



HOW TO MAKE A SOURDOUGH STARTER

Made by Sustainability, Wellness & Learning (SWELL) for the
Colorado Grain Chain Roadshow

Ingredients

Whole Grain Flour

Filtered Water

That's it!!

Directions

On day 1, in a clean container (preferably a glass jar), mix together 1/2 cup of flour and 1/2 cup of filtered (room temperature) water. Cover and leave overnight on your counter, do not put it in the fridge.

On day 2-5, repeat this exact same process. Add 1 tablespoon of flour and 1 tablespoon of filtered water and mix using a wooden spoon.

By day 5, you should begin to see small bubbles forming on top of the mixture and it should have a slight vinegar smell. It is now ready for sourdough baking!

To maintain your starter, continue feeding it with equal amounts of water and flour every day to keep it alive. If you go on a trip, refrigerate your starter. If your starter looks unhealthy and has formed mold or a dark acidic layer, remove it and keep a few spoon fulls from the middle to rebuild it. Discard the rest.

