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Survival Guide to Edible Insects

By Fred Damara

Paladin Press,U.S. Paperback / softback. Book Condition: new. BRAND NEW, Survival Guide to Edible Insects, Fred Damara, Earlier civilizations considered insects as a primary protein source, and even today more than two billion people all over the world are sitting down to a hearty repast of insect cuisine. But in Western civilizations, people have a well-developed aversion for any animal food that does not look like a chicken, cow, or salmon. "Bugs" in particular have been traditionally discounted as a food source because we have consistently confused the critter, which very seldom has any harmful effect as food, with the deadly microbes that may be carried by its distant cousin. There are some 1,462 recorded species of edible insects eaten by more than 3,000 ethnic groups. Survival Guide to Edible Insects catalogs only those that are easy to identify and have a long record of human consumption, including cicadas, worms, locusts, scarabs, and ants. In this unique guide, the author, Fred Demara who instructed readers on what plants to nibble on in Eating on the Run shares tips for identifying safe insects, locating their habitats, harvesting them in numbers, and preparing them properly to make them safe and tasty to...



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Reviews

This composed book is excellent. This really is for all who statte that there had not been a worth reading through. Your life period will probably be change as soon as you total looking over this ebook.

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The book is fantastic and great. I have go through and i also am certain that i will planning to read through once more once more down the road. Its been printed in an exceedingly simple way and is particularly simply after i finished reading through this publication through which really changed me, change the way i think.

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