



HOME GROWN

Food Summit

How To Eat & Enjoy Insects

Allen Davisson

Marjory:

Hello and welcome to the HomeGrown Food Summit, this is Marjory Wildcraft back with you again. In this segment we're going to be on the edge and I know those of you that are listening, if you're listening you are a special person. Of course right? The eating insects segment. Right? Well we have with us an expert in eating insects, Allen Davisson and Allen is one of those friends of mine my son says, "I have many many crazy friends." And I think Allen when you get done with this you'll say, "Yeah, Marjory has a lot of really crazy friends."

Allen is the author of the e-book, "The American Bug Eaters Handbook" and he's very passionate about insects as being an alternative food source and actually for Allen it's not an alternative food source, it may be one of his primary ones.

I got to tell you a little funny story about Allen, we'll get right to the video. Years ago I had wanted to learn how to eat insects because I figured well they've got a lot of Omega 3s and a lot of minerals in them that are real hard to grow in my back yard, and I thought, "Well they're flying in and they're eating my other stuff, why not learn how to eat them?" Right? Especially here in Texas I would love to learn how to eat fire ants they've eaten enough of me.

Anyway I figured that I'm just never going to pick a bug up and eat it so we organized a party and initially it was just at the back of my barn, 30 or 40 people showed up, we had some skilletts and some grills and of course a lot of beer. And between a little bit of altering consciousness and the peer pressure of all my friends I was able to pop down some grasshoppers and eat some mealy worms and I did fine.

And every year we just kept up that tradition of having that party and I got to tell you, it's crazy how many people keep showing up. We've had to move locations many times until last year this party was held in Zilker Park which is like Austin's Central Park, it's premier park and it's getting hundreds of people show up to this things. We have numerous grills now with all kinds of frying pans and people show up with all kinds of bugs and we stir-fry them up and we cook them and it's crazy.

Anyway come watch this video with Allen Davvison and How To Eat Insects.

Allen Davvison:

My name is Allen Davvison and my intention with this video today is to empower you and your families to be able to find and maybe even grow

another source of protein and fat. I've been working with Marjory Wildcraft for years on this now and when she first started looking at backyard food production protein sources became important. We can't always take the time that it takes to raise a chicken or to raise a rabbit. We may not have access to weapons to be able to hunt down some animals and in most parts of the world insects are a very important part of the protein stream.

This has been going on for hundreds of thousands of years in most countries throughout the world except for in the United States where we've had certain taboos or just really the wrong ideas implanted in our heads since we were children as to what's acceptable and unacceptable to eat. We'll go in some high dollar restaurant where they're preparing insects you might see local parties put together where people are experimenting with insects sort of for fun and for amusement and entertainment, which is great. You can up and start up a restaurant serving up insect dishes probably in any major city in the United States and have a great success at that.

Insects are being farmed as a protein source. The World Health Organization has put out of plea to the forestry division to put out the word on the availability of insects as a protein source and so they've been traveling the world and studying the forested regions identifying types of insects, studying the local cultures what they've been harvesting, what they've been selling and using regularly for a long time.

A part of my work here is to help spread that word in the United States. Usually when we're growing insects or using insect we're going to be able to procure those things, maybe from an insect farm or through even the pet stores where they sell these large giant mealworms. These guys are probably a gram of protein each. Big fat monsters.

Those are available to purchase to feed lizards and reptiles, they also commercially will farm crickets. We have the brown house cricket that's available if you want to toy around with these at home some just for fun.

In a survival situation these crickets can be raised simply by putting them in a container that they can't hop out of, putting a moist paper towel inside the cricket box. We have a moist paper towel here with these scorpions just to keep them watered. And with crickets we can feed them just about anything, leftover food scraps, other insects, they'll gobble up just about anything and we'll put a little tray half inch deep of moist dirt inside the container that they live in and the adult females that have the

long egg layer on the end of their tail will immediately start injecting eggs into the soil.

Within the next 10 days you'll have thousands and thousands of little white...they look like little pieces of rice, little baby crickets running around in there that you want to separate immediately into their own container. Which you can then smush up little bits of bugs and little bits of food scraps leave it in there and before you know it you'll have thousands of medium sized and then after about six months you'll have thousands and thousands of large crickets ready to provide larger amounts of protein.

Now eating insects one thing to keep in mind is that these are related to crustaceans. If you have seafood allergies: crayfish, shrimp, crab, it's the chitin in the exoskeleton of these animals that people are allergic to. Now insects also have an exoskeleton, they're in the same family as the seafood and that chitin will trigger allergic reactions in people that are allergic to insects. So if you are allergic to seafood do not eat insects under any situation. In a survival situation in the wild if you find yourself away from your home away from cooking utensils and you are depending on what you can find to eat insect are going to become even a more important part of your food stream.

Eating insects raw in the wild is something to have not a lot of concern but some awareness about. Ground burrowing insects such as the grub worms, which I can talk about how we eat, June bugs, which the grub worm is the larvae of, the ground burrowing insects will be ingesting earth. They may be ingesting pathogens. Some of the worms, the parasitic worms are a concern particularly with June bugs whose grubs are burrowing their whole life under ground.

If we are eating insects in a survival situation and there's nothing to cook them with eating them raw is acceptable, it does work but when you do get back into civilization you're going to want to go to the doctor let them know you've been eating raw insects in the wild and he might want to give you a dose of an anti-parasitic...an anti-worm medicine. Usually a simple one day dose to prevent any infestations of parasites.

Now in the wild it may not seem like insects are going to provide much food. If you're in the wild and you're hungry a little bit of food feels like a lot of food and it feels like a lot of good food if it's an insect. Now I myself have been out just for two or three days at a time where I had gone out to get out of town, to get out to the backwoods for a while and then looked and realized I didn't pack up what I thought I was going to need

for the trip. I didn't properly pack for the trip. And I was two or three days into this little excursion one time and getting very very hungry.

There were a few green to eat, a few grape leaves wild mustang grape leaves, that I was eating primarily. But I was starting to feel like I was missing the proteins and the fats and the oils and the calories. Getting a little shaky, a little low energy and a big old grasshopper landed next to me and I realized right then that since we've been eating insects for possibly hundreds of thousands of years we're built for it.

I instinctively nailed the grasshopper, popped off his big fat legs, strip off the meat out of there. They're just like drumsticks, when you pull the big fat legs off of a grasshopper you strip the meat out of those legs like drumsticks and it's like you've had a bit of a pine nut or a bit of a peanut in your mouth and your whole body registers. These are fats, these are oils. Your body recognizes it and wants more. Well I popped the whole grasshopper, then raw, munched it up and when you're hungry these guys not only does your body recognize them as good food they're delicious.

It hit my tongue, it hit my palate like a pine nut. Those oils, those proteins it's almost like a warm feeling going up through your head and your body instantly wants more. Now in a survival situation three or four grasshoppers is enough protein and enough fats to get you through the day. The body's going to register this, it's going to feel good it's going to taste good, you're going to know you're doing the right thing.

One of the insects that we'll look for in a survival situation are the wasps and particularly because the wasps are in a nesting situation. Where if you find a nest, usually in the spring and in the summer late fall might be a little late, but in the spring and summer finding a wasp nest with the adults on the nest if you can capture them. You have pupae that are nearly adults that are sealed inside of the wasps nest. So when we take one of these nests and remove the little paper covering on each one of those cells that are in there, we can reach in with a little stick or a pair of tweezers and pull out a nearly completely mature adult.

Then you'll find ones that are a little less developed than that that are yellow and transparent and then you'll find ones that are still in what looks like the giant maggot stage, the larvae stage, these are all excellent eating. Delicious eating, some of my favorite eating comes from the wasps nests. One because they taste wonderful, two because they're so clean coming out of these things. You can pop those things raw all day

long out of the wasps nests. When they're cooked up the fat solidify into a texture similar to bacon fat, my favorite food.

So we not only the tastes and the fats and the oils but we get a lot of it in one of these nests. Some of these wasps nests you may have seen them before will be as big around as a grape fruit and out of one of those things you're going to pull hundreds, in one sitting, you're going to pull hundreds of these guys out and make enough protein for the whole family. The wasps nests are one of the most valuable resources that we have out there and really something to keep in your toolkit of knowledge on what you can and can't eat out there in the wild if you're depending on the wild to find your food.

Crickets, the grasshoppers, the ants these are whole classes of insects that you know that any of those that you catch, any species of grasshopper, any species of cricket, any species of wasp mud daubers, ants and termites are all edible. Now catching a lot of ants all at once can be a real trick but it's good to know because you will at times happen on usually a wood ant nest where they'll be layered between a couple of logs or between the bark and the log and you'll have thousands of ants, thousands of larvae, thousands of pupae, thousands of eggs.

All of those can be harvested. Ants are the one insect you can eat raw without any concern at all. Finding them in large numbers like I said can be a trick but in the wild a few ants and a few larvae are going to hit the spot if you haven't had food. Particularly proteins and fats in a couple of days. Just 10 or 20 of those fat little larvae are going to be really tasty to you and make a real difference in your day.

As far as insects that are poisonous or harmful to you, you're not going to find many of them in nature. Now we have logged down thousands of edible insects, all of the crickets all of the grasshoppers all of the flies, all of the wasps, all of the bees and all relatives of those things, the mayfly's, all the beetles, all the June bugs, your big beetles, little beetles, wood beetles, ground beetles all edible. All their larvae are edible.

Peeling off the bark of a tree and getting those wood burrow larvae that are working their way through the old rotten wood and making those channels under the wood are some of the most delicious and highest in fat and protein insects that you'll find.

As far as the poisonous ones go the insects that have stingers we don't worry about so much. When we cook these things the venom's are neutralized, so we can eat any of the bees, the wasps, the scorpions

stingers in tact. If they've been cooked you may notice them if you hit it just the wrong direction, particularly with a scorpion. You might get a little poke on your tongue from the sharp point of the stinger but it is not going to inject poison into your mouth. It's going to be more like you had a little piece of a cactus needle in your mouth and you took it out. It's just going to temporarily prick your tongue.

We don't worry about the stinging insects. Insects that have poisons such as the millipedes, the centipedes, I think common sense would tell you to stay away from those. Those poisons are in there to be particularly bad tasting. So you're not going to enjoy eating them. You're going to get a sense for that right away if you tried to eat one that maybe you're eating something you shouldn't.

Some insects will have brilliant colors on them to be a warning symbol and you may pay attention to some of those if you're in a survival situation. If you don't know what family this bug is in and it's got particularly bright impressive colors you might want to leave that alone. Grub worms, I mentioned being underground burrowing insects are ones that are more likely to have a parasite or a pathogen in their gut.

If you've ever looked at a big fat white grub worm, and if you're in the mulch pile or a leaf pile you might find grub worms from some of these larger beetles that are fatter than your thumb and 5 or 6 inches long, these guys are most digestinal tract. That's stuff that you're probably not going to want to eat a lot of just for the palatabilty of it and what might be in there. The stuff that they've been eating underground.

The technique for eating one of these guys to turn a big fat white ugly juicy disgusting grub worm into a palatable piece of protein is to cut the head off, cut the tail off, run some water through the carcass that will blow out the whole digestive tract, and what you're left with then is a little strip of what look likes muscle and it is muscle. Put it down in the skillet, cook it crispy and again you've got this jerky type bacon type protein.

You can season it anyway if you have some salt or some tamari, a little something to throw on there that's great. But otherwise even raw in a survival situation maybe all you can find is grubs and the phrase, "I'm going out to eat worms." is going to take on a whole new meaning because it's going to be your lucky day if you find a bunch of them.

Okay so after 2 days out in the woods having not packed the right food I started getting really hungry and I looked and I did have some tortillas

but I was looking for something to put on the tortillas and I remembered, "Oh yeah, I'm an entomophagist. Let's look for some bugs." So I went out to the back of this shack that I was staying in out of the middle of the bamboo grove miles from anybody and anything and there was a big red wasp nest back there, which was the most delightful thing I could of found.

I took a jar pushed it...and this is rather easy to do with these wasps, they're usually most interested in protecting their nests but if you move in slowly with a jar the adults will stay on the nest usually. You can push the jar up on the nest, carefully push it over forcefully sideways so that the stem that's holding the nest breaks the nest will fall into the jar. The adults will all fly down to get on the nest to protect and you can easily cover the jar then. Then you have all the adults and all of the larvae and pupae inside of the nest.

We will take that jar and we'll dump it into the boiling water, all the adults will immediately die. We take the nest out so that we can harvest the larvae out while the adults are boiling in the water. And that's a procedure that we usually do with most of these insects if we can is to boil them for five minutes in the water. Just to sterilize them, cook out, it helps to purge their digestive tract to cook them like that.

So I took this wasp nest and dumped it in there and pulled all the larvae out and got my little tortilla out and warmed it up and sure enough out of that one nest, it was about a 2 inch diameter nest, I had enough meat to fill that taco and turn it into actually a satisfying breakfast and one that held me through the day.

Well today we've got a couple of different types of mealworms. These are the types that are available at the pet store and they call these giant or jumbo mealworms. There's another species of mealworm they sell, these are the small mealworms and these little guys are only about a half inch long, about half the size of the large mealworms. These beetles as I said earlier could be raised at home and this can be kind of fun to do and actually you might be really really glad you did this if you ever get a good little farm going with these things. Because all it takes to do is throw these guys into a box of bran, toss them a little bit of a potato or an apple, a little bit of some leafy greens every now and then, and they're just as happy as clams in there growing.

They will pupate in the box, small adult beetles will hatch in the box that will then lay eggs and you'll have that cycle started then of baby mealworms, which will just multiply like gang busters. These things you

can farm actually pounds and pounds of protein like that just in a dark corner of the closet. It takes about one sixth of the food to raise a pound of protein than it does to raise a pound of beef. So if you are considering raising your own homegrown protein insects are a way to go if you consider the leafy greens that you're going to feed to your mealworm, you're going to be feeding about a sixth of what you would feed to your cattle to raise that same pound of protein.

So cooking these guys up, let's start with some crickets. Crickets are kind of an all time favorite. They're easy to catch, they're easy to grow, they're easy to purchase, and people usually for a starter insect have an easier time stomaching crickets than they would say a giant walking stick that's full of green goo. So I'm going to toss those tickets into the boiling water and get just a few of those started. Now these guys I probably, since they came from the pet store and they've been eating in a controlled environment, I probably would feel totally safe just munching one of those guys down.

I know they've been eating the cornmeal. They haven't been out burrowing underground. They're actually rather delicious just like that for me. But for the more squeamish we're going to go ahead and boil some of these up, that's always a good way to start. The cool thing about cooking insects in a skillet is they will generate a little bit of their own oils and fats, so they're not going to stick to the pan. They're not going to burn. I do love the taste of butter so if you're fooling around at home doing this you may as well enjoy it. So we're going to put just a little touch of butter in there for some added flavor.

And everything is good with a little tamari or soy sauce. You can throw in a little garlic, lemon juice, salt and pepper. The fun thing about insects is they'll take on just about any flavor that you put in there with them. So if you're actually trying to make something that's a little more palatable you can pretty much let your imagination go as to far as what you're going to spice these guys up with. So we'll pop those boiled crickets into the skillet.

Now I will usually cook these things just a little bit, just for a couple of minutes. Most folks that have never eaten an insect before they're going to want theirs well done. They're going to want them pretty crispy. They don't like the idea of anything in there that might be soft or a little squishy or gooey. Now my experience has been over cooking them to where they're crispy is kind of like eating a pork rind. Where it's been fried to where there's absolutely nothing left except for a little bit of

carbon skeleton to eat. So I usually cook them just a little bit, because I really do enjoy the fats and the oils and that meaty texture.

When they're cooked up like this, even cooked just a little bit, they don't pop anymore. All that stuff that was in there that was all squishy and gooey and runny now has solidified into more of a, like I said before, bacon fat. It's more of a bacon fat texture to the body, they're a little tougher. A little meatier and very tasty with the tamari and the butter. Now if these insects were the black mole cricket rather than the farm raised brown house cricket, it would be tougher than these. The exoskeleton on these legs might be too tough to actually chew up and swallow without getting their sharp little barbs on their legs caught in your throat.

So one of those crickets or any grasshopper, katydid, the wasps that have very tough legs you can pull those legs off, at least the end part of the legs this is more stickly and go ahead and munch them down. A lot of insects we'll pull the wings off. Now whether or not they've just recently molted or whether they've been molted for a long time will determine how tough they are also. So it's really kind of a bug per bug decision as to whether you're going to be pulling wings and legs off of those things.

I can eat a pound of those crickets. I could literally go through a pound of those things right here coming out here hungry today like I did. So I've got roughly five or six of those guys left and I'm not going to let them go to waste because like I said I did come out here hungry today and these five or six crickets are...that's a substantial amount of protein and not only that but delicious protein. So we'll put those guys away.

These mealworms, now usually in nature you would find these type of segmented mealworms, you'll be able to see their segmented bodies. Usually golden brown color and they'll have a few legs near their head. You'll usually find these things under a log or if you're digging in the dirt, you'll find a little golden colored shiny smooth plastic looking little mealworms. All these mealworms from all these different beetles, all the beetle larvae are edible. So you can catch any of those.

These ones just for convenience we picked up at the pet store. I'm going to throw them in there and boil them. And yes they die pretty quickly in there. They get about one little twitch and it's all over for the mealworms. And since I am hungry I'm going to go ahead and put about 8 or 10 of those guys in there, and we'll just call it dinner. And since people have been eating bugs for possibly hundreds of thousands of years, in fact there's no animal on the earth that doesn't eat bugs that I can think

of if you think about it. The fish, the birds, the dogs, the cats, try to think of an animal that doesn't eat insects. We're built for it. Our bodies are built for it. Our instincts are really tuned, it's in our DNA to know that these things are good.

Now children happen to fall into this more naturally. They haven't had all the programming that we do. When we have one of our annual bug fests and all the kids come out they're the first to come up, most of them have already eaten bugs. They've been outside playing and challenging each other to eat bugs and most of them have already eaten bugs and they're kind of comfortable with the idea and they really like the idea of going out onto the perimeters, out to the frontier where they can really shock their parents. So the kids are usually up front the first to eat them and sometimes the first to eat the most of them.

We've had whole large bags, I mean a Ziploc baggie full of June bugs, thousands of June bugs we cooked them all up at once, put them out and these kids were scarfing them up by the spoonfuls and just munching them down whole. And the bowl, maybe a half a pound of these things disappeared in minutes. So we might have something to learn from our children about being a little more open minded as to what not only we can eat but what we should be eating.

The omega 3 fatty acids that are in these insects compare with the fatty acids that we find in fish. So that's why insects have always been an important part of the human diet. They have very seldom been the sole source of food in the human diet. Except in instances where the insects would come in and eat the crops and the only choice left was to catch the insects to eat them instead of eating the crops. So if the crops get eating up by the locusts, if the 4 Horsemen show up in the Apocalypse and the locusts come in and devour your crops, don't be one of the people that are running away pulling your hair out thinking that you're going to starve. Know that you can eat the insects and they're going to be better for you than the crops would of been.

So we have some scorpions here, and scorpions they're kind of a lot of fun to eat with the kids. Everybody seems to be fascinated with the scorpions. And we catch these things, these are the bark scorpions, and we'll catch these things out around under logs. You can see that guy he's running all over the place. I guess he knows what's up. These are raised commercially in the Orient and they're actually used in recipes in some of the high dollar restaurants where people will come in and they'll pay \$20 for their bowl of soup because it has a couple of scorpions floating on the

top of it. So keep that in mind you entrepreneurs that are looking for a new wave business to get started out there.

We have our little mealyworms here and a scorpion. I'm going to pop those into here. These guys are kind of interesting to cook the way they explode and pop when they're cooking. There was a friend of mine I was talking with and we were talking about survival and he had been in special forces and they were sent out to live for a couple weeks in the woods and of course they were taught all the things they could eat and couldn't eat. They were taught to recycle their urine to reduce the need for water to where they could survive for weeks without water rather than days without water.

They were taught to eat the ants and so they were eating ants. They were taught about eating earthworms and this fellow told me he said he never saw an earthworm that tasted so delicious as that one that he found after 5 days without food. So if you start thinking that a little tiny critter like these don't have much to offer just give yourself five days without food and then pick one of these guys up and you'll be happy you did.

Now these little guys are a little bit explosive when they start cooking. I guess they have a lot of water in there and they pop like popcorn. Oh, there's that big fat scorpion right there. This was a pregnant scorpion that's why she's so extra fat. And again these guy they could be cooked until they're just totally crispy as if they had been deep fried but I'm not going to do that. I want to keep most of that protein intact and most of those oils in the bug that I'm eating. These guys have generated quite a bit of grease down in here. They've created their own grease.

Now this little scorpion, you can see it...that little body is kind of hot, still has her stinger on there. I'm going to go ahead and bite that and just spit that out. But her little body there it's actually a pretty fat and juicy little girl. Scorpions are delicious. Of course anythings delicious with a little bit of tamari and butter, but those guys are particularly good. We've had a lot of people who've never ate a bug whose first bug they ever ate was a scorpion and it turned them into an entomophagist.

Even though scorpions aren't insects, they have 8 legs they're an arachnid, but all the scorpions and spiders, you might want to stay away from the black widow. Again use common sense with what might be poisonous or non-poisonous. If you find and know you have a black widow or a brown recluse spider let's not fool around with those at all. Just stay away from those. But the tarantulas are a delicacy. In the United States we not only in the Southwest have tarantulas but we have a close

relative the wolf spider, which looks a lot like a tarantula, it's kind of hairy there's a brown or black stripe down the middle of its back.

They get quite large and they can be captured at night very easily using a headlamp. When you walk around with a headlamp at night spiders eyes will light up emerald green. A large spider can be spotted maybe 30 to 50 yards away. So you know you have a large wolf spider if you see a couple sets of eyes out there glowing that are 30 or 50 yards away. You know you've got a good sized spider. You can see the little tiny ones twinkling all over the ground and you can gather those up and eat them too but it's good to know that not only are the insects but all the spiders are also a great source of food.

Now these guys, they're totally delicious. I like the popcorn that's down at the bottom of the bag, the ones that have just a tiny bit not quite burnt but that flavor, and these mealworms are right there. I think I've cooked these to where it's better than the popcorn at the bottom of the bag. And I really could go through probably a half pound of these things right now just because they are so darn good and I'm so darn hungry. So we're going to call it dinner completed tonight. Just from what we're demonstrating with here today, and I may as well enjoy my work.

So that's about all it takes to cook these guys up and eat. I mean you can get fancy with them. We've got recipe books out there if you go to the internet and look for insect recipes, you're going to come up with all kinds of beautiful and delicious that you can take to a potluck and really impress your friends. Run down to the pet store, do a little bit of a cream sauce alfredo maybe a quarter inch deep and sprinkle a couple hundred crickets on there and it's going to disappear.

People like that stuff, they really really like that stuff and it's really really good for them. Now I've been eating bugs for about 7 years now and it was 5 years ago that Marjory Wildcraft and I got together and decided that this was more information than we needed to keep to ourselves. It was not only important information but it was fun information and so we started putting on, in the Austin area, the annual June Bug Fest where we get together with family's and kids and everybody comes out and they bring their bugs, their grasshoppers, wasps, spiders, whatever they can catch.

We get together and we just have a big old good time potluck cooking up bugs. We've done that 5 times now, we just had our fifth annual June Bug Fest here in Austin and I've had not only so much fun with that but I really do think it's important information. Not only to know for survival

purposes but just to expand the whole human experience. The way we've been doing things is not working and so we need to be looking at new avenues, new frontiers, ways of doing things that we might of thought were unacceptable in the past. But were going to find in the new paradigm are actually new enjoyments that we have.

So I've made myself available if anybody would like to have a little bug fest put on for your own school or your club or your neighborhood whatever you like to do. I do make myself available to do that for you and you can contact me through Marjory Wildcraft's website backyardfoodproduction.com

Marjory:

Hey, that was a pretty fun segment with Allen huh? If you want him to come to your area, you organize a group, get in touch with me and I'll get in touch with Allen and he's available to host parties in your area if you want to do that.

I want to tell you another really fun thing, Allen and I for a while were going around to different television stations all over the place Texas, Missouri anyway one of the funniest ones was we were in San Antonio at a television station doing the bug fest thing and Allen and I are a little bit older and we're kind of mellow and we're going to the station it turned out to be this totally hippy trendy young kind of morning fashion show that they wanted to do this bug eating thing on.

We're like, "Oh my gosh." And we're there with Cassandra who is the host who had more jewelry than I can possibly...she had more jewelry on than I own, totally different. And the segments just before us had all been about who won what award and why so and so's dress was like this and I don't think the boots match.

Anyway I thought all these hosts are just not going to be into this. They ate it up and then after they got done shooting the segment all the cast and crew came in and said, "You got more?" And we cooked up more and the whole cast and crew kept eating these insects. It was just totally crazy. They've invited us back and we've gone back and done that segment with them several other times. So crazy, crazy, crazy.

Anyway Allen's e-book I think it was only 7 bucks, really cheap, "The American Bug Eaters Handbook" go pick up a copy and get inspired. And the next time you see that worm don't think of it like, "Eww!" Think about, "Protein, fat, tastes like bacon." Anyway this is Marjory Wildcraft, we're going to catch you on another segment. There's a ton of other

presenters come tune back in with us. This is The Homegrown Food Summit.