

Handling Fruit Flies in the Kitchen Compost Bin

Fruit flies are usually only an issue for a short time, mostly July and August. Since fruit flies lay eggs in fruit peels that will continue to hatch, you may want to avoid putting banana peels and melon rinds in your kitchen compost bin during this time period.

To purchase a fruit fly trap:

Check online or try local stores such as Ellie's Eco-Home Store and McGuckin Hardware.

To make a fruit fly trap:

You will need a jar, a rubber band, a plastic sandwich bag, and some beer or juice. Place about an inch of beer or juice in the bottom of the jar. Punch a small hole in the corner of the sandwich bag. Place the bag like a funnel with the corner with the hole pointing down but not touching the liquid. Open the bag over the rim of the jar and secure with the rubber band around the rim so that the bag forms a funnel over the liquid. Fruit flies will make their way through the hole at the corner and not be able to get back out, so they will get stuck in the liquid. Change the liquid as often as needed.

Source: Mary Appelhof's "Worms Eat My Garbage" book.