

## Using Carolina Fruit Fly Food

### Ingredients

Carolina Mix

Water

Pinch of active yeast

### Protocol:

1. Add your Carolina mix to a clean dry bottle (amount depends on size of bottle)
2. Add an equal volume of water
3. Add a small pinch of yeast and let it set for 5-15 minutes.
4. Add something for the flies to crawl on. Excelsior or I use cut up plastic screen.

Keeping Fruitflies I got my fly cultures at: <https://www.joshsfrogs.com/>

There are many ways to keep flies that work but here is how I do it.

1. Wash 4 small plastic bottles and dry (if the bottles aren't dry the medium sticks to the sides)
2. Add ¼ cup fly medium (I use a funnel for this and steps 3 and 8)
3. Add ¼ cup warm water and swirl to mix
4. Add a pinch or less of active yeast (I take a pinch and use that for 4 – 6 cultures)
5. Add a ½ “ x 3” piece of filter floss (this will embed in the medium and give the larvae and pupae something to climb on; It also sticks into medium and won't come out when you tap the bottle to feed flies to the fish)
6. Add a 12” x ¾” piece of nylon mesh (I use the black plastic screening you buy to cover plants; this give the adult flies someplace to climb)
7. I use a piece of filter floss to completely seal the bottle. (this allows oxygen but won't let wild flies in or your flies out; I just bought foam plugs from Carolina Biological; they can be run through the dishwasher, rinsed and re-used <https://www.carolina.com>)
8. Add 10 – 20 flies (more flies larger number of larvae, pupae and young).
9. Place the bottle where it will be 70 – 80 F°. (warmer means faster growth time but bad things can happen)
10. Feed by removing the stopper and tapping the bottle to drop flies into the culture.

### More Information

1. Feed daily and the culture will last a long time. I usually have cultures last at least 8 weeks.
2. *Drosophila melanogaster* (vestigial wings) have a two week cycle from egg to adult
3. *Drosophila hydrai* (flightless but have wings) are four times larger but require a four week cycle
4. These sites (<http://www.fruitflies.net/supplies.htm>; <http://www.atchison.com/>; <http://www.livefoodcultures.com>) have a lot of useful information