**Midge (Chironomid)**

**Order:** Diptera   **Family:** Chironomidae  
Number of species in North America: 2,000

**Size:**  2-20 mm (larva) / 8-9 mm (adult)

**Hardened head capsule**
-usually a different color than body (sometimes yellowish)

**Proleg**

**LARVA**
-Small, slender, slightly curved body

**BODY COLOR:** white gray

**Sometimes has brush like structure at rear**

**ADULT**

**BODY COLOR:** bright red

**Diet:** Fine detritus, microorganisms, plant parts, decaying wood, insect parts, algae.

**Food for:** Fish, especially trout, predaceous water insects.

**Habitat:** Bottom dweller in the mud, stones or plants, most widely adapted to any freshwater environment.

**Movement:** Can float in water or scurry along bottom, some swim in still water.

**Breathing:** Though skin or by obtaining surface air through a breathing tube. Some types have gills.

**Water Quality Indicator:** Group III – can tolerate polluted waters.

**DON’T CONFUSE WITH:**
Aquatic Worms, Crane Fly Larva, Watersnipe Fly Larva, Blackfly Larva

**SIMILAR LOOKING FAMILIES**
- Phantom Midge larva
- Biting Midge larva and adult

**Life Cycle Corner**

Eggs layered in a tear shaped mass in a long ribbon of clear mucus attached to underwater plants, logs, and rocks.

Complete metamorphosis

Eggs hatch in 10 days. Larva sinks to bottom.

Pupa stage has good breathing system.