

40th Anniversary
1973-2013

SUNDAY, OCTOBER 13 • NOON TO 6 P.M.

Join us at Cliveden, site of the Battle of Germantown, for our 40th Birthday Bash and Fall General Membership Meeting! Not to mention food, fun and music!

GMM Agenda: President's Remarks | Spring Minutes Review
General Manager's Report | Financial Report | Member Award Ceremony

NAME THAT
40TH ANNIVERSARY
BREW!



SEE PAGE 26.



The Shuttle

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Community-Owned Food Markets Serving Northwest Philadelphia Since 1973

Consider the Hissing Cockroach

Eating bugs not on your to-do list? Shawn tried it so you can read all about it.

by Shawn O'Connell, Weavers Way Chestnut Hill Deli Manager

COOK, 40 hrs. per week, must understand insects. Is this a job posting we might see from Weavers Way Kitchens? Well, likely not this year. But . . .

Weavers Way Executive Chef Bonnie Shuman inspired me in her Shuttle column last month with quotes from M.F.K. Fisher, a writer who used food to talk about human “stuff” and adventure. I needed to look to someone like her to figure out how to get a handle on my writing again . . . and how to talk about eating bugs. So I took inspiration in naming this article from Fisher's book “Consider the Oyster.”

“He was a bold man that first ate an oyster,” noted Jonathan Swift. To some people, eating oysters has a gross-out factor, which many, many more people have at the thought of eating insects. If you overthink, neither one is entirely pleasant. I guess. I'm not one of those people.

When Glenn Bergman sent out an email to staff offering a ticket to “The Bug Crawl — Food and Drink Pairings for the 21st Century” at Morris Arboretum, naturally I replied that I was interested. I wasn't sure what to expect. I had never eaten a bug on purpose in my life. All I knew was that I was going to a bug dinner.

July 17 was the hottest night of the summer, I think. I walked up to a group of foodies, bloggers, journalists, chefs and other brave explorers. A kindred spirit greeted me, saying, “You look like an adventurer.”

I said, “Yes, I am. Thank you.”

Morris Arboretum has had a Big Bug sculpture exhibit on all summer and so the idea was, we would follow a map to each food station located near the giant insects. The various bug dishes were



paired with different wines and beers. The event was catered by Josh Hunter from Company's Coming Catering.

Cricket Fritters

with coconut curry dipping sauce and crudite with chutney yogurt dip

They went easy on us at first with the cricket fritters. They were tasty but I wanted to taste the bugs, and they were too well hidden, I thought.

Silkworm Pupae Summer Rolls

on cucumber crescents with ginger tamari glaze and vegetable pot stickers with ponzu

Next we tried the Vietnamese Summer rolls with silkworms inside. The rice-paper wrap complemented or maybe mimicked the texture of the worm. Flavor-wise, it was good. I think that was due to the fresh herbs, Thai basil and mint and ginger tamari sauce. Not sure I could really taste the main ingredient. (I ate leftovers of this one for lunch the next day because we brought samples back for the kitchen staff. Next-day silkworms have a sawdust texture when you chew them. Not my favorite. Pat Piro, our kitchen manager, offered to buy me a sandwich.)

Meal Worm Fries

with smoked sea salt and spicy ketchup and corn fritters

These were delicious with smoked sea salt and spicy ketchup. Use of bug again was subtle in this dish, sprinkled on top, a dusting. Really, just super good fries and a nice microbrew beer to accompany. I still wanted to taste a bug!

Teriyaki Glazed Hissing Cockroach & Vegetable Brochettes

Grill your own

Well, at the Grill Your Own Hissing Cockroach Kebab Station, I found what I'd been looking for. I was going to do what I came here to do, which was eat a big scary bug! I grilled my hissing cockroach to perfection because I checked with the ladies in charge to make sure I didn't over- or undercook. There was some pineapple and bell pepper on there as well. I liked it! I'm telling you that I enjoyed eating a 2½-inch-long grilled hissing cockroach. Here's a quote from myself on the video circulating at the Co-op of me downing the thing: “Umm. Hee hee hee. It tastes kind of like a



Glenn Bergman photos

Roach kebabs on the grill at Morris Arboretum's “Bug Crawl”; above, Shawn faces her bug.

pumpkin seed or a sunflower seed . . . the texture is like soft-shell crab. Ha ha ha.”

I asked for a third and Glenn said I was being greedy, but I had another one anyway. I let everyone else have a try first, though.

There are some very good reasons to consider adding insects to our diet. They're a great source of protein and amino acids and a sustainable, environmentally responsible food. The United Nations has suggested this year that we begin to utilize this resource by farming bugs for human consumption. The idea isn't entirely new. Many of us have probably caught Andrew Zimmern or Anthony Bourdain on TV eating worms in their travels. We know that in places like Southeast Asia and Mexico it is quite common to eat insects. In Oaxaca, Mexico, far from the ocean, they find it disgusting to eat shrimp, but have no problems with bugs.

It is a taboo that is gaining popularity. There are several food blogs devoted to the subject. Could it be a trend? Would you consider buying a snack of spiced crickets at Weavers Way? Because Glenn is ready, believe me.

Bug Committee anyone? It's cool. At meetings we won't read aloud from “Metamorphosis” or “Naked Lunch.” Will we?

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