



Gina Louise Hunter: Edible insects: a global history

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If you have never considered insects as food, this book will change your mind. Gina Louise Hunter, a food anthropologist at Illinois State University, will take you on a lovely ride across space and time in the steps of entomologists, historians, and anthropologists who have studied and tasted insects. After 10 years of interest in the topic, the sheer diversity of edible insects continues to amaze me. Complemented by numerous photographs and recipes, the style of this booklet is non-technical and personal. In addition to introducing insects and their culinary uses, the author explains how to farm mealworms (*Tenebrio molitor*) at home. A pinch of fun and a good portion of crunchy stories make a great recipe for anyone who wants to get to know the world of edible insects. This book is not an exhaustive list of the 2111 arthropods known to be eaten in the world, but rather an account of the collection methods and preparations of iconic edible insect traditions in Asia (China, Japan, India, and Thailand), Latin America (Brazil, Mexico), Australia, Africa (Zimbabwe), and the USA. The author's academic background is palpable in her well-referenced anecdotes and facts about edible

insects, making this book a short but well-balanced overview of the richness of edible insect cultures. After exploring a few of the classical and some less well-known examples of edible insects, the author brings us to the present and future of edible insects. Indeed, insects can provide food and feed for a growing planet, but they are not a magic silver bullet to hunger and malnutrition, as occasionally advertised. The book ends with a nuanced and personal reflection on the potentials and shortcomings of insect farming as a sustainable solution for alternative animal protein production. Ultimately, by narrating how honeypot ants are collected as treats in Australia, how wasp broods are sold in Japan, and how locusts became snacks in the USA in the 1800s, this little book might inspire you. Maybe not to eat insects, but certainly to question your relationship with them and the food we eat.

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