**Metabolomics Quick Quench Harvest Procedure**

1. Have prechilled (-20°C) large volume (at least 500 mL) of 21% MeOH/79% salts solution (v/v).
2. Have centrifuge chilled and 60% MeOH/40% water on dry ice (-80°C).
3. Have 1.5 mL Eppendorf tubes for cell collection on ice.
4. Using a syringe, pull cells from the chemostat and add 0.1 mL to each tube on ice.
5. Immediately add 0.22 mL of MeOH salts solution to each tube to quench cells
6. Spin tubes in chilled centrifuge for 5 minutes @ 8000 RPM
7. Remove the supernatant and add 1 mL of MeOH salts solution to each tube to wash cells. Use pipette to resuspend the pellet.
8. Spin tubes in chilled centrifuge for 5 minutes @ 8000 RPM
9. Remove the supernatant and resuspend the pellet in 0.1 mL of MeOH salts solution.
10. Add 1 mL 60:40 MeOH:water solution to lyse cells. Vortex to mix
11. Chill tubes in -80°C freezer for 30 minutes.
12. Spin tubes in chilled centrifuge for 10 minutes @ max RPM
13. Reserve each supernatant in a second Eppendorf tube. Begin drying each sample with SpeedVac.
14. Add 0.5 mL 60:40 MeOH:water solution to each pellet. Sonicate samples for several seconds each.
15. Spin tubes in chilled centrifuge for 10 minutes @ max RPM
16. Reserve each supernatant and add it to corresponding samples that have been drying. Continue using the SpeedVac until samples are completely dry.
17. Once samples have completely dried, transfer them to -80°C freezer for storage.

Salts solution (per liter):

NaCl 22 g

NaHCO3 2.5 g

KCl 0.33 g

CaCl2.2H2O 0.14 g

MgCl2.6H2O 2.75 g

MgSO4.7H2O 3.45 g