



The Eat-a-Bug Cookbook, Revised: 40 Ways to Cook Crickets, Grasshoppers, Ants, Water Bugs, Spiders, Centipedes, and Their Kin

David George Gordon

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With its stylish new package, updated information on the health and environmental benefits of insect eating, and breed-your-own instructions, this new edition of *The Eat-a-Bug Cookbook* is the go-to resource for anyone interested in becoming an entomological epicure.

For many Americans, eating a lowly insect is something you'd only do on a dare. But with naturalist and noted bug chef David George Gordon, bug-eating is fun, exciting, and downright delicious!

Now you can impress, enlighten, and entertain your family and friends with Gordon's one-of-a-kind recipes. Spice things up at the next neighborhood potluck with a big bowl of Orthopteran Orzo—pasta salad with a cricket-y twist. Conquer your fear of spiders with a Deep-Fried Tarantula. And for dessert, why not try a White Chocolate and Wax Worm Cookie? (They're so tasty, the kids will be begging for seconds!)

Today, there are more reasons than ever before to explore entomophagy (that's bug-eating, by the way). It's an environmentally-friendly source of protein: Research shows that bug farming reduces greenhouse gas emissions and is exponentially more water-efficient than farming for beef, chicken, or pigs. Mail-order bugs are readily available online—but if you're more of a DIY-type, *The Eat-A-Bug Cookbook* includes plenty of tips for sustainably harvesting or raising your own.

Filled with anecdotes, insights, and practical how-tos, *The Eat-A-Bug Cookbook* is a perfect primer for anyone interested in becoming an entomological epicure.



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absolutely of course. People is human not really a huge robot. Then we request again, what kind of activity are you experiencing when the spare time coming to an individual of course your answer will probably unlimited right. Then ever try this one, reading textbooks. It can be your alternative within spending your spare time, often the book you have read is actually The Eat-a-Bug Cookbook, Revised: 40 Ways to Cook Crickets, Grasshoppers, Ants, Water Bugs, Spiders, Centipedes, and Their Kin.

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