the earwig having just moulted its hard outer skeleton, or exoskeleton. As the new skeleton hardens up, it becomes darker and darker, eventually turning the dark brown we are used to. Even with all this new information, I still don't like them!



Courtesy of Susan Murphy Wickens

The pale colour of this earwig made it stand out against the dark floor.

As **GAEILGE!** We are delighted to have teamed up with An Gúm, who have begun to translate Nature's Web into Irish. Issues are now available, as gaeilge, at:  
[http://www.gaeilge.ie/ForasnaGaeilge/An\\_Bhuncoil.asp](http://www.gaeilge.ie/ForasnaGaeilge/An_Bhuncoil.asp)

## SEAFOOD RECIPE

### Apple & Spice Baked Seafood

#### WHAT'S NEEDED:

- 700g/1½lbs cod fillet
- 2 cloves garlic - crushed.
- 1 tablespoon curry paste
- 1 tablespoon chutney
- 1 small apple - grated

#### What to do:

- Add garlic, apple and chutney to curry paste.
- Coat fish and chill for 10 minutes.
- Bake fish for 15-20 minutes at 190°C/ 375°F/Gas 5.
- Serve with yoghurt sauce.

\*You can substitute any firm fleshed white fish - pollock, monk or gunard.

#### Yoghurt Sauce

- 1 small carton natural yoghurt mixed with 1 tablespoon skinned, diced cucumber and the zest and juice of ½ lime.
- Salt and freshly milled black pepper.



Photo: © BIM

Serves 4

Courtesy of Bord Iascaigh Mhara.  
[www.bim.ie](http://www.bim.ie)

Welcome to the Autumn Edition of Nature's Web!



Dear Reader,

Welcome everyone to the Autumn 2013 issue of Nature's Web. Hopefully the cute picture of Daisy on the cover will encourage you to read more about the life of goats on page 5 and then on page 7 how Edel Foley, a cheesemaker, uses goat's milk (and cow and sheep's milk too!) to make the awarding Knockdrinna Farmhouse Cheese in Co. Kilkenny. Afterwards, you can take an imaginary trip to the top of Mount Kilimanjaro or learn where alpine plants are found. Most importantly there are loads of tips from StopFoodWaste.ie to help us reduce the amounts of food we waste. Check out nature news from around the world on page 11 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!

Susan

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