

## EDIBLE INSECT







Insects represents a class in traditional food in many cultures of the world. The consumption of insects as food by humans is known as **entomophagy**. Insect bioresources utilization has a vital role in the state of Manipur. Indigenous people used insects in diverse aspects like edible, therapeutic, industrial purposes and many other activities.



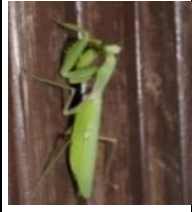
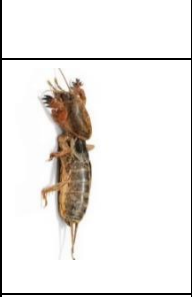




FAO considers that "*insects supplement the diets of approximately 2 billion people*" worldwide. It has endorsed the large-scale development of insect farming as an answer to the growing concerns of food safety and providing humans with protein.




### BENEFITS OF EDIBLE INSECTS

- Rich in needed protein and minerals
- Less strain on land and water resources
- A reduction of greenhouse gas emissions which contribute to climate change
- A potential solution to world hunger and food insecurity
- A stable income to farmers in developing countries.

#### SOME COMMON EDIBLE INSECTS OF MANIPUR

Sl. no.	Common name	Scientific name	Vernacular name	Family	Habitat	Available month	Photo
1	True water beetle	<i>Cybister cardoni</i>	Tengbi	Dytiscidae	Aquatic weed in shallow water	Jun- Jan	
2	Indian water scorpion	<i>Laccotrephes maculatus</i>	Hao naosek	Nepidae	Aquatic weed in shallow water	Sept- Mar	
3	Water bug	<i>Diplonychus rusticus</i>	Kongjeng kokphai	Belostomatidae	Aquatic weed in shallow water	Sept- Dec	
4	Winged termite	<i>Odontotermes sp.</i>	Mukthrubitin	Termitidae	Clay or sandy soil	Feb-Aug	
5	Rhinoceros beetle	<i>Oryctes rhinoceros</i>	Kangchet	Scarabaeidae	Inhibit in waste dampen soil	Apr- Jul	
6	Gaint water bug	<i>Lethocerus indicus</i>	Naosek	Belostomatidae	Both in shallow water and adjoining land area	Nov – Jul	

7	Queen termite	<i>Odontotermes sp.</i>	Leisou mapi	Termitidae	Clay or sandy soil	Feb –Aug	
8	Tasar silkworm	<i>Antheraea proylei</i>	Muga tin	Saturniidae	Feeding on oak plants	Mar – Jul	
9	Preying mantis	<i>Hierodula sp.</i>	Horai-lenbi	Mantidae	Feeds on tender new shoots of herbs	Sept- Jan	
10	Mole cricket	<i>Gryllotalpa orientalis</i>	Waheibi	Gryllotalpidae	Dwelling in moisten soil	Mar-jul	
11	Grasshopper	<i>Valanga nigricornis</i>	Koujeng	Acrididae	Paddy field and vegetative crops	Jun-Dec	
12	Field cricket	<i>Gryllus sp</i>	Harou	Gryllidae	Dwelling in ground of harvested paddy field	Oct- Apr	
13	True water beetle	<i>Hydrous indicus</i>	Tharai-kokpi	Hydrophilidae	Aquatic weed in shallow water	Jun- Jul	
14	Bamboo worm	<i>Omphisa fuscidentalis</i>	Watin	Pyralidae	Inside the bamboo trunk	May- Jun	

15	Indian honey bee	<i>Apis cerana indica</i>	Haying khoi	Apidae	Tree branches	Oct- Jul	
16	Rice grasshopper	<i>Oxya hyla hyla</i>	Loubuk koujeng	Acrididae	Paddy field and vegetative crops	Aug- Dec	
17	Paper wasps	<i>Polistes olivaceus</i>	Khoi	Vespidae	Found in crevices of walls or soil	Sept- Oct	
18	Red ant	<i>Solenopsis geminata</i>	U-kakcheng	Formicidae	Found making whorl on tree leaves	Sept- Oct	