



New Products Especially For Women And The Farm, Ranch Home.

A selection of canned insects is already available in some supermarkets.

"YOU CAN MAKE MANY TASTY DISHES WITH BUGS"

Learning To (Ugh!) Cook With Insects

"The collective weight of a single season's descendants of one pair of cabbage aphids — if all survived — would be greater than the weight of the earth's entire human population. We need to tap that tremendous protein potential for ourselves," says Ron Taylor, a California scientist who may be the world's leading authority on using insects as food for humans.

With his help, you can make any number of tasty dishes using bugs available "for free" on your own farm. He's published a book entitled "Entertaining With Insects" that contains recipes for anything from Beetle Sausage and Mealworm Chow Mein, to Oatmeal Worm Cookies.

"At first, people find the idea of eating insects repulsive but there are people around the world who think drinking a white liquid from a cow, or eating decaying cheese, is repulsive. People eat oysters alive, their muscles contracting, their hearts beating and fecal material passing through them. Honey, essentially a bee's vomit, is prized and yet we reject the insects themselves," Taylor told FARM SHOW.

When Taylor and his collaborator, Barbara Carter, first set out to cook with insects, they found a number of insects available commercially but no recipes for using them.

"You can buy fried ants, worms, and caterpillars, canned grasshoppers, baby bees, silkworms and butterflies, and various chocolate-covered insects. Many of these products are imported and hard to find, so we often buy from commercial bait farms," Taylor explains.

He says insects are easy to raise, taking up little space. Bees, grasshoppers and worms (which are not

really insects but are edible) are three of the best home-grown prospects. He notes that grasshopper plagues, dreaded in this country, are often welcomed in some parts of the world where the bugs are gathered up as "manna from heaven".

"Entertaining With Insects" sells for \$4.75, including postage. It contains recipes for specific insects. A majority of the recipes call for what is termed a "Basic Insect Mix", designed to use whatever "basic" insects are readily available. Here are a couple insect dessert recipes you can try on your own:

Candied Insects

1/4 cup butter
2/3 cup brown sugar, packed
3/4 cup dark corn syrup
1 cup cleaned, mixed insects
Mix butter, sugar, and syrup. Beat until smooth. Stir in insects. Place in baking dish in oven at 375° for 30 minutes. Cool.

Peanut Butter Worm Cookies

1/2 pound earthworms
1 cup peanut butter
1 egg
1 cup sugar
1 cup flour
1 teaspoon vanilla

Boil earthworms for 10 min. and drain. Mix together all ingredients. Roll dough into small balls and place 1 in. apart on ungreased cookie sheet. Bake at 350° for 15 min.

For more information, contact: FARM SHOW Followup, Ron Taylor, Woodbridge Press, P.O. Box 6189, Santa Barbara, Calif. 93111 (ph 805 965-7039).

SAVE UP TO 65% ON GROCERY COSTS

Coupon-Clipping Makes Dollars And Sense

Would you believe that for just five hours out of each month, you could make \$2,000 a year and save up to 65% on your grocery bills?

"You can do it if you really have the desire to save money," says Cheryl Peart, a scissors-happy, coupon-clipping "supershopper" farmwife from London, Ohio.

Cheryl claims she can buy \$200 worth of groceries for just \$40 to \$60 by taking advantage of store specials, coupons and refunding offers. She says most anyone can become a "supershopper" with her system.

Just by using coupons alone, Peart says you can save 15 to 20% on your grocery bills. If stores in your area offer "doubling", you can save even more. Doubling is when a store doubles the value of each cents-off coupon redeemed to attract more customers.

You can save another 15 to 20% by taking advantage of supermarket specials. Finally, refunding offers can save a whopping 50% on your total bill. Cheryl says she usually averages 65% savings in the store and makes another \$2,000 per year from cash refunds.

Refunding is the process of sending in boxtops, labels or other "qualifiers" to get a cash rebate or a coupon for a free product or gift.

For the system to work at its best, Cheryl says you have to save all the labels from products you buy. Some products may have several different qualifiers on their labels, including boxtops, boxbottoms, UPC symbol, Proof-of-Purchase seals and company logos.

Organization is important to help save time and space. Cheryl categorizes the labels she saves into

product categories and boxes them together to keep track of it all. Her entire collection could fit into a closet, she says.

At the end of the month, she takes about 5 hours or so to send for refunds. "I usually send out about 150 a month," Cheryl notes. She says manufacturers are offering about 400 refunds a month, but not all of them reach the general public.

Most refund offers are distributed by manufacturers' sales representatives to grocers. A grocer may not take advantage of them all, though, or he may not wish to spend time and labor to display them.

Editors of professional refunders' newsletters make it their business to find out about all the offers. Cheryl prints one herself and she says there are about 60 others besides.

One argument against refunding and coupons states that these offers are unfair because they only raise prices. Cheryl disagrees.

"A manufacturer is going to give you an incentive to buy his product. If he doesn't use coupons or refunds, he'll just spend it on more advertising that won't save anybody any money. As it is, he's giving you an opportunity to save some money. You can either take the opportunity or not; it's your choice. But, he won't lower his prices."

Cheryl's newsletter is available for \$10 per year. She also offers a 30-page "Beginners Guide to Refunding" for \$2.50.

For more information, send a stamped, self-addressed envelope to: FARM SHOW Followup, Cheryl Peart, Peart Publications, 5020 Roberts Mill Rd., London, Ohio 43140 (ph 614 852-2682).