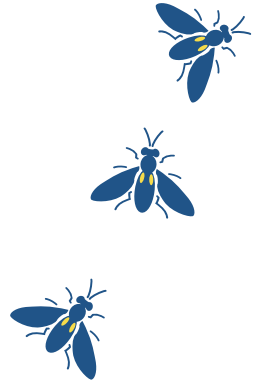


# Black Soldier Fly (BSF) Life Cycle

BSF larvae will grow anywhere and because they are tough - thunderstorms, colder weather are no problem! They will eat anything: coffee grounds, food scraps, over-ripe fruit and veggies. The life cycle from egg to fly is 60 - 70 days.

Egg  
Larvae  
Pupae  
Fly



## Eggs

Hatched in 4 to 7 days

Female lays 500 eggs in life time!

## Larvae

Grow for 3 - 8 weeks

Convert waste to nutrients.

As larvae, I would have no problem winning an eating contest!

My formal name is *Hermetia illucens*



## Pupae

Rest for 2 weeks

Change from larvae to fly

We're basically very polite and clean

## Adult Fly

Live a week

Do not bite, eat or spread germs!

Nature's own ultimate food recyclers.

