Worm gDNA extraction protocol

-Wash worms 2x with M9 buffer
-Spin down store @ -20 til use
-+250µl of worm genomic DNA lysis buffer + proteinase K
    200mM NaCl
    100mM Tris-HCl pH8.5
    50mM EDTA pH8.0
    0.5% SDS
    + 0.1mg/ml proteinase K directly before use
-incubate at 65° for 1 hour vortexing occasionally
-incubate at 95° for 20 minutes
-+ RNAse A to 0.1mg/ml and incubate @ 37° for 1 hour
-add 250ul of phenol;chloroform;isoamylic acid (stored @ 4°)
-mix by inverting
-spin @ 13,000 rpm @ RT for 15 minutes (not cold or SDS will ppt out)
-take aqueous phase to new tubes
-add 25µl of 3M Sodium acetate
-add 750µl of 100% EtOH
-(if low DNA amount add glycogen 10µl of 5mg/ml)
-put at -80° for 1 hour (can be left o/n)
-spin @ 13,000 rpm @ 4° for 30 minutes
-remove sup
-add 350µl of 75% cold EtOH
-spin @ 13,000 rpm @ 4° or RT for 10 minutes
-discard liquid
-air dry for 7 minutes
-resuspend in 30µl of TE and take o.d.
    10mM Tris-HCl
    1mM EDTA pH 8
    final pH 7.5

pure DNA 260/280 ratio ~1.8
pure RNA 260/280 ration ~2.0
low ratios can be caused by protein or phenol contamination