



## Starter Creation

The below guide is for creating a 100% hydration sourdough starter, also known as a “liquid levain,” from scratch. To create your own starter you will need the following:

- [Organic Bread Flour](#) – unbleached & malted is ideal
- [Organic Whole Wheat Flour](#) or [Whole Rye Flour](#) for initial feedings
- Filtered Water – ideally at room temperature
- 16 oz Jar with Lid – a wide-mouth mason jar works great
- Spatula or Spoon – one with a long handle
- [Digital Kitchen Scale](#) – with gram increments

During this process the starter should be held at ~80°F to encourage fermentation. If you don’t have an area where you can control the temperature in your home, you can keep your starter in the oven with just the light on. For each step below, mix the ingredients together until the flour is fully hydrated and discard the remaining starter.

Schedule	Starter	Flour	Water	Next Feeding
Day 1 AM	N/A	50g Bread Flour + 50g Whole-Grain Flour	100g	24 hrs
Day 2 AM	50g	25g Bread Flour + 25g Whole-Grain Flour	50g	6–8 hrs
Day 2 PM	50g	25g Bread Flour + 25g Whole-Grain Flour	50g	16 hrs
Day 3 AM	50g	25g Bread Flour + 25g Whole-Grain Flour	50g	6–8 hrs
Day 3 PM	50g	25g Bread Flour + 25g Whole-Grain Flour	50g	16 hrs
...				

Continue this process for at least 5 days, possibly for as long as 10 days. Once your starter begins to double or triple in volume within 4–6 hours, you can start feeding it with bread flour only. After a couple more feedings, it should be mature enough to use for baking bread. When you do, be sure to make enough starter for the formula/recipe and still have some left over to maintain for future bakes...



## **Starter Maintenance**

**If you plan to bake once or twice a week**, refresh your starter once a day with a 1:4:4 (starter:flour:water) ratio which will help slow down the fermentation process so you don't have to feed your starter twice a day. Whenever you're ready to bake, your starter should be good to go.

**If you plan to bake once or twice a month**, after refreshing your starter, place it in the fridge, tightly covered. A couple days before you plan to bake, take your starter out of the fridge and "activate it" by feeding twice a day for 2 days using the original 1:1:1 ratio. Once it begins to double or triple in volume within 4–6 hours, your starter is ready.

**If you plan to bake once every couple months**, it's OK to store it in the fridge for longer periods of time as long as you feed it at least once a month. When you do, remove it from the fridge, feed it twice in one day using the 1:1:1 ratio, and return it back to the fridge, tightly covered.