

<https://www.rockefeller.edu/research/uploads/www.rockefeller.edu/sites/8/2018/10/Fly_Food_Protocol.pdf>

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| --- | --- | --- | --- |
|  | Yield: 0.5L | Yield: 1.0 | Yield: 1.5L |
| Water | 0.3L | 0.6L | 0.9mL |
| Agar | 4.33g | 8.66g | 13.0g |
| Brewer’s Yeast | 12.5g | 25.0g | 37.5g |
| Corn meal | 25.0g | 50.0g | 75.0g |
| Molasses | 4.3g | 8.66g | 13.0g |
| Tegosept | 0.5g | 1.0g | 1.5g |
| Propionic acid | 2.66mL | 5.33mL | 8.0mL |
| Soy grits | 4.33g | 8.66g | 13.0g |

1. Bring water to a 90 celcius with a stir bar
2. Add agar to heating water and mix thoroughly
3. Once boiling and agar is clear pour agar water into blender and add:
   1. Brewer’s yeast, corn meal, soy meal, and molasses, tegosept, and propionic acid for broad spectrum fungicides
4. Mix for 1 minutes
5. Pour while warm