

## Agar/Cornmeal Fly Food

Most fly labs use some variation of this cheap recipe. It requires more work than mashing bananas, but contains antibiotics to help prevent smells.



This recipe makes about **90 bottles**. Alternatively, buy pre-mixed food

### Materials

#### Grocery list

- 27 g agar
- 200 g organic, fine ground cornmeal
- 140 g sugar
- 50 g yeast (active dry)
- 20 mL propionic acid (to prevent bacterial growth – buy)

#### Supplies

- Large pot (at least 4 L)
- Large container (at least 1.5 L)
- Whisk/spatula
- Hot plate/stove
- Thermometer
- Mechanical pipette/turkey baster/funnel (for filling bottles)
- Paper towels/cheesecloth
- Boxes to store bottles

### Protocol

1. Boil 2L tap water in a large (at least 4L) pot. Add agar – stir to dissolve.
2. Mix cornmeal, sugar and yeast in 1L cold tap water, stirring until it's free of lumps.
3. Once agar is dissolved, add cornmeal mix and bring to a boil. Stir constantly to avoid burning on the bottom of the pot.
4. Boil for 15 minutes, stirring constantly.
5. Take off the stove and cool to about 70°C. Add propionic acid. Ensure you are working in a well ventilated area, wear gloves, and don't breathe directly over the mixture as you add the acid!
6. Distribute fly food into vials/bottles as required. (A mechanical pipettor/turkey baster/funnel is useful here.) Fill each container with about 1.5 cm of food media.
7. Cover with paper towels/cheesecloth and allow to cool and dry overnight at room temperature.
8. Plug vials/bottles before storing in a fridge.