



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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Barbara Shephard:

Do you have favorite book? If you have, what is your favorite's book? Book is very important thing for us to find out everything in the world. Each publication has different aim as well as goal; it means that reserve has different type. Some people really feel enjoy to spend their time and energy to read a book. They are really reading whatever they have because their hobby is definitely reading a book. How about the person who don't like reading a book? Sometime, particular person feel need book once they found difficult problem as well as exercise. Well, probably you should have this The Eat-a-Bug Cookbook, Revised: 40 Ways to Cook Crickets, Grasshoppers, Ants, Water Bugs, Spiders, Centipedes, and Their Kin.

Jane Turcotte:

Playing with family in a very park, coming to see the coastal world or hanging out with friends is thing that usually you might have done when you have spare time, in that case why you don't try point that really opposite from that. A single activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you are ride on and with addition info. Even you love The Eat-a-Bug Cookbook, Revised: 40 Ways to Cook Crickets, Grasshoppers, Ants, Water Bugs, Spiders, Centipedes, and Their Kin, you could enjoy both. It is fine combination right, you still would like to miss it? What kind of hang-out type is it? Oh seriously its mind hangout people. What? Still don't obtain it, oh come on its called reading friends.

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