You are now entering an apocalyptic era. Mankind’s resources have run, and we are left to eat the basics of our environments. Plants and insects are main source of energy. Join us for some protein filled information!

Team ∞
EARTHWORM CHOW

1 c. earthworms
1 c. yogurt or sour cream
1/2 lg. onion, chopped
3 tbsp. butter
1/2 c. water
1/2 c. mushrooms
1 bouillon cube

Whole wheat flour

Wash earthworms thoroughly and place in boiling water for three minutes. Pour off water and repeat the boiling process twice. Bake on cookie sheet at 350 degrees F. for 15 minutes. Roll the worms in flour, brown in butter, add salt to taste. Add bouillon and simmer for 30 minutes. Saute onions and mushrooms in butter. Add onions and mushrooms to the worms. Stir in sour cream or yogurt. Serve over rice or noodles.
Differential Grasshopper
(Melanoplus differentialis)
Size (Adult, Length): 28mm to 44mm
Colors: beige; black; ivory; green; white; yellow/pink
Area: Most of N. America except east coast and Northwest
Nutritional Value (100g): 110 calories, 5g fat, 5g carbohydrates, 20% daily calcium, 25% daily iron

Grasshopper Kebabs

Ingredients
12 Large Grasshoppers
1 white onion
1 red bell pepper
(Marinade)
2 tbsp mixed garden herbs (your choice)
Pinch of ground pepper
½ cup lemon juice
1 tsp honey
½ tsp fresh ginger
1 tbsp Dijon mustard
¼ tsp salt
1 tsp olive oil

Mix all ingredients for the marinade in a glass bowl. Add the grasshoppers, cover and leave in fridge overnight. Remove grasshoppers and gently pat them dry. Skewer ingredients alternating between pepper, onion, and grasshopper. Drizzle with olive oil and cook a few inches above fire for just under 10 minutes until golden brown and crispy.
Western Subterranean Termites
(Reticulitermes hesperus)

Identification:
1/8" long, soft bodied, no wings

Area:

Nutritional Value (100g):
613 Calories, 16.3g protein, 0.6g fat, 6.7g fibers.

Habitat: Where moisture regularly collects inside the wall or other cavities of a building, say from faulty plumbing or broken roof tiles.

Termite Eggs Soup

Ingredients:

- 4 whole red chilies
- 1 sliced stalk of lemongrass
- 1/2 cup of sweet basil
- 2 tbsp of thai fermented fish sauce
- 250 grams of termites eggs
- 2 crushed shallots
- 3 slices of ginger
- 1&1/2 cups of oyster mushroom
- 1&1/2 tbsp of chicken stock powder

Directions:

1. Put lemon grass, sliced ginger, crushed shallots, chilis, oyster mushroom into boiling water, cover for 2 minutes.
2. Put termite eggs, fish sauce, stock powder, stir well, cover and bring to boil.
3. Boil for 5 minutes, then add sweet basil.
4. Crush your chiles if you want to be spicy, stir well and serve.
Field Cricket
(*Gryllus pennsylvanicus*)
Size (Adult, Length): 15mm to 25mm
Colors: black; red; brown
Area: Most of N. America; All of Europe; Most of Asia, Coastland of S. America, Coast of Africa, All of Australia
Nutritional Value (100g): 121 calories, 12.9g protein, 5.5g fat, 5.1g carbohydrates, 75.8mg calcium, 9.5mg iron

Cricket Stir Fry
25g Whole Crickets
Garlic
Chives
Steamed Rice
Bacon
Cooking Oil
1 cup

Shallow fry the bacon until slightly crispy, add crickets and stir 15-20 seconds. Add shredded wild garlic and chives to suit your taste and stir again. Serve over hot steamed rice. Delicious!
Mountain Pine Beetle
(*Dendroctonus ponderosae*)

**Size:** measures approximately 5 mm, about the size of a grain of rice.

**Color:** It has a hard black and brown exoskeleton, sometimes with light brown specks

**Location:** Native to the forests of western North America from Mexico to central British Columbia

**Nutritional Value (100g):** Protein 17.2 g, Fat 4.3 g, Carbohydrates .2g, Calcium 30.9 mg, Iron 7.7 mg

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**Beetle Dip**

**Ingredients**

- 2 cups of low-fat cottage cheese
- 1 ½ tsp. lemon juice
- 2 tbsp. skimmed milk
- ½ cup mayonnaise
- 1 tbsp. fresh parsley, chopped
- 1 tbsp. diced white onion
- 1 ½ tsp. coriander
- 1 ½ tsp. Beau Monde seasoning
- 1 cup dry-roasted rootworm beetles

Blend the cottage cheese, lemon juice and milk. Then slowly mix in the other ingredients, chill and serve with raw vegetables or chips.
Large House Spider
*(eratigena atrica):*

- **Size:** Can span between 1 to 4 inches
- **Color:** Dark brown with three light spots on each side
- **Location:** Native to Europe, Asia but was introduced to Pacific Northwest
- **Nutritional Value (100g):** 10g fat, 0g sugar, 64g protein

Deep Fried Spider

**Ingredients:**
- Oil
- De-fanged Spider
- Salt and pepper to taste

Heat oil in a medium sauce pan. Make sure the spider is de-fanged before deep frying. Add spices of your choice. **Optional:** Put on a barbecue stick.
Mealworms

(Tenebrio molitor)

Size: 2.5cm
Color: Yellow Brown grub
Location: Found around the world due to human use
Nutritional Value (100g): 223 cal, 13g fat, 2g dietary fiber, 20g protein, 7g total carbs

Dried Mealworms:
Place your live mealworms in a colander and toss and rinse them under cool water. This is to remove any food and substrate from the worms. Be sure to pick out any dead worms or pupae.

Pat the worms dry with paper towels, place them in a container or plastic bag, and put them in the freezer for about fifteen minutes. This will quickly kill the worms.

Spread the mealworms out evenly on a non stick cookie sheet. If you are worried that the worms may stick, you can lightly grease the sheet.

Place the worms in an oven at 200 degrees and bake them for one to two hours until they are dry and crispy. Some people do not like the smell of baking worms and prefer to cook them outside on a gas grill set to a low temperature.
**Curculio nucum**

**Size:** Ranges from 6 to 8.5 mm. The female's snout is as long as the rest of the body, with a reddish end. The male snout is about 1/3 shorter.

**Color:** The body cover is usually light brown, similar to the colour of mature hazelnuts. **Location:** Oak trees in North America & Europe

**Nutritional Value (100g):** Protein 6.7g, Iron 13.1g

**Protein Weevil Shake**

Ingredients

- Palm Weevil Milk
- Banana
- Berries

Mix ingredients in a blender and enjoy! the Palm Weevil will provide a great source of protein for a post-workout meal!
Deep Fried Scorpions:
Scopion
Cold Water
Sesame Oil
Salt and Pepper to taste

First, cleanse all the scorpions with cold water and dry them up afterwards. Since the stingers of the edible scorpion species are not hazardous to human health, they do not need to be removed prior to the frying procedure. Then, prepare 200ml of sesame oil in a regular pan and heat the oil until bubbles start to come up to the surface of the oil. Subsequently, put all the dried scorpions into the pan and cover the pan. The frying process takes roughly 7 to 10 minutes. Salt and black pepper are highly recommended for seasoning.
Blackened Cicadas with Grilled Onions and Peppers

INGREDIENTS
- 30-40 cicadas (gathered as they emerge from the ground, remove heads, legs and wings)
- 1 red pepper, thinly sliced
- 1 green pepper, thinly sliced
- 1 Tbsp. olive oil
- 1 1/2 Tbsp. Blackened Seasoning (recipe follows)
- Salt and pepper to taste
- 1 Tbsp. butter
- Charleston Cheese Grits (recipe follows)

PREPARATION
In a small saucepan, bring 2 cups water to boil. Add cicadas and boil 4-5 minutes. Drain and set aside. Grill peppers and onions until al dente, season with salt and pepper. Set aside.
Heat saute pan until hot. Add olive oil, then cicadas. Saute 1-2 minutes. Add Blackened Seasoning, onions and peppers. Saute 1-2 minutes more. Finish with butter.

Size: Ranging from 2 to 5 centimeters.
Color: Dark green
Location: Mostly found during summer on the surface of tree bark (More prevalent in warm regions).
Nutritious Value (100g): Amino Acid: 46.63, Protein: 58.58, Fat: 10.23, Calcium: 10
REFERENCES


