

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