

# SOURDOUGH STARTER

Creating Your Sourdough Starter: A Wylder Space Guide

Sourdough starter is a living, breathing connection to ancient traditions. This mixture of flour and water captures the natural yeast and bacteria from your environment, transforming humble ingredients into a vibrant base for baking. Here's how to craft one in your own kitchen:



## WHAT YOU'LL NEED

- Flour: Choose unbleached, whole grain, or rye flour—embracing local, organic options when possible.
- Water: Filtered or spring water (avoid chlorinated tap water).
- Container: Glass jars are perfect for visibility and connection with your starter's progress.
- Covering: A breathable cloth or loose lid to allow airflow.
- Patience and Love: Your starter thrives on consistency and care.

## DIRECTIONS

Step 1: Wake Up the Wild Yeast

1. Day 1:

- Mix  $\frac{1}{2}$  cup of flour with  $\frac{1}{4}$  cup of water in your glass jar.
- Stir until it forms a smooth, pancake-like batter (add a touch more water if needed).
- Cover loosely and place in a warm, cozy spot (ideally 70–75°F). Think: near the stove or a sunny windowsill.

Step 2: Feed the Ferment

1. Day 2:

- Peek at your starter. You may notice faint bubbles or a mild aroma—these are signs of life!
- Stir it to keep things moving, then feed it with another  $\frac{1}{2}$  cup of flour and  $\frac{1}{4}$  cup of water.
- Mix until smooth, cover, and return it to its happy home.

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## DIRECTIONS, CONTINUED

### Step 3: Balance and Build

- Day 3–5:
- By now, your starter may have a bubbly surface and a light tangy scent.
- To keep it vibrant, discard half of the mixture each day (about ½ cup).
- Feed it with fresh ½ cup of flour and ¼ cup of water. Stir well and return to its warm spot.
- With each passing day, you'll notice it growing stronger, like a good friendship.

### Step 4: Is It Alive and Ready?

#### 1. Day 6–7:

- Your starter should be bubbly, doubling in size after feeding, and smelling pleasantly tangy—like a bakery in bloom.
- Perform the float test: Drop a small spoonful into water. If it floats, your starter is strong and ready to bake. If not, keep feeding and watching—it's worth the wait.

### Step 5: Caring for Your Starter

#### 1. Keep it Thriving:

- At Room Temperature: Feed it daily (discard and refresh).
- In the Fridge: Feed it weekly, letting it rest when not in active use.
- Revive as Needed: If your starter feels sluggish, a few days of extra feeding will wake it back up.

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## WYLDER WISDOM

- **WFlour Power:** Whole-grain flours like rye can energize a starter due to their higher nutrient and microbe content.
- **Temperature Matters:** A warm, stable environment helps your starter thrive. If your kitchen is cool, wrap your jar in a cloth or tuck it in a proofing box.
- **Celebrate Imperfection:** Sourdough is as unique as its maker. The environment, flour choice, and care create a flavor that's uniquely yours.

## BRING IT FULL CIRCLE

Now that your starter is alive, it's more than just a tool for bread—it's a symbol of connection. Feed it, nurture it, and share it with your family, friends, or the Wylder Space community. Your sourdough journey is just beginning!