

Wilderness Way Tips
by Tamarack Song

Ant Wraps: a Fast Food Delight

What does the modern on-the-go abo do when he/she is running from berry patch to trapline to tanning project and just doesn't have time for a good sit-down meal? The answer, of course, is the same thing that all peoples of all times have done – fast food. This being the middle of bug season, here are a couple of tips for a crunchy lunch that can be as fast or faster than the average gut-bomb drive-thru:

Ant Wraps

Scoop a small bowl-shaped depression out of a big anthill, line it with a large edible leaf such as basswood (*Tilia americana*) and roll it up when it has filled sufficiently with defenders of the kingdom. If you've eaten the little warriors before and had trouble with them biting your mouth, give the wrap a squeeze.

Hint: so that what you are crunching is not dirt, first line the depression with a couple of leaves.

Gruberry Shake

To wash your wrap down, collect a quantity of your favorite beetle larva (commonly called grubs), mix with a similar quantity of whatever berry is available, and mash until smooth. Favorite grubs of mine are June Bug (*Phyllophaga* species, found in grass roots) and Pine Sawyer (*Monochamus* species, bores into dead and dying conifer trunks).

For a special treat, cool your tastee delite in a nearby spring.

How many ways can one come up with to combine sugar, fat, and protein? Obviously the fast food chains have been scraping the bottom of the barrel for a while now, and yet they'll somehow find a way to put a new spin on some outdated concoction. (Even more miraculously, we buy it!) Wait until this magazine hits the streets – you're going to have every greaseburger tycoon breaking his neck to be first to come out with his version of the Ant Wrap and the Gruberry Smoothie. **Don't be fooled by clever imitations** – there's no substitute for the fresh-gathered wholesomeness of juicy in-season bugs.

Take note – check reliable sources to make sure your ingredients are considered edible.