

# EDIBLE INSECTS



**HOUSECRICKETS** taste like hazelnuts or potato chips



**MEALWORMS** eaten raw or freeze dried taste like hazelnuts and taste like pistachios when baked



**WAXMOTH-CATERPILLARS** are creamy when eaten raw but have a surprising taste of cashews when baked



**MORIOWORMS** when eaten raw taste like chestnuts or soy shoots and taste like cooked chestnuts when baked



**MIGRATORY-LOCUSTS** eaten raw taste like walnuts and taste like bacon or chicken when baked



**BUFFALOWORMS** have a fine taste of beech-nuts when eaten raw or baked



## DON'T EAT INSECTS WHICH

- ◆ Live or feed on excrements *unless reared*
- ◆ Live on and in dead bodies *unless reared*
- ◆ Suck blood of other animals (*mosquitos, flies, etc.*)
- ◆ Are hairy (*most caterpillars*) or spiny
- ◆ Are warty or have sharp points



### KEY NOTES

There are 821 million chronically undernourished people globally.

Meat- and milk production are a big source of greenhouse gases that cause global warming.

Can insects help meet the UN Goal 2 Zero Hunger initiative (*see UNDP.org*) while mitigating global warming?

Worldwide several insect species have been traditionally eaten for many centuries. These include crickets, migratory-locusts, waxmoth-caterpillars, silk-caterpillars and silk-pupae, cicadas, honey-ants, desert-locusts, and rose beetle larvae.

Insects are a normal food supply in more as 120 different countries. Recently some European countries ( $\pm 10$ ) got added to that list. US may be lagging behind.

With 22,000 ltr of water you can produce 2lb of beef. With 20lb grass you can produce 2lb beef, 6lb pork and 10lb chicken.

But also 20lb of locusts with 6 generations in a year!

**CAUTION:** Consume insects reared as human food rather than trying to capture different insect species in the wild to eat.