How to Control Fungus Gnats
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Fast Facts
- Adults do not bite. They do not have the mouthparts required to attain a blood meal. They are considered nuisance pests.
- Breed and develop in potted plants that have been overwatered.
- Fungus gnats are most common in the winter when regular watering occurs, yet plants generally take up less water.

Life Cycle
Fungus gnats undergo complete metamorphosis—egg, larva, pupa and adult, all of which take place in the top layers of soil. Adult females lay 100-150 eggs in moist potting soil and the larvae feed and develop on the fungi and organic matter. The larvae are white, slender, legless maggots with translucent bodies and dark heads. Their feeding sometimes include gnawing on the roots and stems of plants, causing considerable damage. After pupating in the soil, fungus gnats emerge as winged adults that are 1/8" long, grayish-black with long legs and antennae. Fungus gnats have many overlapping generations, particularly in...