



# RECIPE

## rhino

♥ recipes worth sharing

# Long-Lasting Flightless Fruit Fly Food



### Description:

This long-lasting fruit fly culture medium is designed to support healthy fly production while helping reduce mold and extend culture life. Using simple pantry ingredients along with methylparaben (Tegosept), it creates a reliable medium for maintaining productive flightless fruit fly cultures.



PREP TIME  
10 min



REST TIME  
10 min



TOTAL TIME  
20 min



YIELD  
Approximately  
10–12 fruit fly  
cultures

## INGREDIENTS

### Dry Ingredients

- 2 cups instant potato flakes
- ½ cup powdered sugar
- 2 tablespoons brewer's yeast
- ¾ teaspoon methylparaben (Tegosept)

### Wet Ingredients

- 2 tablespoons apple cider vinegar
- 2 tablespoons corn syrup or honey
- Warm water, as needed

### Fruit Component (Choose One)

- 1 tablespoon applesauce (*balanced, reliable, and easy to find*)
- 1 tablespoon mashed ripe banana (*may boost production, but can increase odor and mold risk*)
- 1 tablespoon carrot baby food (*cleaner-smelling and may help media last longer*)

### Culture Supplies

- Coffee filters or excelsior
- Fruit fly culture containers with lids

### RHINO TIP



For longer-lasting cultures and reduced mold, try increasing the methylparaben (Tegosept) to ¾ teaspoon and the apple cider vinegar to 3 tablespoons. Adding ¼ teaspoon cinnamon may also help discourage mold. Keep the media thick—closer to mashed potatoes than oatmeal—for best results.

## STEP-BY-STEP INSTRUCTIONS

1



### Combine the dry ingredients.

In a large mixing bowl, combine the potato flakes, powdered sugar, brewer's yeast, and methylparaben (Tegosept). Stir until evenly mixed.

2



### Add the wet ingredients.

Add the apple cider vinegar, corn syrup or honey, and your choice of applesauce, mashed banana, or carrot baby food.

3



### Add water and mix.

Slowly add warm water while stirring until the mixture reaches a thick consistency similar to mashed potatoes. The media should hold its shape and not be runny.

4



### Fill the culture containers.

Add a layer of media to the bottom of each culture container. Spread it evenly.

5



### Add climbing material.

Insert coffee filters or excelsior to provide climbing and pupation surfaces for the flies.

6



### Allow the media to cool.

If warm water was used, allow the media to cool completely before introducing flies.

7



### Start the culture.

Add flightless fruit flies to the container and secure the lid according to your normal culturing process.

## TIPS & VARIATIONS



1. Replace the apple cider vinegar with white vinegar if you're experiencing persistent mold issues.



2. Keep cultures between 70°F and 75°F for the best balance of production and longevity.



3. Use coffee filters instead of excelsior if you prefer a cleaner culture with more visible fly activity.



4. Add 1 teaspoon bee pollen granules to increase the nutritional value of the flies.



5. Sprinkle an extra pinch of brewer's yeast on top of the culture after setup to encourage production.

♥ Family favorites, one recipe at a time. ♥