



sourdough starter feeding schedule

day 1.

creating your starter. weigh your jar empty without the lid, note it.

- 50g flour. (wholegrain, rye, strong bread flour, unbleached flour)
- 75g water, warm. (ideally 29 degrees C)

mix vigorously until no dry flour remains, leave for 24hrs after every feeding.

day 2.

the first feed.

- 30g 'mature' starter. (jar weight +30g total) discard the remaining starter.
- 50g flour.
- 60g water, warm (29 degrees).

day 3.

- feeding is the same as day 2.

day 4.

now we reduce the water ratio slightly.

- 30g 'mature' starter.
- 50g flour.
- 50g water, warm. (29 degrees)

day 5.

- feeding is the same as day 4.

day 6.

now we reduce the starter slightly.

- 25g 'mature' starter.
- 50g flour.
- 50g water

day 7.

now we did it. this is your last feeding before its ready to use to bake some bread. this can also be used as your maintenance feeding going forward, depending on how often you plan on baking.

- 15g 'mature' starter.
- 50g flour.
- 50g water, warm (29 degrees).

if you plan to be baking and slinging bread quite regularly, keeping your culture at room temperature (around 22-24 degrees) is a good idea. in colder environments there is a slower speed of fermentation so you may need to wait longer in between feeds, but its totally fine to pop it in the fridge and feed it every week or so, we understand people get busy, its all good. but it is about learning to observe how your personal culture is reacting to its environment and reading the signs as to what it needs, and when, which will come in time.

if you require any more information or are having problems about your starter, slide into our DMs on instagram.