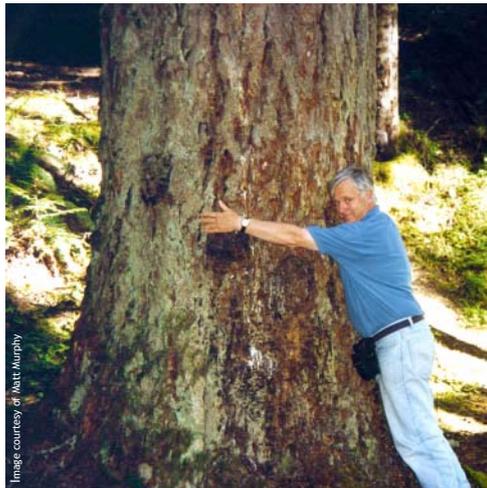


Editor's Page

Seeing Giant Trees!

I would love to see a giant tree and can only imagine how impressive it must be to stand next to such a tall living structure. In the early 1990s, my Dad visited Olympic National Park, in Washington State, on the west coast of America. The national park is one of the best examples of a temperate rainforest in the US and is home to many giant trees. Though the tallest of the trees, the redwoods, are a little further south in Oregon and California (see page 8), this park in Washington State, has some of the tallest specimens of Douglas Fir, Sitka Spruce and Western Redcedar in the world. My Dad loved visiting the forest and it was a very special experience for him. He has always had an interest in giant trees and as you can see from the photograph, they were just too big to get his arms around!



Matt Murphy hugging one of the giant trees in Olympic National Park, Washington State, USA.

AS GAELIGE! We are delighted to have teamed up with An Gúm, who are translating Nature's Web into Irish. Issues are available, as gaeilge, at:

<http://www.forasnagaeilge.ie/fuinn/an-gum/aiseanna-bunscoil/lion-an-dulra/>

Haddock with Pasta and Broccoli



What you need:

- 700g haddock, skinned and boned
- 375g pasta - linguini or spaghetti are ideal
- 250g broccoli, broken up into small florets
- A little salt and black pepper
- 125g cream
- 125g stock
- 2 cloves garlic, finely chopped
- 2 chillies, deseeded and finely chopped
- Juice and grated rind of 1 lemon
- 1 handful parsley, chopped
- 2 handfuls watercress or spinach leaves, roughly torn

Serves 4

To Cook:

- Cook the pasta in a large saucepan of boiling water as per packet instructions. For the last minute add the broccoli. Drain and return to the saucepan, along with a couple of tablespoons of the cooking liquid. Keep warm while you cook the fish and make the sauce.
- Heat the grill. Lightly oil a baking tray and place the fish on it. Season with salt and pepper. Cook under the hot grill for 5-6 minutes until the fish flakes easily.
- Put the cream and stock in a saucepan along with the garlic, chillies, lemon juice and rind and season with salt and pepper. Bring to the boil, reduce the heat and let it simmer for 4-5 minutes. Then stir this mixture and the watercress and parsley through the pasta. Finally flake the fish and gently stir it in.

Courtesy of Bord Bia - Irish Food Board www.bordbia.ie.

Welcome to the
Spring Edition of
Nature's Web!

Dear Reader,



Welcome everyone to the Spring issue of Nature's Web. This issue looks at waterways in Ireland and those responsible for looking after them - Waterways Ireland. We also get an insight into the work of Cormac McCarthy, Environment and Heritage Officer with Waterways Ireland. Join Black John - the Bogus Pirate as he continues his lessons on ocean literacy. Learn about the giants of the tree world, the redwoods and find out more about the smallest cetacean in Irish waters, the Harbour Porpoise.

You can check out nature news from around the world on page 11 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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