

Lil' Sprouts Newsletter

Week 6 April 6

Maybe you've had ants on a log made with celery, peanut butter (or cream cheese) and raisins, but what about REAL ants? Have you ever thought about what bugs taste like? For some people eating bugs might be a really big "EWWW" but for a lot of people around the world bugs are a tasty treat! And did you know that humans have been eating bugs for thousands of years?! In the first century Roman aristocrats ate beetle larvae as a special treat! Check out some more ways different cultures practice entomophagy (en-toe-mow-fay-gee), the fancy word for eating bugs:

- Ghana: In the spring when it rains hard, termites are collected and either fried, roasted, or ground then made into bread!
- China: Larvae from beehives is a normal part of beekeeper's diets!
- Bali: Dragonflies are cooked with coconut milk, ginger, and garlic and are a delicacy!
- Peru: palm weevil larvae, called *suri* or *cocotero*, are marinated then grilled and sold on skewers as street food!

So if there are so many tasty ways of eating insects, why did we stop cooking with them in the United States? Well, for some people it was when farming became more popular. Farmers started thinking of bugs as plant destroyers that they needed to get rid of, and started focusing on other types of animals to be the kinds that we raise for eggs, milk, and meat. Other people in the United States do still eat insects though! Many Native American tribes historically and currently use insects in their food. For example, Cherokee Peoples in North Carolina fry cicadas in pork fat to eat as a crunchy snack. So next time you bite into an apple and find a worm, or pull a grub out of a head of lettuce, don't worry, it's just another kind of food!



Recipes and Tips!

Confetti Salad

- 2 Tbsp lemon or lime juice
- 1 Tbsp orange juice
- 2 tsp honey
- 1/2 cup shredded carrot
- 1/2 cup shredded radish
- 1 medium apple, shredded
- 1/4 cup raisins



Mix lemon or lime juice with orange juice and honey until the honey is dissolved.

Mix together the shredded fruits and vegetables. Mix shredded vegetables with juice mix, then add raisins. To eat on the go, try rolling it up in a tortilla!

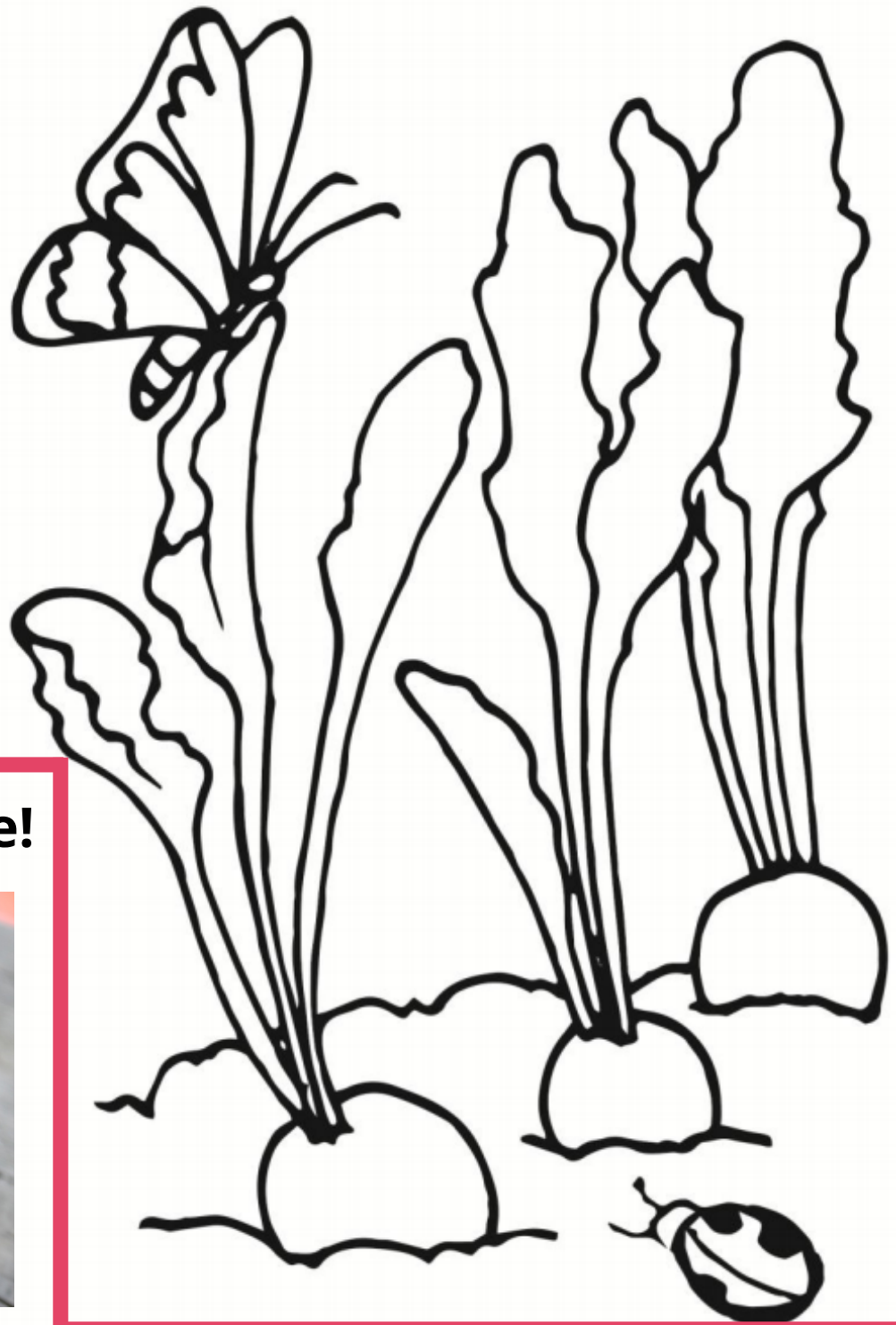
Pickled Radishes

- 1 pound radishes
- 3/4 cup water
- 2 Tbsp vinegar
- 2 tsp honey
- 3/4 tsp salt
- 1/2 tsp dried dill
- Optional: herbs, spices, garlic cloves



Wash radishes and cut off tops and roots. Slice radishes into four pieces (or leave small ones whole). Put dill and other herbs/spices/garlic in the bottom of a glass jar, then tightly pack radishes on top. In a pot or microwave safe bowl heat the water, vinegar, honey, and salt until boiling. Pour this brine into the jar on top of the radishes until they're covered. Put the lid on and refrigerate. Eat after 24 hours or wait a full week for even more flavor!

Color Me!



Activity Time!



What you'll need:

- Eggshells (emptied and washed well)
- Craft glue
- Googly eyes
- Quick sprouting seeds of some sort (like radishes)
- Permanent marker
- Soil
- Spray bottle (optional)

Not only is this activity very simple {and therefore more toddler friendly}, but afterwards you can remove the googly eyes, give the shell a good crunch, and plant them directly into your garden!

1. Decorate your egg head! Use a sharpie and googly eyes to give it a face (or any other decorations you'd like!). Allow time for any glue to dry.
2. Place egg shells, open side up, in an egg carton.
3. Fill shells almost full with soil, place 1-5 seeds in each shell, then cover with a little bit more soil.
4. Water (a spray bottle is helpful here!) and place in a sunny spot.
5. Keep watering every day until your eggs have a big head of hair! Sprouts should appear and grow within the first 7 days.