

TOADALLY AWESOME FRUIT MEDIA

INSTRUCTIONS

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1. Add 1/3 cup of Fruit Fly Media to a 32oz Deli Cup
2. Add ½ cup of Extremely HOT or Boiling Water to the media
3. Stir and make sure water and media are mixed thoroughly- I find it best to do 2 cups at a time and mix right away bc it is easier than if allowed to sit for awhile
4. Let sit for approximately 1 to 2 mins and sprinkle about 100 grains of yeast on top- obviously just use best guess no need to count.
5. Let media completely cool (some even do so overnight though I do not) before adding baseball sized ball of Excelsior.
6. Cap immediately so no flying flies make it into your cultures bc you will end up with ALL FLYING FF's!!

Add approx. 50 flies per Culture