



# **It's Disgusting and We Ate It! True Food Facts from Around the World and Throughout History**

*James Solheim*

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How about a nice dish of Colonial Squirrel Pie with a side of milkweed shoots? If that doesn't grab you, you might think about trying some Garbage Stew, just like they made in medieval England. But if you're feeling a little tired and need a boost, your best bet is roasted spiders. They've got three times the protein of cooked beef. (Is your mouth watering yet?)

Illustrated by the wildly-creative Eric Brace, *It's Disgusting -- and We Ate It!* is a fascinating look at culinary creations from all over the world!

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