

Mealworms Made Easy

(Linda Violet 4/1/07)

Most mealworm instructions speak of picking out pupae from mealworms and picking out beetles into their own containers. Monitors need mealworms during the busy season and there really is no extra time to pick around separating beetles from pupae, etc. The goal is to have plenty of beetles laying eggs and to save old bran which contains eggs (new mealworms).

This is the easiest method for me (so far) in growing mealworms:

Get several kitty litter containers.

Large sifters or mesh strainers

Plenty of cheap bran from a hay & feed store

Carrots / Potatoes for moisture

1. Put your first mealworms into a kitty litter box with a couple inches of bran with a few carrot slices or potato, add dog or cat chow for extra vitamins if you want. Put a couple of sheets of paper towels on the top and periodically dampen with a mister bottle to provide humidity (also provides moisture for beetles).
2. Let mealworms mature into a mixed colony (mealworms, pupae, beetles). It will take several weeks at room temperature.
3. If you have beetles, the old bran will have eggs. When the bran needs changing (you will know), sift out and save the old "egg" bran and add a few carrot slices for moisture and damp paper towels. Transfer sifted beetles, mealworms, pupae into their own container of fresh bran with carrots, etc.
4. If you are freshening several colonies, you can put all the old bran together in a large "egg" container.
5. When the egg container has mealworms which can be sifted out (but no beetles laying eggs), either sift and discard the old bran or collect in a final-stage container to wait for the last mealworms in the old bran mature to a size that can be sifted out. Then dump the old bran.
6. If you want the process to speed up, don't put mealworms in a refrigerator. Let them stay active at room temperature.