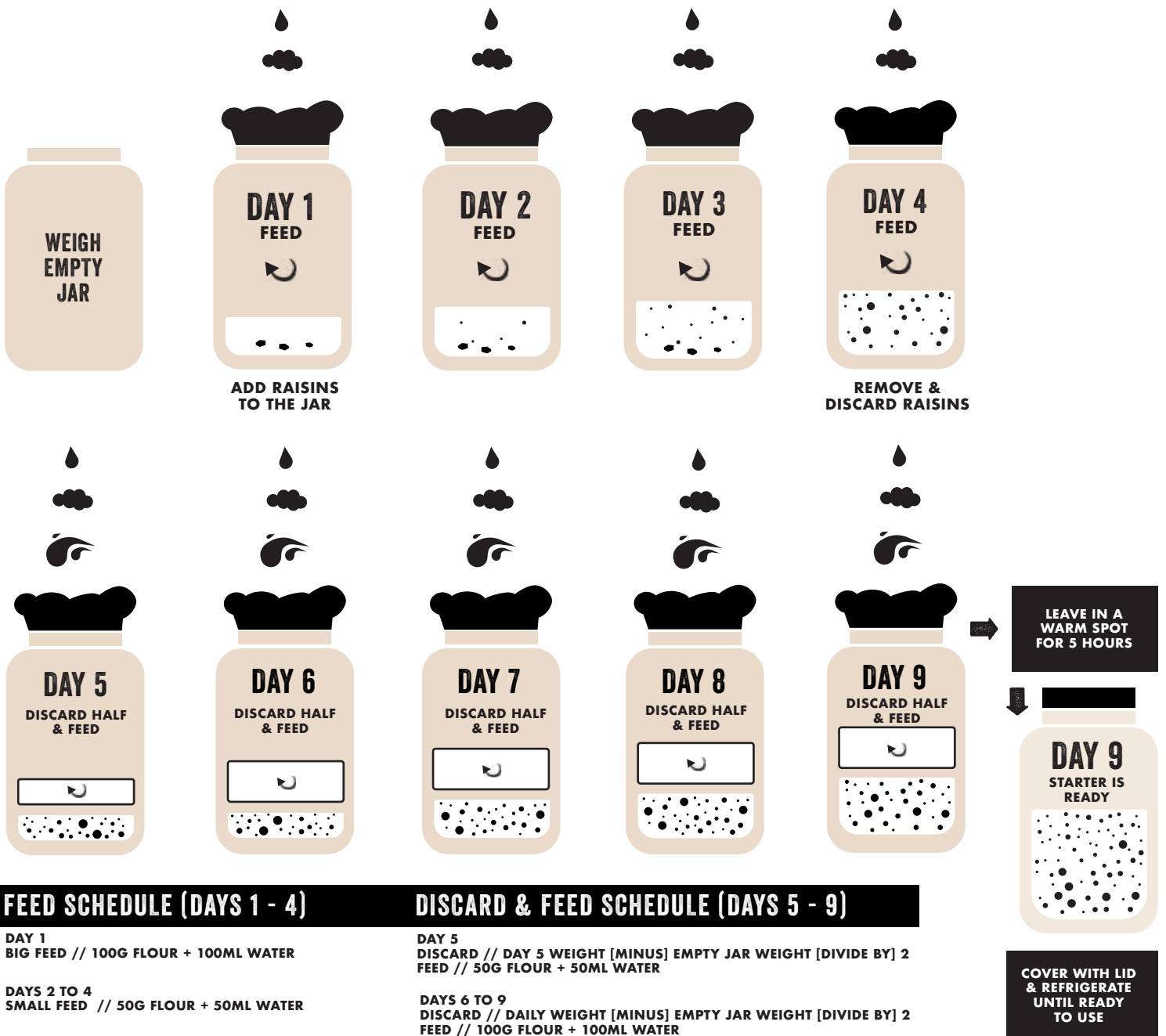


HOW TO MAKE A SOURDOUGH STARTER

GROW A LIVING SOURDOUGH STARTER IN 9 DAYS WITH FLOUR AND WATER



GLOSSARY

- ORGANIC RAISINS SOAKED IN WARM WATER
- FILTERED WATER
- ORGANIC FLOUR (BAKER'S WHITE, WHOLEMEAL, RYE, SPELT, KHORASAN) 100% ONE TYPE OR 50-50% TWO TYPES
- STARTER DISCARD
- FRESH FEED
- MIX WELL

REMEMBER

- MAINTAIN TEMPERATURE BETWEEN 21-29C (70-85F)
- LIQUID ON TOP - STARTER NEEDS A FEED
- NOT ENOUGH BUBBLES - KEEP STARTER WARM
- FOUL SMELL - STARTER IS DEAD. START AGAIN
- DON'T STRESS & HAVE FUN! ITS JUST FLOUR AND WATER!

DISCARD TIPS

ON DAY 5 INSTEAD OF DISCARDING, SPLIT THE STARTER IN TWO JARS AND KEEP FEEDING AS PER CHART. YOU NOW HAVE TWO PETS! NAME THEM & SING TO THEM!

STARTER DISCARD KEEPS IN THE FRIDGE FOR UP TO 2 WEEKS. IT CAN BE USED TO MAKE PANCAKES, PIZZA, CRACKERS, MUFFINS, CAKES & FLATBREADS.