



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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Esther Watson:

This The Eat-a-Bug Cookbook, Revised: 40 Ways to Cook Crickets, Grasshoppers, Ants, Water Bugs, Spiders, Centipedes, and Their Kin book is just not ordinary book, you have after that it the world is in your hands. The benefit you will get by reading this book is definitely information inside this reserve incredible fresh, you will get data which is getting deeper you actually read a lot of information you will get. This The Eat-a-Bug Cookbook, Revised: 40 Ways to Cook Crickets, Grasshoppers, Ants, Water Bugs, Spiders, Centipedes, and Their Kin without we recognize teach the one who examining it become critical in thinking and analyzing. Don't end up being worry The Eat-a-Bug Cookbook, Revised: 40 Ways to Cook Crickets, Grasshoppers, Ants, Water Bugs, Spiders, Centipedes, and Their Kin can bring when you are and not make your case space or bookshelves' become full because you can have it in your lovely laptop even mobile phone. This The Eat-a-Bug Cookbook, Revised: 40 Ways to Cook Crickets, Grasshoppers, Ants, Water Bugs, Spiders, Centipedes, and Their Kin having very good arrangement in word as well as layout, so you will not feel uninterested in reading.

Shirley Morales:

The reason why? Because this The Eat-a-Bug Cookbook, Revised: 40 Ways to Cook Crickets, Grasshoppers, Ants, Water Bugs, Spiders, Centipedes, and Their Kin is an unordinary book that the inside of the reserve waiting for you to snap this but latter it will distress you with the secret that inside. Reading this book next to it was fantastic author who also write the book in such awesome way makes the content inside easier to understand, entertaining means but still convey the meaning totally. So , it is good for you because of not hesitating having this any more or you going to regret it. This book will give you a lot of benefits than the other book include such as help improving your skill and your critical thinking method. So , still want to hold off having that book? If I have been you I will go to the guide store hurriedly.

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Elaine West:

This The Eat-a-Bug Cookbook, Revised: 40 Ways to Cook Crickets, Grasshoppers, Ants, Water Bugs, Spiders, Centipedes, and Their Kin is completely new way for you who has interest to look for some information mainly because it relief your hunger of knowledge. Getting deeper you onto it getting

knowledge more you know or you who still having tiny amount of digest in reading this The Eat-a-Bug Cookbook, Revised: 40 Ways to Cook Crickets, Grasshoppers, Ants, Water Bugs, Spiders, Centipedes, and Their Kin can be the light food for you because the information inside this specific book is easy to get simply by anyone. These books acquire itself in the form and that is reachable by anyone, yep I mean in the e-book type. People who think that in publication form make them feel drowsy even dizzy this book is the answer. So there is not any in reading a reserve especially this one. You can find what you are looking for. It should be here for a person. So , don't miss it! Just read this e-book kind for your better life in addition to knowledge.

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