

Gin, Pasta and Lamingtons. Entomophagy (eating Insects) in Australia

September 2025

In 2021 the Commonwealth Scientific and Industrial Research Organisation (CSIRO) published *Edible insects: A roadmap for the strategic growth of an emerging Australian industry*.¹ 'With the global population predicted to reach 9.7 billion by 2050, one of the biggest challenges in our lifetimes will be securing enough food for everyone. We have only finite land and water resources, and climate change, environmentally harmful practises and emerging diseases threaten supply chains. One way to deal with this is to turn to our insect friends.'²

The CSIRO gave four reasons to support this:

1. Australia has a long tradition of eating insects.
2. Insects can help improve our health.
3. Edible insect foods are already available.
4. Farming insects is better for the environment.

Though an Australian food writer/historian I haven't come across material on insect eating in Australia in food media. But what I did read in research and producer sectors told me it was a conversation we should have along with other conversations we have on future food. This article is hopefully a first step in that direction. The material is collected under four heads:

- Indigenous culinary use of insects
- Anglo-Australian culinary use of insects
- Consumer views
- The insect food industry today

All the publications mentioned are current though some were published first in 2020. The number of enterprises is also current.

Indigenous culinary use of insects

Insects have always been a part of Indigenous peoples food. Among them are ants (green ants, honey ants), termites, scale insects, crickets, locusts, beetles, witchetty (witjuti) grubs, and moths.³ Out of the 62,000 insect species native to Australia, more than 60 species have been documented to be traditionally eaten by First Nations Peoples, including iconic species such as the witjuti grubs, bogong moths and honey pot ants.⁴

¹ Edible insects: A roadmap for the strategic growth of an emerging Australian industry. CSIRO April 2021

² 4 reasons insects could be a staple in Aussie diets, from zesty tree ants to peanut-buttery bogong moths. 21 April 2019

³ Yen, A. 2010. Edible Insects and Other Invertebrates in Australia: Future Prospects. In *Forest Insects as Food: Humans Bite Back*, Proceedings of a Work-shop on Asia-Pacific Resources and their Potential for Development, edited by P. B. Durst, D. V. Johnson, R. L. Leslie and K. Shono, pp. 65-84. FAO Regional Office for Asia and the Pacific, Bangkok.

⁴ Ponce-Reyes R and Lessard BD (2021) *Edible Insects - A roadmap for the strategic growth of an emerging Australian industry*, CSIRO, Canberra p.9

Bogongs

One of the great annual culinary gatherings of Indigenous peoples was that for eating Bogong moths in the southern Australian Alps. These gatherings ceased within 30 years of colonisation until they began again in the 20th century. A team of archaeologists was invited by the GunaiKurnai Land and Waters Aboriginal Corporation to undertake work in Clogg's Cave.⁵ What they found was a grindstone with residues of moth processing for food going back at least 65 generations.

In 1926 the Newcastle Morning Herald and Miners' Advocate published a description of hunting for and processing the 'Bugong butterfly'.

The Bugong butterfly is a delicacy which epicures among certain aboriginal people of Australia will travel long distances to obtain. The butter flies foregather every year in vast numbers on the slopes of the Bugong mountains in New South Wales, where they are caught by being suffocated by the smoke of wood fires lighted under the trees. As soon as a sufficient quantity has been collected, the butterflies are baked in the embers of the fires. They are then put into wooden vessels and crushed into a smooth paste, afterwards being made into cake.⁶

Witjuti grubs/ witchetty grubs

These are perhaps the most commonly known.

Just dig around the trees, if you see where they left their mark from the roots under the ground. Like a big caterpillar, it comes out of the ground, especially after the rain. You get a big crowbar or a big stick and start digging the roots. They're shiny ... you can get about three or four. You have to break the root to get them out. Then you make a fire, throw 'em in the ashes on top 'till they get brown, Cool 'em off and you can eat 'em. Just like a chicken. Lovely.⁷

When (the women digging for them) have collected enough of them, they light a small fire and throw the grubs onto the hot coals and cover them with hot ash to cook for about 5 minutes. The grubs have a nutty flavour, and a texture very similar to warm scrambled eggs, but if eaten raw the grubs are soft and slimy with a sweet flavour. It's best to eat the grubs whole, in one go.⁸

'In Aboriginal Australia,' wrote Aung Si and Myfany Turpin, 'cultural keystone taxa (or, more accurately in this case, ethnotaxa) make up a considerable part of the diet and are celebrated in creation stories, ceremonial songs, and designs, as well as in personal and place names. Among the insects, these are frequently honey-ants (*C. inflatus*), native honeybees, and various types of edible insect larvae, such as *E. leucomochla*. In central Australia, the witchetty grub is

⁵ 2000 Year-old Bogong moth (*Agrotis infusa*) Aboriginal food remains Australia. Birgitta Stephenson, Bruno David, Joanna Fresløv, Lee J. Arnold, GunaiKurnai Land and Waters Aboriginal Corporation, Jean-Jacques Delannoy, Fiona Petche, Chris Urwin, Vanessa N. L. Wong, Richard Fullagar, Helen Green, Jerome Mialanes, Matthew McDowell, Rachel Wood, & John Hellstrom, *Scientific Reports* (2020) 10:22151

⁶ Edible insects, *Newcastle Morning Herald and Miners' Advocate* 3 January 1925 p.6

⁷ Witchetty Grubs, Linda De Lower, Palethorpe, Jan (ed.), *Bush Tucker Magic* Freemantle's Art Centre Press 1997

⁸ Martin ... 2003 pp. 156 - 157

a cultural keystone species, being the preferred food out of some 25 uniquely named edible insect larvae.⁹

Ants

In 1988 the *Canberra Times* published an article by Craig Cormik describing going digging for ants with a group of Indigenous women.¹⁰

After some minutes Nganyintja uncovered the chamber of the ants' nest she was looking for. The feeding chamber. Reaching down she scooped out large numbers of ants, with bulging golden abdomens, about the size of a grape. Each was filled with a nectar used to feed the worker ants. Then demonstrating, she held up an ant, holding the body tightly between thumb and forefinger and deftly bit off the abdomen and threw the rest away. Ants! — Yuk! Somewhat reluctantly we followed suit. Biting through the ant and swallowing the nectar. Another surprise. It was delicious, tasting like golden syrup. We were soon all fossicking around the ants' nest for any more honey ants to consume.

Green ants were traditionally a medicine. 'The Green Ants would be caught and added to water and left to ferment and then the lemon flavour drink was ingested. The drink was mostly used when a cough was starting to be present'.¹¹ Green ants are now being hand harvested and processed for use in a range of foods from cheese to alcohol drinks.

Other insects eaten include Sugarloaf (a lerp) – a sweet treat¹², grasshoppers – roasted on hot coals¹³, and honey ants – the honey pot, back legs¹⁴.

These and other insects continue to be part of the Indigenous table.

In July 2021, the CSIRO published *Seeking First Nation's input into the future of edible insects in Australia*.¹⁵ The article noted:

(The) 14 edible insect related businesses in Australia that farm predominantly exotic insects such as crickets, mealworms and silkworms ... are all owned by non-Indigenous people.

Australian native insects such as bogong moths and witjuti grubs may not be amenable to farming and must be collected by wild harvesting. Gathering Australian native insects for food is a traditional activity that has social, cultural, and environmental benefits for First Nations People. Any commercial activity in this space will require the development of respectful relationships that support Indigenous leadership, acknowledge Indigenous cultural and intellectual property and ensure benefit sharing with Indigenous knowledge holders and their wider communities.

⁹ *The Importance of Insects in Australian Aboriginal Society: A Dictionary Survey Aung Si1and Myfany Turpin* Ethnobiology Letters. 2015. 6:175-182. DOI Ausztralia: 10.14237/eb1.6.1.2015.399.

¹⁰ Cormick, Craig, Ant eating in 200 years, *The Canberra Times* 29 October 1998 p.22

¹¹ Green Ants – The Future of Food, Warndu Mai.

¹² Sugarloaf ... Samantha Martin 2003 p., *Bush Tucker Guide* Explore Australia/Hardie Grant 2003 Martin 2003 pp. 84 -85

¹³ Grasshoppers ... Martin 2003 pp.131-132.

¹⁴ Honey ants ... Martin 2003 pp.135-136

¹⁵ Love, Dr. Pettina and Lawler, Dr. Susan *Seeking First Nation's in the future of edible insects in Australia*

Anglo-Australian culinary use of insects

The earliest recipe for the culinary use of insects by Anglo- Australians was this in 1895:

Grasshoppers As Food

The Longreach Daily Standard gives a recipe for making grasshoppers palatable. It is premised that the insects are used for food by Europeans, and are pronounced a great delicacy when properly prepared: -"One bushel of the insects immersed for two hours in half gallon of pork brine. The insects are then boiled in the liquid for twenty minutes, thoroughly rinsed in warm water, then placed in an oven to become crisp. When cold the heads are removed, and they are ready to be eaten. The flavour is said to resemble that of shrimps."¹⁶

Subsequent to this there were other articles discussing insects as food. that mentioned Australian Indigenous practice with bogongs.

The aborigines of Australia eat moths, which they catch at night by means of torches.¹⁷

Grasshoppers are delicious eating, with a flavor of nuts. Ants' eggs are a coveted delicacy from Northern Australia to Siam. - - They are pounded to a paste, and taste like sweet almonds. The larvae (grubs) of large moths and butterflies are another luscious dish. They can be swallowed like oysters, or (as in Java) served up as stews or roasted on spits. Our abos. relish "bardies" and "witchetty grubs."¹⁸

Witchetty Grubs

Witchetty grubs were a singular case. There was a flurry of items about them in 1942 – 1954. In 1942 they were one of the survival foods Commandos were familiarised with.¹⁹ In 1944 they appear in *Salt* an Army Education Journal in a guide to Living Off The Land.²⁰ In 1948 the *Chronicle* published a photo of a Witchetty Hunt which men from Merbein conduct every Sunday.²¹ In 1954 Queensland University anatomy Professor H. J. Wilkinson told attendees at a conference that if they were out in the backblocks they shouldn't spurn the witchetty grub which he said was best 'cooked in the coals on of an open fire as done by Aborigines'.²² In between these in 1948 H. A. Lindsay published *The Bushman's Handbook*.²³ Lindsay has six pages devoted to the witchetty grub covering all aspects of the grub from where to find them, the three varieties of the grub, its habits, its enemies and the grub as food.

There is nothing unclean about this bug or its food ... So what except prejudice because it is a bug is there against it as food? Its flavour when eaten raw is something like walnut; when cooked it is like scrambled eggs. To eat it raw you hold the head between the forefinger and thumb of the left hand, pinch the skin around the anus with the right forefinger and thumb, and pull. This withdraws the entrails which are nothing more than as tube with partly digested food. You then bite the body off close to the head. When cooking them it is best to toss them straight into the hot ashes and gut them after they have been cooked. Like the egg, the witchetty grub is an almost perfect food.²⁴

¹⁶ Grasshoppers As Food, *Warwick Examiner And Times* 21 September 1895 p.4

¹⁷ Insects Are Good To Eat, *Prahran Telegraph* 5 February 1926 p.3

¹⁸ Insects As Food, *The Daily Telegraph* 16 December 1933 p.5

¹⁹ A Witchetty For Lunch!, *The Newcastle Sun* 9 September 1942 p.4

²⁰ Topps From The Native Menus, *The Telegraph* 20 May 1944 p.3

²¹ Going On A Witchetty Hunt *Chronicle* 30 December 1948 p.22

²² To Enjoy Witchetty Grub *The Courier Mail* 9 January 1954 p.8

²³ Lindsay H. A. *The Bushman's Handbook* Angus and Robertson 1948 pp.34 - 39

²⁴ Lindsay ... 1948 p.35

In 1986 Captain Beattie and SPC joined forces to can and sell witchetty grub soup. 'According to the Beattie recipe the grubs are first fried in oil then mixed with chicken stock, nuts, flour, eggs, carrots, skim milk, leeks, onions and vegetable oil'.²⁵ Neither I nor other Australian food historian acquaintances has any recollection of this. In 2025 there are no such soups.

In 1987 Michael Boddy, a columnist with the *Canberra Times* gave directions for cooking bogongs as one would cook witchetty grubs.

I couldn't come at them raw, but cooked in the way I have cooked witchetty grubs, on a grill, after taking off the wings and rolling the bodies in a little olive oil. You hold the head, which can be bitter, and eat them from the other end, discarding the head, the way you eat witchetty grubs.²⁶

In 1989 the Australian Broadcasting Corporation (ABC) screened the *Bush Tucker Man* series. It followed ex-Army Major Les Hiddins as he presented Australian native plants on which a person in difficulties in remote areas could survive. In three episodes insects are featured – witchetty grubs²⁷, green ants²⁸, and honey or sugar bag ants²⁹.³⁰

Cookery books

None of the articles on insect eating thus far gave recipes as such. The earliest recipes I found were in Vic Cherikov's 1989 *The Bushfood Handbook*. The recipes were for Bogong Au Naturel³¹, Pop-Moth³², and Witjuti Grub and Bunya-Bunya Nut Soup.³³ In 1992 Cherikov published *Uniquely Australian. A wild food cookbook*. The recipes here were for witjuti – Roasted witjuti grubs, Witjuti grub dip - and Bogong moth toasts.³⁴ Cherikov's cookbook was at the beginning of the native food/bush tucker, others followed. In 1996 Jean-Paul Bruneteau published *Tukka* with recipes for witjuti – Witjuti Grubs with Peanut Sauce³⁵; Grubucino³⁶; Garlic Flavoured Grubs³⁷; and Witjuti Cocktail³⁸. Samantha Martin in 2014 published *Bush Tuka Guide* with a recipe for Stir-fried grasshopper³⁹. In 2019 Damien Coulthard and Rebecca Sullivan published *Warndu Mai Good Food* with recipes for Green Ant Butter⁴⁰; and Green Ant Citronello⁴¹. Sharon Winsor published *Bush Foods & Botanicals* in 2022 with a recipe for *Finger Lime and Green Ant*

²⁵ Foster, Michael, There's a grub in my soup *The Canberra Times* 18 November 1986 p.10

²⁶ Boddy, Michael, A long, moth eating, wet, bizarre week, *The Canberra Times* 3 May 1987 p.20

²⁷ Desert, *Bush Tucker Man* ABC 1989

²⁸ Price Regent Gorge, *Bush Tucker Man* ABC 1989

²⁹ Desert, *Bush Tucker Man* ABC 1989

³⁰ For more about Hiddins 'Have a look at this' Les Hiddins, the *Bush Tucker Man* Van Reyk, Paul June 2025 compost.sydney

³¹ Bogong Au Naturel, Vic Cherikov *The Bushfood Handbook* Ti Tree Press 1989 p.106

³² Pop-Moth, Cherikov 1989 p.106

³³ Witjuti Grub and Bunya-Bunya Nut Soup, Cherikov 1989 p.107

³⁴ Cherikov, Vic *Uniquely Australian. A wild food cookbook* Bush Tucker Supply Australia Pty. Ltd. p.46

³⁵ Garlic Grubs with Peanut Sauce, Bruneteau, Jean-Paul *Tukka* Angus and Robertson 1996 p.54

³⁶ Grubucino, Bruneteau 1996 p.55

³⁷ Garlic Flavoured Grubs, Bruneteau p.56

³⁸ Witjuti Cocktail, Bruneteau 1996 p.56

³⁹ Stir-fried grasshopper, Martin, Samantha *Bush Tuka Guide* Explore Australia/ Hardie Grant 2014 pp.166-167

⁴⁰ Green Ant Butter, *Warndu Mai Good Food*, Damien Coulthard and Rebecca Sullivan Hachette 2019 p.110

⁴¹ Green Ant Citronello, Coulthard and Sullivan 2019 p.88

Cocktail⁴². In 2022 Damien Coulthard and Rebecca Sullivan published *First Nations Food Companion* with recipes for Green Ant Curry Paste⁴³; Macadamia, Green Ant, Rose, and Pepperberry Latte⁴⁴; Green Ant and Crocodile Curry⁴⁵, and Green Ant Butter⁴⁶.

Off the page ...

and into restaurants though the range of insects is limited. A sample:

- In 2013 chef Kylie Kwong used insects in her Chinese New Year banquet and subsequently added insects to the menu of her restaurant.⁴⁷ “I now have roasted baby crickets on the menu, roasted wood cockroaches, dehydrated earthworms, roasted mealworms...and live green tree ants.”⁴⁸
- In 2013 chef Duncan Welgemoed put crickets, bees, mealworms and grasshoppers on his tasting menus at *Bistro Dom*.⁴⁹
- In 2016 Matt Stone ran *Stanley Street Merchants* a pop-up in Darlinghurst.⁵⁰
- In 2017 Green Ant Gin was developed by Indigenous food suppliers *Something Wild* and *Adelaide Hills Distillery* in 2017. In 2025 it is being sold by Seven Seasons with a unique selling point: ‘When it blows, the wattle flowers and we feast; cockles and stingrays are plump, as is the bum of the green bush ant’
- In 2021 chef Ben Shewry of Attica put together insects – in this case black ants - and blocks of chocolate coated sponge cake to produce the iconic Lamington .⁵¹ Attic currently has Sugarbag Honey and Cream on its menu.⁵²
- In 2020 Adelaide cheesemaker Kris Lloyd released blocks of chevre cheese wrapped in lemon myrtle and topped with green ants which won a medal at the World Cheese Awards.⁵³

Internet

In 2025 a search on the internet found dozens of clips of people eating witchetty grubs. Most emphasized the nutrient benefit, some mentioned that they are a traditional food of Indigenous people in Australia. Some of the clips showed extracting the grub from its woody hideout. All of the clips showed people eating the grub raw and also cooked.

Aussie Animals is a site (undated) which has considerable information on witchetty grubs including instruction on how to eat a raw grub and the transformation when it is roasted.

⁴² Finger Lime and Green Ant Cocktail, Winsor, Shaaron *Bush Foods & Botanicals* 2022 p.49

⁴³ Green Ant Curry Paste, Damien Coulthard and Rebecca Sullivan *First Nations Food Companion* Murdoch Books, 2022 p.74

⁴⁴ Macadamia, Green Ant, Rose, and Pepperberry Latte, Coulthard and Sullivan 2022 p.152

⁴⁵ Green Ant and Crocodile Curry, Coulthard and Sullivan p.199

⁴⁶ Green Ant Butter, Coulthard and Sullivan 2022 p.212

⁴⁷ Scorpion with a side of bee larvae: insects go from pests to protein source Ting, Inga AGFG 22 February 2013

⁴⁸ Dishing up Insects with Kylie Kwong. Broadsheet 1 May 2013

⁴⁹ Scorpion with a side of bee larvae: insects go from pests to protein source Ting, Inga AGFG 22 February 2013

⁵⁰ Penberthy, Natsumi, Grub’s up’ Australian Geographic 3 March 2016

⁵¹ Would You Eat a Black Ant Covered Lamington? Let’s Celebrate National Lamington Day 2021, AGFG 20 July 2021

⁵² Attica Sample Menu 2025

⁵³ Kris Lloyd Artisan Anthill Cheese Culture

Consumer Views

RMIT Study

In 2022 the Royal Melbourne Institute of Technology (RMIT) surveyed 601 Australians on their experience with, and attitude towards, edible insects.

- They found Australians are not deterred by the “ick” factor of eating insects, and would be willing to try them as a protein alternative if not for a “lack of opportunity”.
- Of the adults surveyed, 56.2% reported they would be “likely” to eat insects in the future and this figure increased to 82.2% among those who had already tried them.
- Of those surveyed, 35% had previously tried insects, most commonly crickets and grasshoppers. And people who had already tried them were also more open to eating them again, which suggests a “taste” for bugs can be developed. Of those who hadn’t tried insects, only 16% reported “disgust” was holding them back.

‘This paradigm shift,’ the researchers say, ‘may be linked to people expressing more concern for the environmental cost of their food, and a greater interest in adopting healthy dietary habits. Participants also reported they would be willing to eat insect-based products if it were easier to find out how such foods are beneficial, both from a nutrition and sustainability standpoint. They said endorsements from governing bodies, as well as more prominence of edible insects in mainstream media, would boost their interest in eating insects – as well as “try before you buy” promotions. For those willing to give insects a go, insect-based flours (such as bread and biscuits), chocolate-coated ants and crickets were the top choices. Not all species were received the same way, however, with moths and fly larvae not generating such a buzz.’⁵⁴

SBS The Feed

In 2022 the SBS program *The Feed* spoke with Jonathan Gibson a consumer of insects as food who had been eating insects for the past year.

“I really enjoy all proteins, particularly meats and barbecuing but I’ve been looking for ways to lower my environmental footprint,” he said. “I find pasta made with cricket powder will fill me up a bit more than just eating a vegetarian meal, so I can have more meat-free days throughout the week if I eat insects a couple of times.” “Or I might eat some roasted and flavoured crickets rather than eating beef jerky.” Jonathan said one of the hurdles he has with insect foods is the cost. He pays up to \$20 for a packet of cricket pasta. “It is still quite a niche thing so the food is expensive. I even looked into farming my own crickets at home, but it was a bit of a challenge.”⁵⁵

Also in the program was Matthew Freidman with an interesting ethical take on eating insects:

Twenty-five-year old Matthew Freidman has been vegetarian for close to fifteen years and vegan for the past two. But he made an exemption from this diet to consume mealworms that he farmed himself inside a cupboard in his Sydney home. “They taste pretty good, you can fry them up and they have a nutty flavour so you can crush them up and use them as you would use crushed nuts,” he told *The Feed*. Matthew told *The Feed* he’s vegan primarily for environmental reasons, as he believes industrial animal farming is unsustainable. “With the

⁵⁴ We asked hundreds of Aussies whether they’d eat insects, and most said yes – so what’s holding people back? RMIT 27 June 2022

⁵⁵ Would you eat insects? Young Australians are hungry for them - but they’re hard to find. *The Feed*, SBS, 11 February 2022

mealworms, I could tell exactly where they were coming from and they're a sustainable food source cause they don't need much space, food or water," he said.⁵⁶

Both of them support the RMIT comment on the research findings: 'This paradigm shift,' the researchers say,' may be linked to people expressing more concern for the environmental cost of their food, and a greater interest in adopting healthy dietary habits.

Pre-figuring the RMIT results the CSIRO in its 2021 publication *Edible insects: A roadmap for the strategic growth of an emerging Australian industry* said positive stories about insect foods in media may assist to change consumer attitudes and incorporate edible insects into the Western diet.⁵⁷

The RMIT results also appear to contradict the view that 'Faced with insects in the context of food, we're unfamiliar with them and we have those negative connotations.'⁵⁸

In 2024 winery owner Luke Tocaciu offered a "Crickets and Cabernet" edible insect and wine tasting. 'Many visitors to the cellar door had been open to trying edible insects for the first time. We've had lots of different reactions. People are surprised they taste good.'⁵⁹ Here again the view that the 'ick' factor would work against people trying insects is questioned.

The Insect Food industry today

As at 2021 there were 14 insect farming businesses in Australia. Most (10 out of 14) were producing insects for animal feed. Just four were producing insects for human consumption.⁶⁰ The only insects explicitly named as approved for human consumption (whole, ground or paste form) are *Zophobas morio* (super mealworm), *Acheta domesticus* (house cricket), and *Tenebrio molitor* (mealworm beetle).

Circle Harvest

Circle Harvest (formerly The Edible Bug Shop) is Australia's longest running insect protein supplier having started in 2007. It's also the one that deals solely with insects as human food. 'We have years of experience,' says Skye Blackburn,' developing edible insect products suitable for the Western diet and educating the general public about the benefits of insects as a source of food through cooking demonstrations, media appearances and collaborations.'⁶¹ Blackburn feels that ...

... by educating people about the way that edible insects can be farmed as a eco-friendly alternative protein, she can help reduce some of the misconceptions about eating bugs. You don't just have to eat bugs if you are stuck in the bush and have nothing else to eat. When prepared properly, and you get over the initial YUCK factor, bugs are very tasty and are also good for you (and the environment).

⁵⁶ The Feed, SBS, 11 February 2022

⁵⁷ *Edible insects: A roadmap for the strategic growth of an emerging Australian industry* CSIRO April 2021

⁵⁸ *Australia has approved three insects for eating. But are they really the food of the future?* Orr, Aleisha SBS Life 21 July 2024

⁵⁹ *Insect industry knows it needs to overcome squeamish consumers before it can grow* Green, Selina ABC Rural 16 May 2025

⁶⁰ *Catalysing a \$10m Australian Insect Industry*, AgriFutures Australia 2020 p.4 These are the most recent figures I found.

⁶¹ *Circle Harvest About Us*

This example of her product advertising gives a good look at her approach to ‘selling’ insect eating:

Protein Pancake Mix

Get ready to flip for a breakfast that's both nutritious and fun-tastic! Our Chocolate Pancake Mix takes breakfast to a whole new level, and guess what? We've added a sneaky ingredient - invisible cricket protein - to make it extra special!

Cricket-Sized Goodness: Our Aussie farmed cricket protein is like the hidden superhero of your pancakes! It brings the protein, fibre, B12, and iron to the party, all while making your taste buds dance with joy.

Pancakes with a Punch: Each serving of our pancake mix is a powerhouse of nutrition. You get over 10g of complete protein, 100% of your daily B12 vitamins, 35% of your daily dietary fibre, 42% of your daily magnesium, and a whopping 90% of your daily iron - all without a hint of added sugar!

Serve Hot or Cold: These pancakes are versatile! Serve them hot with your favourite pancake toppings for a cozy breakfast or cool them down and pop them in your lunchbox for a tasty snack on the go.

Sustainable Sizzle: Our Aussie crickets have a green thumb (or should we say, green leg?). They munch on ugly fruits and veggies, use minimal water and space, and create hardly any waste during their farming journey. That's why cricket protein is one of the most sustainable food choices around.

So why wait? Grab our Chocolate Pancake Mix with a cricket twist and make your breakfast a flap-tastic, eco-friendly, protein-packed adventure! It's time to rise and shine with pancakes that are both delicious and responsible.

In 2024 Blackburn partnered with the Powerhouse Museum in a series of dinners. She has also partnered with restaurants like Misc.

Circle Harvest products (the consumer brand for products made by the Edible Bug Shop) are stocked in supermarkets across Australia. They are also sold online. Circle Harvest's full product range is Appendix 1.

Conclusion

Insects as human food has not been discussed in food circles in Australia though it is increasingly an area of growth. They have long been a part of the diet of Indigenous peoples in Australia. Bush tucker/native foods cookery books are bringing them into the kitchens of Anglo-Australians at the same as restaurants are bringing them to the high end dining sector. Research contradicts the commonly held view that Australians will not eat insects because of their ‘ick’ factor as does the growth in the insects as human food industry.

Appendix 1 Circle Harvest full product range as at September 2025

Cricket Corn Chips
Flavoured Snack Crickets
Real Ant Candy
Cricket Protein Powder
Cricket and Mealworm Chocolates
High Protein Cricket Pasta
Flavoured Mealworm Snacks
Choc Raspberry Cricket Powder Brownie mix
Cricket Choc Chip Wattle Seed Cookie mix
Snack Attack Pack
Edible Insect Marshmallows
Edible Insect Party Pack
Ant Seasoning Salt
High Protein Almond Granola wit Cricket Powder
Plain Roasted Mealworms
BugBites Real Edible Insect Lollipops
Mega Edible Insect Gift Pack
Cricket Powder Dukka
Cricket Chips Party Pack