



WELCOME TO THE WORLD OF SOURDOUGH

Congratulations on your new sourdough starter! Our sourdough is a living piece of history, over 150 years old. Keeping this tradition alive with every loaf is truly special for us. This living culture of wild yeast and bacteria is the heart of delicious and flavorful bread and will provide you with countless delightful baked goods.

Your jar contains a living sourdough starter, and with proper care, can last a lifetime.

Activation and feeding:

- To get your starter ready for baking, you'll need to "activate" it with regular feedings. To activate your starter, combine 30 grams of starter with 60 grams of room-temperature water (consider using filtered or bottled water) and 60 grams of bread flour (preferably organic) in a clean quart glass or plastic container.
- Mix by hand well until no dry flour remains; the consistency will be thick.
- Place a rubber band or a dry-erase marker at the level of the starter in the jar. This will help you see how much it has risen.
- Cover loosely and place it in a warm spot, ideally around 75-80°F (24-28°C). You should see bubbles and signs of activity as it begins to grow.

After feeding, a mature starter will grow 3-4 x in volume in a 24 hour period and then begin to fall back down. Once active, the sourdough can be used to make bread. The remaining sourdough can be placed in the fridge until the next feed.

Discard: Discard starter with each feeding. You only need 30 grams of starter with each feeding. This may seem wasteful, but it's crucial for keeping your starter healthy and manageable. You can find many recipes online for using this "discard."

Storing:

- How you store your starter depends on how often you plan to bake:
 - **Room Temperature:** If you bake frequently, keep your starter on the counter and feed it once or twice a day.
 - **Refrigerator:** For less frequent baking, you can store your starter in the fridge with a tight-fitting lid. It will only need to be fed once a week. Before baking, you may need to give it a couple of feedings at room temperature to get it active again.

Signs of a healthy starter:

- **Bubbles:** A healthy starter will have lots of visible bubbles, indicating the yeast is active.
- **Rising and Falling:** It should reliably rise and double (or even triple) in size after being fed.
- **Pleasant Aroma:** A healthy starter should have a tangy, yeasty, or slightly sour smell.