

FROG FOREST DESIGNS

How to Culture Fruit Flies:

First off, there are several ways to culture *Drosophila* sp. (Flightless Fruit Flies), using different media recipes and culturing cups and lids. The below information is our personal, tried and true method that we use to culture and keep our supply of Fruit Flies.

CULTURE MEDIA: We use Repashy Superfly pre-made media. This instant formula mixture has lots of essential vitamins that will maximize the nutritional value of the flies. You can purchase Repashy Superfly from many local pet and reptile stores, as well as many online sources.

CULTURE SUPPLIES: We culture our fruit flies in 32 oz. clear, plastic deli containers that you can find at certain grocery stores, or many online sources. We also use 4.5" fabric vented lids that fit the 32 oz. containers. You can usually find these online at many reptile and frog supply websites. Lastly, we use disposable basket coffee filters to fill the cups. Other great alternatives are excelsior, wax paper or paper plates.

DIRECTIONS: First off, start boiling some water in a small pot that is easy to handle and pour. While the water is boiling, add about 3-4 tablespoons of the dry Repashy Superfly media into the deli container. Once the water has come to a slight boil, pour about 2/3 cup into the container with the media. Stir the mixture until blended – it should roughly be the consistency of baby food or oatmeal. The finished mixture should be thin enough to flatten out if poured. You can add more water or dry mixture to adjust your consistency as necessary.

Let the mixture cool to room temperature before doing the next steps. Once cool, add in your surface media (coffee filters, excelsior, etc.) to fill the rest of the container above the media. This gives the flies much more surface area to deposit their larvae. Lastly, simply pour in a decent number of flies from another culture. We eyeball roughly 50 flies. Be sure not to mix in flies of another species, or even another culture, as they have a higher possibility of mutating to grow usable wings and become "fliers". Snap on the lid and make sure it is completely closed.

Keep the culture(s) around 75°F for best results. The cultures should begin to produce larvae in 5 – 15 days and flies in 10 – 30 days, depending on temperature and species of flies. A healthy culture should last 1 – 1.5 months.

Please feel free to contact us anytime if you have any further questions about culturing your fruit flies, and we will be more than happy to help!

