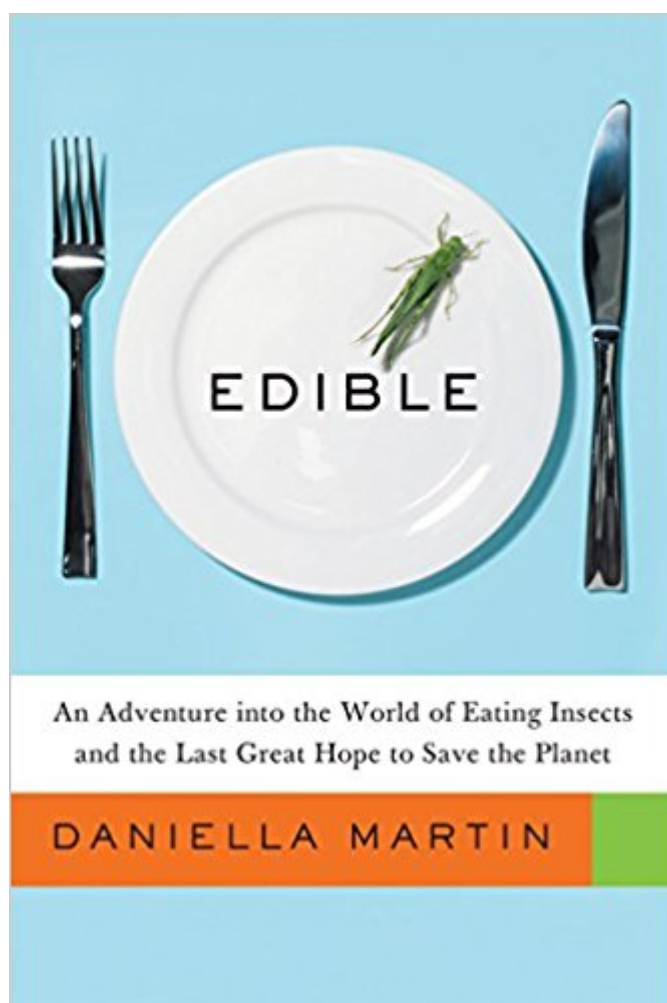


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Edible: An Adventure Into The World Of Eating Insects And The Last Great Hope To Save The Planet



Synopsis

Insects. They're what's for dinner. Can you imagine a world in which that simple statement is not only true but in fact an unremarkable part of daily life? Daniella Martin, entomophagist and blogger, can. In this rollicking excursion into the world of edible insects, Martin takes us to the front lines of the next big trend in the global food movement and shows us how insects just might be the key to solving world hunger. Along the way, we sample moth larvae tacos at the Don Bugito food cart in San Francisco, travel to Copenhagen to meet the experimental tasters at Noma's Nordic Food Lab, gawk at the insects stocked in the frozen food aisle at Thailand's Costco, and even crash an underground bug-eating club in Tokyo. Martin argues that bugs have long been an important part of indigenous diets and cuisines around the world, and investigates our own culture's bias against their use as a food source. She shines a light on the cutting-edge research of Marcel Dicke and other scientists who are only now beginning to determine the nutritional makeup of insects and champion them as an efficient and sustainable food source. Whether you love or hate bugs, *Edible* will radically change the way you think about the global food crisis and perhaps persuade you that insects are much more than a common pest. For the adventurous, the book includes an illustrated list of edible insects, recipes, and instructions on how to raise bugs at home.

Book Information

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Customer Reviews

This book is about eating bugs—in the author's definition, any terrestrial

invertebrate and how insects and other invertebrates just might be the answer to world hunger. Martin, a self-avowed entomophagist, ate her first bug (a fried grasshopper) while studying pre-Columbian food and medicine in Mexico. But it wasn't until she realized that there was actually a worldwide movement afoot to add insects back into the human diet that Martin dedicated herself to educating us about the advantages of eating bugs. As the author deconstructs our modern diet, we begin to realize the inefficiency and waste that goes into the raising of meat animals. And with the ever-increasing human population and the fact that at least one in seven persons on this planet does not get enough to eat, does it not make sense to turn to insects as a food source? In this chatty, informative, and eminently readable manifesto-cum-food travelogue, Martin takes the reader along as she talks to chefs who cook with insects, muses about vegetarianism and veganism (and why being a vegan ultimately won't work), collects corn earworms from a community farm, rhapsodizes on the flavor of sautéed waxworms, and, in general, turns us on to eating bugs. Complete with recipes and nice descriptions of edible insects. --Nancy Bent

“Never didactic, Martin gently nudges readers toward open-mindedness at the prospect of eating bugs: “Why not make the best of what we have the most of?” Regardless of readers' culinary proclivities, Martin's lively book poses timely questions while offering tasty solutions. “In this chatty, informative, and eminently readable manifesto-cum-food travelogue, Martin takes the reader along as she talks to chefs who cook with insects, muses about vegetarianism and veganism (and why being a vegan ultimately won't work), collects corn earworms from a community farm, rhapsodizes on the flavor of sautéed waxworms, and, in general, turns us on to eating bugs.” Booklist “It's not easy for most Americans to see this, but insects are going to be a far bigger part of our menus in the next 25 years. Daniella Martin's Edible is a fun, articulate look at the world of entomophagy, and the arguments for adding insects to our diet.” Josh Schonwald, author of The Taste of Tomorrow: Dispatches from the Future of Food “Daniella Martin's contagious enthusiasm for eating insects makes you rush to join the insect-eating movement that people in the Western world left aside by mistake in the past.” Marcel Dicke, professor of entomology at Wageningen University, The Netherlands, and author of The Insect Cookbook: Food for a Sustainable Planet “Daniella's contagious enthusiasm about edible insects has the power to make you think again...Laced with anecdotes full of the

wisdom of various proponents of eating insects and such rich descriptions of the taste and texture of many bug-based dishes that you will feel you have been missing out, *Edible* is both a quick read and a valuable resource which will certainly be consulted often by an army of new proponents of this incredible source of nutrition. Even those it cannot claim as converts will be more interesting around the dinner table after consuming this fact-filled frolic through the world of eating insects.

•Treehugger.com

“Speaking in plain, but engaging language, Daniella Martin draws us into her adventure in the world of edible insects. We follow her around the world, beginning with her quest into ancient Aztec cuisine as a cultural anthropology student and traveling up to the present moment with her as a media celebrity and an accomplished gourmet chef. This is not just an entertaining coffee-table book but a moment to ask serious questions about cultural aversions that are now stumbling blocks in our quest for healthy diets in a sustainable world.

•Florence Vaccarello Dunkel, editor of *The Food Insects Newsletter* and professor of entomology at Montana State University

“Through gentle suggestion, powerful facts, and a world of experience, Daniella Martin opens her readers to the notion of eating bugs for health, economics, the environment, and just plain old flavor. Open the book squeamish, settle into curiosity, and find yourself convinced.”

•DIY Food

I enjoyed this book. It reminded me of Michael Pollan's books, which I love. The author makes a compelling case for eating insects, and she definitely changed my perceptions. But what I loved most was her writing style. It's just beautiful, and I don't say that about much nonfiction. Not only does she make a compelling case, she does it in such a writerly way that's worth reading in and of itself. My only suggestion was that the chapters seemed to lose focus at times, jumping from story to story in a way that was sometimes jarring. I think better paragraphing would have eliminated this, as some of the sections could have been broken up a bit. But that is nitpicky, and it shouldn't stop you from buying. It's definitely worth reading.

This book is a food travelogue written by an over-excited socialite. Daniella Martin's love of insects is matched only by her love of being part of the scene. There is nothing wrong with having passion for something and being involved, but her level of excitement is annoying. She is exponentially more excited about eating insects than Homer Simpson is about eating donuts. I understand that she wants to convert the people of the west into insect eaters (or at least make the west more accepting of insects as food), but she goes about it in a way that is reminiscent of a mother trying to coax her baby into eating Gerber slop by eating a spoonful herself and over-exaggerating a positive

reaction. Anyway, the book is decent. Daniella Martin makes a valid and thought-provoking case for incorporating insects into our diet. Her approach just . . . bugs me. I give the book 3.5 stars (70%).

Fascinating subject, and I was totally convinced. I'm now actively pursuing more opportunities to make bugs a part of my diet. If that sounds gross to you, just go through this book. If you're somebody who cares about your health and the health of the planet, it's quite persuasive.

Enjoyable and thought provoking.

The author lays out a compelling argument for the regular eating of insects based upon current theories of sustainability and population dynamics. She also adds her own bug-eating adventures and anecdotes. Very entertaining and enticing.

The perfect blend of Scientific research, Personal experience and Insect eating. This book was very enjoyable to read and perfect for anyone interested in eating insects. All your doubts and worries about whether they are edible will be cured. I can't think of an argument against eating insects after reading this book except for "ewww, That's Gross".

I find this book timely and fascinating. The idea does not make me want to go out and find a selection of insects to eat, but the book is well written and she is compelling in her presentation. I've shared it with a chef and an open minded friend. I think it deserves to be given thoughtful review. Thanks Daniella Martin! I certainly would love to read a follow up by her.

I love the author's writing style. It compliments the massive amount of information perfectly. Well researched and funny with a down to earth approach. Mine is full of bookmarks for follow up

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