

SOURDOUGH

SAN FRANCISCO

WHOLE WHEAT

RYE

WHAT YOU NEED

Ingredients

- Flour

We recommend organic flour. The type of flour you need depends on which starter you are activating:

**San
Francisco**

**All-purpose
flour**

**Whole
Wheat**

**Whole wheat
flour**

Rye

Rye flour

- Water free of chlorine and fluoride (bottled spring water)
- 1 packet dehydrated sourdough culture

Equipment

- Glass jar (one quart)
- Rubber band
- Coffee filter or tight-weave cloth
- Mixing utensil

ACTIVATING YOUR SOURDOUGH STARTER

1. Add packet of starter to 1 Tbsp. flour and 1 Tbsp. of room temperature water in a quart-size glass jar and stir thoroughly. Cover the jar with a coffee filter or breathable material secured with rubber band and culture the starter in a warm place (70-80°F) for 12-24 hours.

**PRO
TIP!**

You're looking for your starter to bubble between feedings. That's the fermentation at work!

2. After 12-24 hours, feed the starter with an additional 2 Tbsp. of flour and 2 tbsp water. Stir thoroughly.

*Your starter should have the consistency of pancake batter.
Add flour or water to adjust as necessary.*

3. After 12-24 hours, feed the starter with an additional 1/4 cup of flour and 1/4 cup water. Stir thoroughly.

ACTIVATING YOUR SOURDOUGH STARTER

4. After 12-24 hours, feed the starter with an additional $\frac{1}{2}$ cup of flour and $\frac{1}{2}$ cup water. Stir thoroughly.
5. Discard down to $\frac{1}{2}$ cup starter and then feed the starter with $\frac{1}{2}$ cup water and $\frac{1}{2}$ cup flour. Stir thoroughly.
6. Repeat step 5 every 12-24 hours for 3-7 days. Do this until the starter has the consistency of pancake batter and is bubbling regularly within a few hours of feeding. That's when your starter is activated and ready to use!

**PRO
TIP!**

Go to culturesforhealth.com/learn for ways to use discarded starter.

USING YOUR STARTER

To build up starter for a recipe, feed according to the ratio on pages 1-3 — just don't discard as you go. It's ready to bake with 4 hours after the last feeding. Reserve at least $\frac{1}{4}$ cup to continue maintaining.

MAINTAINING YOUR STARTER

On Your Counter

FREQUENT BAKERS

Feed your starter once every 24 hours using 1 part starter, 1 part water, and 2 part flour.

We suggest $\frac{1}{2}$ cup starter, $\frac{1}{2}$ cup water, and 1 cup flour to keep your feedings smaller and your starter manageable.

In Your Fridge

WEEKLY/MONTHLY BAKERS

In colder temperatures, your starter goes into hibernation, and you don't need to feed it as often. Feed it every 5 to 7 days just like you would keeping it on your counter, using 1 part starter, 1 part water, and 1 part flour.

SOURDOUGH

GLUTEN FREE

WHAT YOU NEED

Ingredients

- Flour

Your starter culture requires flour to activate and maintain. We recommend using organic flour.

**Gluten
Free**

**Brown rice
flour**

- Water free of chlorine and fluoride (bottled spring water)
- 1 packet dehydrated sourdough culture

Equipment

- Glass jar (one quart)
- Rubber band
- Coffee filter or tight-weave cloth
- Mixing utensil

ACTIVATING YOUR GLUTEN-FREE SOURDOUGH STARTER

1. Add packet of starter to 1 Tbsp. flour and 1 Tbsp. of room temperature water in a quart-size glass jar and stir thoroughly. Cover the jar with a coffee filter or breathable material secured with rubber band and culture the starter in a warm place (70-80°F) for 4-8 hours.

**PRO
TIP!**

You're looking for your starter to bubble between feedings. That's the fermentation at work!

2. After 4-8 hours, feed the starter with an additional 2 Tbsp. of flour and 2 Tbsp. water. Stir thoroughly.

*Your starter should have the consistency of pancake batter.
Add flour or water to adjust as necessary.*

3. After 4-8 hours, feed the starter with an additional 1/4 cup of flour and 1/4 cup water. Stir thoroughly.

ACTIVATING YOUR GLUTEN-FREE SOURDOUGH STARTER

4. After 4-8 hours, feed the starter with an additional $\frac{1}{2}$ cup of flour and $\frac{1}{2}$ cup water. Stir thoroughly.
5. Discard down to $\frac{1}{2}$ cup starter and then feed the starter with $\frac{1}{2}$ cup water and $\frac{1}{2}$ cup flour. Stir thoroughly.
6. Repeat step 5 every 4-8 hours for 3-7 days. Do this until the starter has the consistency of pancake batter and is bubbling regularly within a few hours of feeding. That's when your starter is activated and ready to use!

**PRO
TIP!**

Go to culturesforhealth.com/learn for ways to use discarded starter.