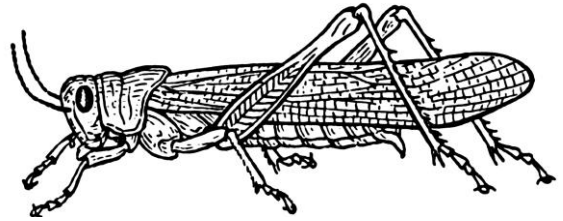


# GRASSHOPPERS FOR DINNER

## A Possible Solution?



“Grasshoppers can be harvested by hand in the early morning before they are fully awake, using the same type of traps as described above for crickets, or using more ambitious methods.

In modern-day Uganda, there is a booming trade in grasshoppers; locals set up extensive grasshopper traps using tall, standing sheets of galvanized tin roofing, their ends stuffed into old oil drums and powerful lights shining on them at night. With the tin roofing reflecting light into the darkness, grasshoppers are attracted en masse to them, land on the upright, glowing roofing and slide into the old oil drums where they are captured.

I have friends that took part in a large grasshopper harvest in which a group of people holding hands formed a human wall and walked across a field of tall grass, herding grasshoppers into a tarp on the other end of the field. A good method to try if you have enough people.

A Mexican study recently compared the insect management strategies of several farms. Some of them used modern insecticides, others allowed locals to harvest grasshoppers for local markets. The two methods were equally effective in controlling grasshoppers, but one approach required money and poisoned the land, water and food being grown, while the other avoided those costs, providing healthy wild food and income.”

Taken from:

### **Edible Insects and How to Eat Them**

*Slugs, snails, crickets oh my! Join Miles Olson as he shares the ins and outs of gathering edible bugs for food.*

## **HOW TO COOK GRASSHOPPERS,**

Grasshoppers are a crunchy and delicious treat that is enjoyed around the world, in places like Mexico and Uganda. Just one grasshopper contains 6 grams of protein and there are many people who think the world should harvest more insects to help people in need of healthy and nourishing meals.<sup>[1]</sup> As long as you cook your grasshoppers, whether you're boiling or frying them, they will be safe to eat and will be ready in minutes.

**Recipes for Dry Roast, Garlic Butter Fried, Fritters, Skewered, and Sauteed can be found at: <http://www.wikihow.com/Cook-Grasshoppers>**