

BC Interior Lakes – A Guide to Seasonal Food Sources for Trout

FOOD SOURCE*	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPT	OCTOBER
 SHRIMP (SCUDS)	Low	Low to Medium	Medium	Medium to High	Low to Medium	Low to Medium	Medium	High
 ZOOPLANKTON (DAPHNIA)	Low	Low to Medium	Low to Medium	Low to Medium	Medium	Medium to High	Low to Medium	Low to Medium
 LEECHES	Low	Low to Medium	Medium	Medium to High	Low to Medium	Low to Medium	Medium	Medium to High
 CHIRONOMIDS	Low	Medium	High	High	Low to Medium	Low	Low	Low
 MAYFLIES	Low	Low	Medium	High	Low to Medium	Low	Low	Low
 DAMSELFLIES	Low	Low	Low to Medium	Medium	Medium to High	Low	Low	Low to Medium
 DRAGONFLIES	Low	Low	Low	Low to Medium	Medium	Low to Medium	Low	Low
 CADDISFLIES	Low	Low	Low	Medium	High	Low	Low	Low
 WATER BOATMAN	Low	Low to Medium	Low	Low	Low	Low to Medium	Medium	Low to Medium
 BACKSWIMMERS	Low	Low to Medium	Low	Low	Low	Low to Medium	Medium	Low to Medium

AVAILABILITY:  LOW  LOW TO MEDIUM  MEDIUM  MEDIUM TO HIGH  HIGH

Notes: Low elevation lakes often have open water by mid-March, but the timing of ice-off can vary from year to year. Fish have the ability to feed on all the life stages of the aquatic insects listed, though the most intense feeding occurs during the emergence sequence of the pupal or larval stage to the adult stage. This emergence chart is also applicable to coastal lakes, which typically do not freeze over during winter. The timing of insect emergences may be earlier in the year but the order is the same. For example, chironomids are always the first insects to hatch each spring regardless of location.

* Insects not to scale

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