

Stonefly Factoids

- Stoneflies prefer swift rivers and streams
- Stoneflies require clean, cold, pollution free water.
- Stoneflies are indicators of high water quality
- Some stoneflies have a three year life cycle
- Stoneflies are important food sources in both their nymph stage and adult stage
- Stoneflies spend most of their life as a nymph underwater
- Stoneflies shed their exoskeleton when they change from a nymph into a adult
- Stonefly nymphs eat algae, dead plants, and other aquatic insects
- Stoneflies adults emerge during the summer months starting in mid June lasting through mid august
- Stonefly nymphs are available to fish all year long
- Can go through 10-30 growth stages called “instars”
- Males attract females by “drumming” their abdomen on a log or rock
- Adult stoneflies can live 1-4 weeks
- Stonefly nymphs are poor swimmers and often washed downstream by the current
- Nymphs are most vulnerable during emergence
- Over 600 species worldwide over 100 in MT