Name	Composition
M9 Buffer[33]	3 g KH_2PO_4, 6 g Na_2HPO_4, 5 g NaCl, 1000 mL dH_2O (autoclave) 1 mL 1 M $MgSO_4$
NGM Agar[33]	17 g Agar, 2.5 g Tryptone, 3 g NaCl, 1000 mL dH_2O (autoclave). 1 mL 5 mg/mL Cholesterol, 1 mL 1 M $CaCl_2$, 1 mL 1 M $MgSO_4$. 25 mL 1 M KH_2PO_4
NGM Agarose	17 g Agarose, 2.5 g Tryptone, 3 g NaCl, 1000 mL dH_2O (autoclave). 1 ml 5 mg/mL Cholesterol, 1 mL 1 M $CaCl_2$, 1 mL 1 M $MgSO_4$. 25 mL 1 M KH_2PO_4
LB Agar	35 g LB agar mix, 1000 mL dH_2O (autoclave)
LB Broth	25 g LB broth mix, 1000 mL dH_2O (autoclave)
OP50 media	5 g Tryptone, 2.5 g Yeast Extract, 1000 mL dH_2O (autoclave)
OP50 Bacteria starter culture	Inoculate 50 mL of OP50 media with a single *E. coli* (OP50) colony. Incubate overnight at 37 °C and 200 rpm.
Concentrated OP50	Inoculate four 1 L bottles of LB broth with 2 mL of OP50 starter culture each. Grow for 6 h at 37 °C and 160 rpm. Pellet bacteria at 1482 rcf, 20 °C for 15 min. Remove supernatant and resuspend all 4 L with 6 mL of OP50 media. Store at 4 °C for up to 1 week.