



Pork, beef or spring hare?

The spring hare (a species of rodent) is a pest animal in South Africa. The 'hares' are shot by farmers because they do a lot of damage to crops. Most of the meat is thrown away. A pity, says Sara Erasmus, a researcher at Food Quality and Design, because it is a healthy, affordable and sustainable source of protein. Erasmus studied the composition of the carcasses of spring hares, and found that they are very similar to those of commercially farmed rabbits. 'The meat is low-fat and rich in protein and essential amino acids. We need to look for alternative sources of protein for feeding the world population, and there is enough available. It's just that we don't always look in the right places.' ^{TL}