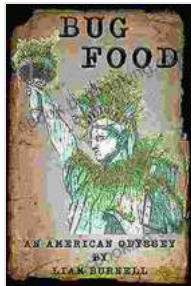


Bug Food: An American Odyssey



Bug Food: An American Odyssey

★★★★★ 5 out of 5

Language : English
File size : 582 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 382 pages
Lending : Enabled

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Insects are a sustainable, nutritious, and delicious source of food. *Bug Food: An American Odyssey* takes readers on a culinary journey into the world of entomophagy, the practice of eating insects. Author Gene Kritsky explores the nutritional value of insects, how to cook them, and the cultural significance of entomophagy.

Did you know that insects are a complete source of protein and contain all the essential amino acids? They are also a good source of vitamins and minerals, including iron, calcium, and zinc. And they are low in calories and fat.

Insects can be cooked in a variety of ways, including frying, roasting, baking, and boiling. They can be added to soups, stews, and salads, or eaten as a snack.

Entomophagy is practiced in many cultures around the world. In some cultures, insects are considered a delicacy, while in others they are eaten out of necessity.

Bug Food: An American Odyssey is a fascinating and informative book that will change the way you think about insects. It is a must-read for anyone interested in food, nutrition, or sustainability.

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- Chapter 2: The Nutritional Value of Insects
- Chapter 3: How to Cook Insects

- Chapter 4: The Cultural Significance of Entomophagy
- Chapter 5: The Future of Entomophagy

Reviews

"Bug Food: An American Odyssey is a fascinating and informative book that explores the world of edible insects. Kritsky does an excellent job of debunking the myths and misconceptions surrounding entomophagy and provides a wealth of information on the nutritional value, cooking methods, and cultural significance of insects. This book is a must-read for anyone interested in food, nutrition, or sustainability." - Kirkus Reviews

"Kritsky's book is a valuable contribution to the growing body of literature on entomophagy. It is a well-written and informative book that is sure to appeal to a wide range of readers." - The Entomological Society of America

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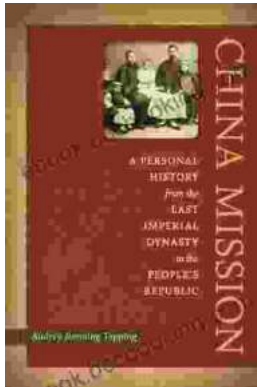
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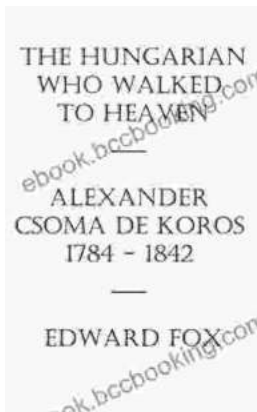
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