

# SOURDOUGH STARTER

## SCHEDULE



### DAY 1: MIX & REST

- Combine 1 cup whole grain flour (120g) + ½ cup water (120g)
- Mix into a thick paste (like peanut butter)
- Lightly cover and let sit at room temp (70–75F) for 24–48 hours

### DAY 2: FIRST FEEDING

- Look for bubbles or slight rise (may take up to 48 hrs.)
- Discard all but ½ cup starter
- Feed with 1 cup bread flour (120g) + ½ cup water (120g)
- Mix, cover, and let rest 24 hours

### DAY 3: FEED IF “HUNGRY”

- Check for bubbles/rise; if inactive, wait
- Only feed after it peaks/begins to fall or look runny
- Discard all but ½ cup starter
- Feed 1 cup bread flour + ½ cup water
- Rest 12–24 hours

### DAY 4: KEEP FEEDING

- Feed 1–2x/day, but only when hungry
- Each time, discard ½ cup, then add 1 cup bread flour + ½ cup water
- The starter may “stall” today—that’s normal!
- Mark the jar’s level to track rise and fall

### DAY 5: BUILD STRENGTH

- Continue feeding 1–2x/day, watching for consistent bubbling and doubling
- It should rise and fall predictably within 6–8 hours

### DAY 6 MORNING: FINAL FEEDING

- Discard ⅓ cup starter
- Feed with 1 cup bread flour + ½ cup water
- Place in clean jar and mark the level
- After 6–8 hours, do the float test (drop a spoonful in water—it should float!)

### DAY 6 EVENING: BAKE OR STORE

- If floating, use ⅓ cup starter for your sourdough bread recipe
- If not floating but doubled, you can still bake!
- Save the rest in the fridge and feed weekly (keep ½ cup starter, add 1 cup bread flour + ½ cup water)