

New Sourdough Starter Schedule

1. Prepare your flour mixture, mix well and keep in airtight container. Recommended either:
 - a) 50% whole wheat and 50% bread flour (400grams of each)
 - b) 25% rye and 75% bread flour (Rye 200 grams Bread 600 grams)
2. Have 2 clean 1 quart clear glass jars or canisters with lids. Change out often.
Weigh both jars and record here and on bottom of jar

Jar 1 grams

Jar 2 grams

3. Feeding ratio is 1:2:2 (Starter:Flour:Water) If you see mold or color that is pink or orange, throw out and start over
4. Water temp 80°F Filtered water is best
5. Set on counter best at 70-80°F ambient temp. Don't allow starter to get over 100°F it will kill yeast.
6. Delay feeding if there is no activity. Give it a good stir.
7. Do not use discard during the first two weeks, throw it out.
8. At the end of 2 weeks, your starter is active if it has been rising for at least 3 consecutive days, and it can be used for baking at this time, but it will be best to wait to allow it to become stronger.

Date	Time Fed	Feeding S/F/W Grams	Ambient Temp	Visual?	Smell?	Peak Time?	Notes?
1		New Starter = 75g Flour 75G Water					
2		do not feed, but give it a good stir					
3		do not feed, but give it a good stir					
4		25/50/50 Grams Do Not Save Discard					
5		25/50/50 Grams Do Not Save Discard					
6		25/50/50 Grams Do Not Save Discard					
7		25/50/50 Grams Do Not Save Discard					
8		25/50/50 Grams Do Not Save Discard					
9		25/50/50 Grams Do Not Save Discard					
10		25/50/50 Grams Do Not Save Discard					
11		25/50/50 Grams Do Not Save Discard					
12		25/50/50 Grams Do Not Save Discard					
13		25/50/50 Grams Do Not Save Discard					
14		25/50/50 Grams Do Not Save Discard					



Date	Time Fed	S/F/W Grams	Ambient Temp	Visual?	Smell?	Peak Time?	Notes?
15		25/50/50 grams					
16		25/50/50 grams					
17		25/50/50 grams					
18		25/50/50 grams					
19		25/50/50 grams					
20		25/50/50 grams					
21		25/50/50 grams					
22		25/50/50 grams					
23		25/50/50 grams					
24		25/50/50 grams					
25		25/50/50 grams					
26		25/50/50 grams					
27		25/50/50 grams					
28		25/50/50 grams					
29		25/50/50 grams					
30		25/50/50 grams					

If by day 14 starter is active, you can use the discard. Various discard recipes are available.

By 30 days you should have a stronger starter and ready for baking bread.

At this time you can adjust the feeding to best suit your baking schedule and store in refrigerator.

Adjust ratios to 1:3:3 or even 1:5:5. The more food you give it, the longer it can go between feedings.

Detailed information on sourdough can be found on our website.

<https://ucanr.edu/sites/NSJMFP/>

