

Day 1:

In a container, combine 10g of dried starter with 55g water. Let the dried starter hydrate. Then add 40g organic whole wheat or rye flour. Whole grain flours contain more nutrients and microorganisms to assist the starter in getting established. If the kitchen is warm, use cool water and if it's cool, use warm water. Stir until combined. There should be no dry bits of flour in the bottom or the edges.

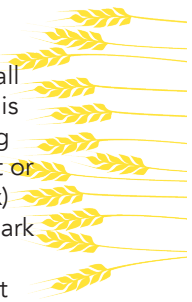
Use sharpie or tape to mark the top of the starter. Use this line to gauge how much the starter rises. Cover with a dish towel, cheese cloth, or a lightly fitting lid on top and rest at room temperature (70-75F) for 24 hours.

**If making a sourdough starter without a dried starter, the process takes longer and has slightly different starting instructions.



Day 2:

Begin the refreshment cycle. (A refreshment cycle is saving a small portion of the original mixture, discarding the rest, and feeding the held back portion some flour and water.) To refresh, discard all but 50g of the starter (this is the seed). To the remaining 50g, add 50g whole wheat or bread flour (or a 50/50 mix) and 50g water. Stir well. Mark the top of the starter and label Day 2. Cover and rest 24 hours.



*A dried starter reduces the time needed to create a mature starter as there are more of the preferred strains present at the beginning.

Day 3 through 6:

Repeat refreshment steps from Day 2, marking and dating each refreshment. You may begin to smell a fresh, fruity aroma. Once it begins to rise predictably, within 4 to 6 hours after refreshing, give this live, active starter a name and begin baking!

Established starters can be refreshed with any combination of flours. The seed (starter saved for feeding) ratio to fresh flour and water will differ depending on use.

(My starter is *Daisy*, Freya's sacred flower. Freya is the Norse goddess of love, beauty, and fertility, and as such the daisy flower came to symbolize childbirth, motherhood, and new beginnings. The daisy "sleeps" at night by closing and "wakes" at sunlight by opening up again.)

Starter maturation:

As the starter matures, the aroma will evolve from fresh and fruity to a slight tang, pleasingly acidic! At this point, the wild yeast and bacteria will be strong enough to undergo storage in cold temperatures. Bake often and share often.

Infrequent baking and storing the starter in the cooler:

Reduce the frequency of feedings by storing the starter in the fridge. You'll want to revive and raise its activity before using. Do this by giving it one to two feedings a day for several days at room temperature until it establishes a predictable rise.

mskarenman.com for other creative ideas

Materials

- Whole grain wheat or rye flour, preferably organic. On buying grains and flours from a local farmer and miller, visit *bread.blog* for recommendations.
 - A glass or clear container makes it easier to monitor how much the starter has risen, a view into the fermentation progress. Make sure to allow for the starter to double.
 - Non-chlorinated water. To remove chlorine, filter water or let sit on counter 24 hours to allow for evaporation of chlorine.
 - Gram scale. Measuring cups and spoons will not give consistently accurate amounts.
- Bake a few times before investing in suggested equipment upgrades.

HOW TO START AND MAINTAIN A SOURDOUGH STARTER

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recipes, more detailed instructions, and troubleshooting at bread.blog