Flora of the Island

The wide flat beach is the source of the sand that builds the whole island. At low tide the wind blows grains of sand on the shore where they are accumulated and form piles, a process that has continued through the ages. The sea sand dunes, therefore, are the product of continuing wind action, with the sand being transported by the wind and then being deposited as the wind slows. The sand is then compacted and stabilized by the action of roots and the growth of vegetation. The sand dunes are an important natural feature of the island, as they provide a barrier to the sea and help to protect the island from erosion. The dunes are also home to a variety of plant life, including dune grasses, marram grass, and sea thrift. These plants are adapted to the harsh conditions of the dunes, including the high winds and salt spray. Marram Grass is a common plant on the island, and it is found in many other parts of the world as well. It is a hardy plant that can survive in salty conditions and is often used as a protective barrier against erosion. The island is also home to a variety of other plants, including wildflowers, shrubs, and trees. The flora of the island is a reflection of the harsh and salty conditions that prevail on the island, and it is an example of how plants have adapted to survive in such environments.

Fauna of the Island

The animals of the island provide food for a multitude of insects and small animals. Snails, caterpillars, and butterflies feed on grasses, butterflies, moths, and flowers. Marram Grass is rich in nitrogen and attracts a variety of insects and small animals. The island is also home to a variety of birds, including waders, gulls, and passerines. These birds feed on the island and migrate through it on their way to and from their breeding grounds. The island is also home to a variety of mammals, including rabbits, shrews, and voles. These animals feed on the island and are a source of food for a variety of predators, including foxes, owls, and bats. The island is also home to a variety of reptiles and amphibians, including lizards, snakes, and frogs. These animals are an important part of the food web on the island, and they help to maintain a balanced ecosystem. The island is also home to a variety of invertebrates, including spiders, insects, and crustaceans. These animals are an important part of the food web on the island, and they help to maintain a balanced ecosystem. The island is also home to a variety of microorganisms, including bacteria and fungi. These microorganisms play a vital role in the food web on the island, and they help to break down organic matter and recycle nutrients. The island is also home to a variety of plants, including wildflowers, grasses, and trees. These plants provide food for a variety of small animals, and they help to maintain a balanced ecosystem. The island is also home to a variety of birds, including waders, gulls, and passerines. These birds feed on the island and migrate through it on their way to and from their breeding grounds. The island is also home to a variety of mammals, including rabbits, shrews, and voles. These animals feed on the island and are a source of food for a variety of predators, including foxes, owls, and bats. The island is also home to a variety of reptiles and amphibians, including lizards, snakes, and frogs. These animals are an important part of the food web on the island, and they help to maintain a balanced ecosystem. The island is also home to a variety of invertebrates, including spiders, insects, and crustaceans. These animals are an important part of the food web on the island, and they help to maintain a balanced ecosystem. The island is also home to a variety of microorganisms, including bacteria and fungi. These microorganisms play a vital role in the food web on the island, and they help to break down organic matter and recycle nutrients. The island is also home to a variety of plants, including wildflowers, grasses, and trees. These plants provide food for a variety of small animals, and they help to maintain a balanced ecosystem.
comes in the birds fly to the saltmarsh to rest and preen until their feeding grounds are again exposed. The movements of the tide are much more important to birds than daylight and darkness so if the tide is out at night, most birds will feed as usual.

The shape and length of the beak tells you a lot about what a bird eats. Wildfowl take food from the surface: geese and wigeon feed on plant material, the shoveler and pintail on animals. The shelduck exists largely on Hydrobia, the little snail that is widespread on the mudflats. Waders have very different beaks for probing and digging in the ground. Plovers pick up food from shallow depths, knot and dunlin somewhat deeper. The redshank, godwit and curlew have varying leg and beak lengths, which allow each species to reach a different layer of mud and thus feed on different prey. The prey animals include the burrowing shrimp Corophium as well as the ragworms and lugworms.

**The Brent Goose**

The brent goose, a winter visitor to the island, nests in Arctic Canada on islands such as Bathurst and Ellesmere. When the snows come the geese move south and east making the trip to Ireland in early October via Greenland and sometimes Iceland. The geese arrive in Sligo Bay or Strangford Lough and spread around the coast so that 3000 may be found in Dublin Bay by January. The brent goose is the smallest Irish goose. Its diet consists of the eel grass and Zostera found growing on the mudflats.