

Starter Instructions

Container:

Glass jar

Lid without airtight seal (for canning jars, just flip the lid upside down, then screw on ring.)

Feeding:

For best results, keep your starter in the door of the fridge where it doesn't get too cold and where you can see and check on it daily.

You will feed your starter:

1 part starter : 1 part water : 1 heaping part flour

Ex: If I have 1 cup of starter that I want to feed and grow, I will feed it one cup water, and one heaping cup flour.

Instructions:

1. Dissolve starter in water
2. Add flour
3. Mix until you have a thick pancake batter consistency.

Healing/Growing Cycle:

Step	Starter Amount		Water	Flour	Starter Yield
1	¼ cup		¼ cup	Heaping ¼ cup	½ cup
	Wait for liquid				
2	½ cup	Pour off liquid	½ cup	Heaping ½ cup	1 cup
	Wait for liquid				
3	1 cup	Pour off Liquid	1 cup	Heaping 1 cup	2 cups

If your starter is bubbling well and smells nice, it is ready to use (use it any time between when it starts to recede and when liquid lightly covers the top).

If your starter is still not bubbling well and smells very tangy, start your cycle over. It rarely takes more than two cycles to heal a starter!