



Creating a Sourdough Starter

Equipment Needed:

Quart Jar (or any class jar)
Breathable lid such as cheesecloth or coffee filter
Spoon
Flour
Filtered Water (preferred)

Flour Types:

Organic whenever possible
All-purpose flour
Bread flour
Whole Wheat
Fresh Ground hard Wheat
Gluten Free: Brown Rice

Notes: Save the discard each day in a glass container in the fridge and use for “discard recipes” like Muffins, Pancakes, Waffles, and More! Also do NOT put a solid lid on your starter, the flour and water mix needs to grab wild yeast from the air in order to grow. Do NOT put discard down your drain, either save or dispose.

How to Start:

Use the provided squares below to checkmark off each day so you can keep track easily.

Day Started: _____

Day 1: 1/2 Cup Flour & ¼ cup water and mix

Day 2: Discard half of the flour/water mixture from day 1 and mix in ½ Cup Flour & ¼ cup water and mix until pancake consistency in the a.m.

Add ½ Cup Flour & ¼ cup water in the p.m.

Day 3: Discard half of the flour/water mixture from day 2 and mix in ½ Cup Flour & ¼ cup water and mix until pancake consistency in the a.m.

½ Cup Flour & ¼ cup water in the p.m.

Day 4: Discard half of the flour/water mixture from day 3 and mix in ½ Cup Flour & ¼ cup water and mix until pancake consistency in the a. m.

Add ½ Cup Flour & ¼ cup water in the p.m.

Day 5: Discard half of the flour/water mixture from day 4 and mix in ½ Cup Flour & ¼ cup water and mix until pancake consistency in the a.m.

Add ½ Cup Flour & ¼ cup water in the p.m.

Day 6: Discard half of the flour/water mixture from day 5 and mix in ½ Cup Flour & ¼ cup water and mix until pancake consistency

Add ½ Cup Flour & ¼ cup water in the p.m.

Do you notice any bubbles or starting to smell sweet or seeing it rise at all? You're getting closer! If not, no worries keep discarding and feeding. You'll get there! Next 2 weeks you will only need to feed once a day!

Day 7: Discard half of the flour/water mixture from day 6 and mix in ½ Cup Flour & ¼ cup water and mix until pancake consistency

Day 8: Discard half of the flour/water mixture from day 7 and mix in ½ Cup Flour & ¼ cup water and mix until pancake consistency

Day 9: Discard half of the flour/water mixture from day 8 and mix in ½ Cup Flour & ¼ cup water and mix until pancake consistency

Day 10: Discard half of the flour/water mixture from day 9 and mix in ½ Cup Flour & ¼ cup water and mix until pancake consistency

Day 11: Discard half of the flour/water mixture from day 10 and mix in ½ Cup Flour & ¼ cup water and mix until pancake consistency

Day 12: Discard half of the flour/water mixture from day 11 and mix in ½ Cup Flour & ¼ cup water and mix until pancake consistency

Day 13: Discard half of the flour/water mixture from day 12 and mix in ½ Cup Flour & ¼ cup water and mix until pancake consistency

Day 14: Discard half of the flour/water mixture from day 13 and mix in ½ Cup Flour & ¼ cup water and mix until pancake consistency

Day 15: Discard half of the flour/water mixture from day 14 and mix in ½ Cup Flour & ¼ cup water and mix until pancake consistency

Day 16: Discard half of the flour/water mixture from day 15 and mix in ½ Cup Flour & ¼ cup water and mix until pancake consistency

Day 17: Discard half of the flour/water mixture from day 16 and mix in ½ Cup Flour & ¼ cup water and mix until pancake consistency

Day 18: Discard half of the flour/water mixture from day 17 and mix in ½ Cup Flour & ¼ cup water and mix until pancake consistency

Day 19: Discard half of the flour/water mixture from day 18 and mix in ½ Cup Flour & ¼ cup water and mix until pancake consistency

Day 20: Discard half of the flour/water mixture from day 19 and mix in ½ Cup Flour & ¼ cup water and mix until pancake consistency

Day 21: Discard half of the flour/water mixture from day 20 and mix in ½ Cup Flour & ¼ cup water and mix until pancake consistency

Your Starter should be ready! How to tell? You should be seeing lots of bubbles and smells sweet and fermented several hours after you “feed” it. When the volume doubles it’s ready to measure out and bake bread with it. You can mark the volume with a rubberband or a whiteboard marker on the outside of your jar when you do the initial mix. Now watch it rise!

Now what? Bake bread!

On a daily basis you will need to discard & feed ½ cup Flour & ¼ Cup Water (or equivalent ratio- depending how often you want to bake with it)

Your Notes:

