



DIY Flightless Fruit Fly Culture Recipes

These DIY recipes work best with cultures kept at temperatures of 18-24C, as fermentation is required to raise fruit flies quickly and prevent mold. These recipes make enough food medium for multiple cultures depending on the size of your container.

Feel free to try these recipes and make personal adjustments to your needs at home.

Note: Made some changes to simplify recipes in early April 2022. We hope this helps!

Banana and Oats Base

This recipe matures flies a bit slower than typical, but lasts longer.

Ingredients:

- Half a banana (ripe-overripe is best)
- 1 tablespoon of sugar
- Oat bran
- Active baker's yeast
- 1 tablespoon apple cider vinegar

Method:

1. Mash banana and sugar in a bowl together until it becomes a runny mixture.
2. Add and mix in very small amounts of oat bran at a time until it becomes a firm, but moist mixture. If the mixture looks dry, mix in a tiny amount of water until the texture is correct.
3. Mix in the apple cider vinegar.
4. The mix is ready to use in your desired culture container. Don't forget to sprinkle a tiny amount (only a fraction of a pinch) of active baker's yeast to begin the fermentation.
5. Flies can be added immediately for culture set up.

Instant Potato and Cornstarch Base

This recipe grows flies quickly and in high numbers.

Ingredients:

- 1 cup of Instant Mashed Potatoes
- 8 teaspoons of cornstarch
- 1 teaspoon of sugar
- Active baker's yeast
- 1 teaspoon of ground cinnamon

Method:

1. Mix the instant mashed potatoes, cornstarch, sugar and ground cinnamon in a bowl.
2. This dry mix can be stored for future use at this stage.
3. When setting up a new fruit fly culture, spoon the dry mix into your desired container. How much you use will be up to the size of the container. Try making a layer of 2-3cm if you are unsure.
4. Hydrate the dry mix in the container by pouring in a small amount of water. About the same volume as the mix you have spooned into the container is enough.
5. Don't forget to sprinkle a tiny amount (only a fraction of a pinch) of active baker's yeast to begin the fermentation.
6. Flies can be added immediately for culture set up.