

# Editor's Page

## A Man on a Mission!

Our Dad loves feeding the birds in his garden. Each winter, he buys a large bag of bird feed and once the weather turns cold, goes out each morning to top up the bird feeder. Now, as the cold weather stretches into spring, he is still feeding them and birds continue to flock to his garden. It is a real treat to look out the window at all the different varieties, including blue tits, greenfinches, robins and wrens.

With the very cold weather there have been more birds than usual. At one stage, there were thousands of redwings on the island and Dad's garden was fluttering with activity. The harsh winter had forced them to take refuge nearer to homes. Redwings are members of the thrush family and they visit Ireland each winter.

The cold weather isn't the only reason for more birds in Dad's garden this year. Instead of feeding the birds peanuts as he did every other year, he changed to bird seed, which the smaller birds seem to prefer. He also bought a new feeder with smaller openings to deter the crows and placed it nearer the house. Now he can marvel at the birds just outside his window – a lovely reward for all his hard work!



Photograph by Susan Murphy Wickens

Welcome to the  
Spring Edition of  
Nature's Web!

Dear Reader,



Welcome everyone to the Spring issue of Nature's Web. In this issue we look at the hedgehog, a fascinating mammal with a very distinctive spiky coat. (Did you know that there are no hedgehogs on Sherkin?) We also talk to fisherman John Ball who gives us a glimpse of the wonderful marine life he sees everyday and tells us about how much he enjoys his work. If you want to see more marine life, Captain Cockle gives you some helpful tips before visiting the shore. 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!

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## CHUNKY WHITE FISH STIR-FRY



Photo: © BIM

### What you need:

675g white fish - filleted and skinned  
½ inch root ginger - finely grated  
1 clove garlic - finely grated  
1 courgette - cut into matchsticks  
2 spring onions - cut into matchsticks  
110g baby corn  
110g spinach  
55g mangetout  
2 chillies - deseeded and finely chopped  
1 tablespoon soy sauce  
Juice and zest of 1 orange  
Flour  
Salt and Pepper  
2 desertspoons Sesame oil / olive oil

### Method:

- Add breadcrumbs, spring onion and garlic to salmon. Season and moisten with lemon juice
- Cut fish in 1½" cubes
- Toss lightly in seasoned flour
- Heat half the oil in a wok or deep pan
- Fry fish briskly, browning all sides
- Remove
- Heat remaining oil
- Add chillies, garlic and ginger
- Stir-fry for 1 minute
- Add courgette, corn, mangetout and spring onion
- Continue to stir-fry
- Return fish to pan with spinach, soy sauce, orange juice and zest
- Cook for 2 minutes

### To Serve

Serve with rice or noodles.

Brought to you by BIM. For more fish  
recipes visit [www.bim.ie](http://www.bim.ie)