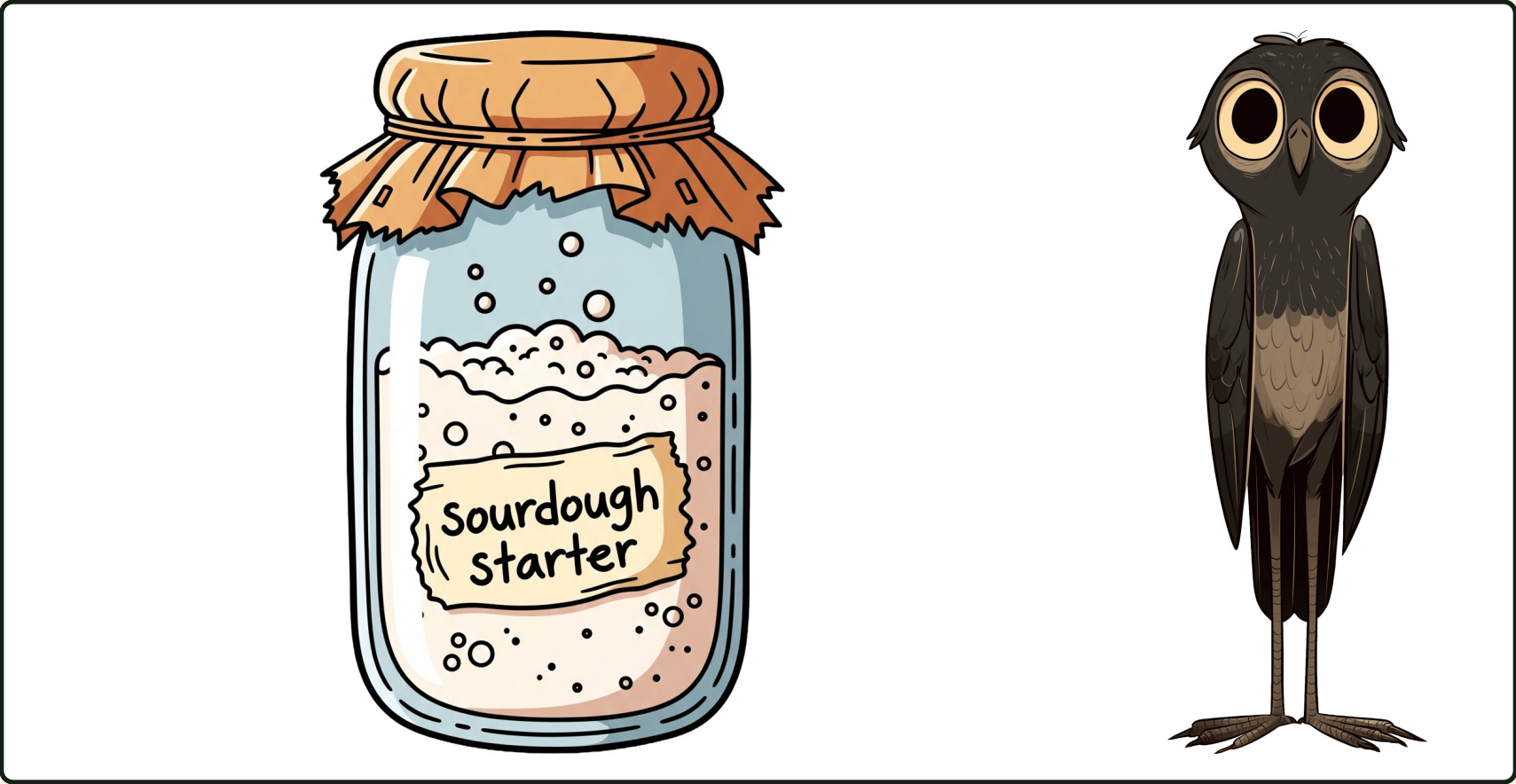


ILLUSTRATED STEPS / SAVE IT. FIND IT. BUILD IT.

NATURAL YEAST

Grow a sourdough starter and learn when it is ready to raise bread.



START HERE

01

GET READY

Tools + clickable build map

02

FOLLOW THE STEPS

One clearly numbered stage at a time

03

FIND IT AGAIN

Quick reference + PDF bookmarks

This flour-and-water culture needs regular feeding. Readiness comes from repeatable growth. Never eat raw starter or add an immature batch to bread.

WATCH THE TIKTOK

MORE FREE BUILD GUIDES

SOURCES / King Arthur: starter recipe · CDC: raw flour and dough

BUILD MAP

NEXT

YOUR BUILD MAP

Tap a step to jump there. The printed page numbers work offline too.

HAVE THESE READY

- Whole-wheat and unbleached AP flour
- Drinking-quality water
- Gram scale
- Clean 1/2- to 1-quart jar; loose lid
- Spoon, tape and feeding record
- Refrigerator for established starter

READ IN ORDER

PREP	Give the culture a clean home	03
01	Mix the first feed	04
02	Keep a measured portion	05
03	Repeat morning and evening	06
04	Look for repeatable growth	07
05	Store it; wake it for baking	08
NOTE	When to keep feeding or restart	09

QUICK REFERENCE / PAGE 10

BEFORE YOU START

Never taste raw starter. Keep the jar loosely covered. Discard moldy, pink, orange or abnormally foul cultures. Use only reliably active starter in an appropriate sourdough recipe.

KEEP THIS COPY

Save the PDF with its guide ID. Use the build map, bookmarks, or your PDF reader's search to find a step later. Video and source links need internet; the instructions do not.

SETUP

Give the culture a clean home

READ BEFORE STEP 01

PREP

Measure by weight; a jar full of bubbles is difficult to measure by volume.



GATHER THE INGREDIENTS

- Use whole-wheat flour for the first mix, unbleached all-purpose flour for later feeds, and drinking-quality water.
- Set out a gram scale, spoon and clean food-safe jar with a loose lid.
- A 1/2- to 1-quart jar leaves growth room for this small batch.

KEEP FLOUR IN ITS LANE

- Wash hands and clean the work surface.
- Keep raw flour away from ready-to-eat food; clean utensils and surfaces after handling it.
- You will observe this culture, not taste it.
- Record the jar's empty weight so later measurements exclude the glass.

SOURCES / King Arthur: starter recipe · CDC: raw flour and dough

STEP

Mix the first feed

1 OF 5 / READ IN ORDER

01

Start with a small batch you can maintain.



WEIGH AND COMBINE

- **Mix 50 g whole-wheat flour with 50 g cool water in the jar.**
- Stir until no dry flour remains.
- Scrape the mixture down so its height is easy to see.

COVER AND OBSERVE

- **Fit the lid loosely and leave about 24 hours near 70 F (21 C).**
- Mark the starting height with tape outside the jar and write down the mixing time.
- Keep the lid loose throughout this guide; do not seal a fermenting jar tightly.

SOURCES / King Arthur: starter walkthrough

[BUILD MAP](#)[PREVIOUS](#)[NEXT](#)

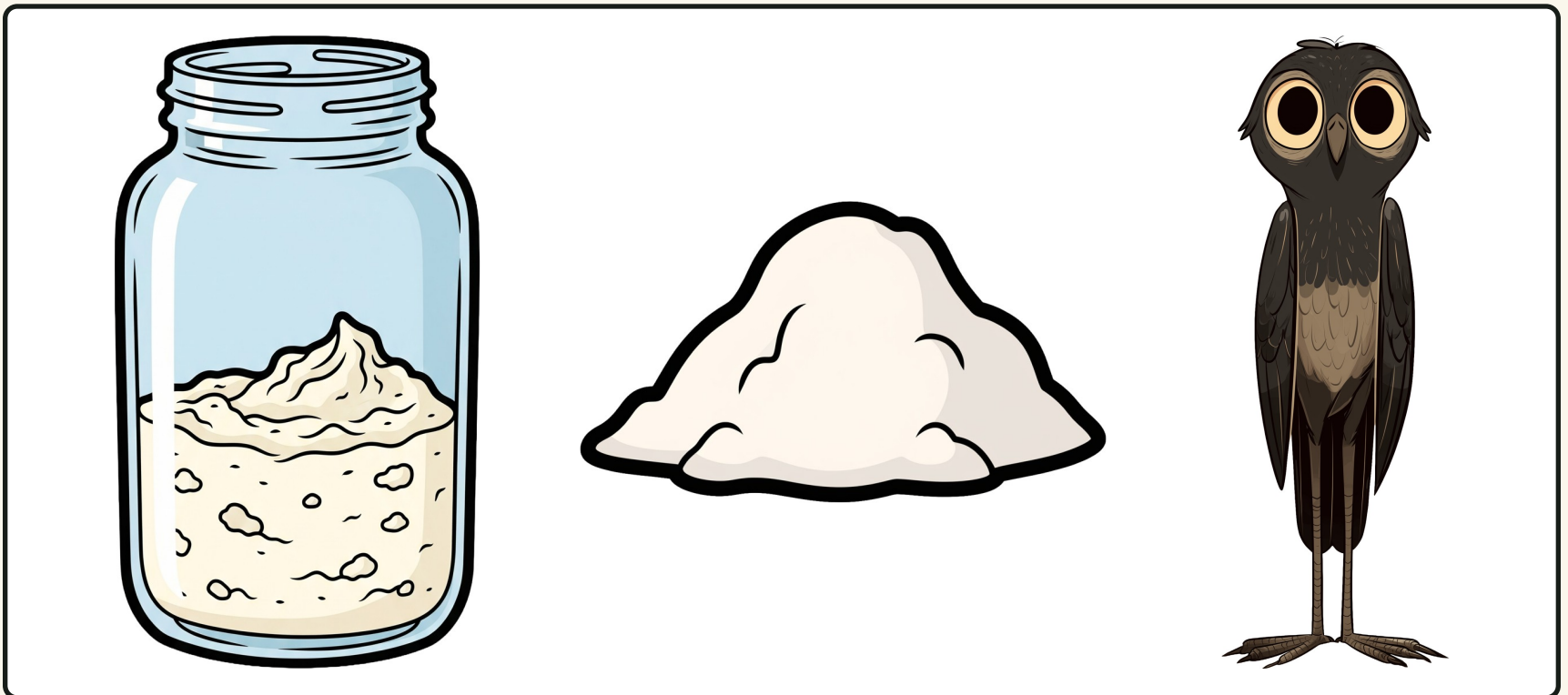
STEP

Keep a measured portion

2 OF 5 / READ IN ORDER

02

Feed the amount you keep, not the entire growing jar.



RETAIN, THEN FEED

- **After the first 24 hours, keep 50 g starter and discard the remainder.**
- Add 50 g water and 50 g unbleached all-purpose flour.
- Mix, cover loosely and wait another 24 hours.

MAKE THE NUMBERS VISIBLE

- **Write KEEP 50 / WATER 50 / FLOUR 50 on your record.**
- These are grams, not spoonfuls.
- This feeding produces about 150 g total.
- For this beginner method, discard removed portions until the culture is established; do not improvise meals with them.

SOURCES / King Arthur: starter walkthrough · King Arthur: feeding and maintenance

BUILD MAP

PREVIOUS

NEXT

STEP

Repeat morning and evening

3 OF 5 / READ IN ORDER

03

The routine becomes more important than the day number.



FEED ABOUT EVERY 12 HOURS

- **At each feeding, keep 50 g starter; add 50 g water and 50 g all-purpose flour.**
- Mix, cover loosely and mark the new level.
- Repeat morning and evening through the following days.

EXPECT UNEVEN PROGRESS

- **A young culture may rise dramatically and then seem quiet.**
- That early burst does not mean it is ready, and the quieter phase alone does not mean it has died.
- Continue the routine unless a discard condition on the final note page appears.

SOURCES / King Arthur: starter recipe · King Arthur: early starter activity

BUILD MAP

PREVIOUS

NEXT

STEP

Look for repeatable growth

4 OF 5 / READ IN ORDER

04

An active culture should perform after feeding, not merely have a birthday.



CHECK A FULL CYCLE

- **Look for reliable doubling within about 6-8 hours after feeding, bubbles throughout, and a pleasantly tangy aroma.**
- Record the fed height, highest height and elapsed time.
- Repeat the observation after another feeding to establish a pattern.

WAIT WHEN IT IS WEAK

- **Day five is an estimate, not permission to bake.**
- If growth remains weak, continue the same twice-daily feeds.
- A single early rise is insufficient.
- Use the separate BREAD guide's instant yeast while this culture develops; its recipe does not accept starter as a direct swap.

SOURCES / King Arthur: starter recipe · King Arthur: early starter activity

BUILD MAP

PREVIOUS

NEXT

STEP

Store it; wake it for baking

5 OF 5 / READ IN ORDER

05

Refrigeration reduces feeding frequency; it does not end maintenance.



REFRIGERATE AN ESTABLISHED STARTER

- **Keep 50 g starter and feed 50 g each water and all-purpose flour.**
- Cover, rest at room temperature for 1-2 hours, then refrigerate.
- Repeat this measured feeding about weekly.
- Date each feed; use the same loose-fitting cover.

REVIVE BEFORE A SOURDOUGH RECIPE

- **Remove it from the refrigerator.**
- Keep 50 g and feed 50 g each flour and water.
- Repeat at room temperature about every 12 hours until it doubles or triples within 6-8 hours.
- Follow your chosen sourdough recipe for the amount needed, while reserving 50 g to feed and keep.
- Never replace instant yeast gram-for-gram with starter.

SOURCES / King Arthur: feeding and maintenance

BUILD MAP

PREVIOUS

NEXT

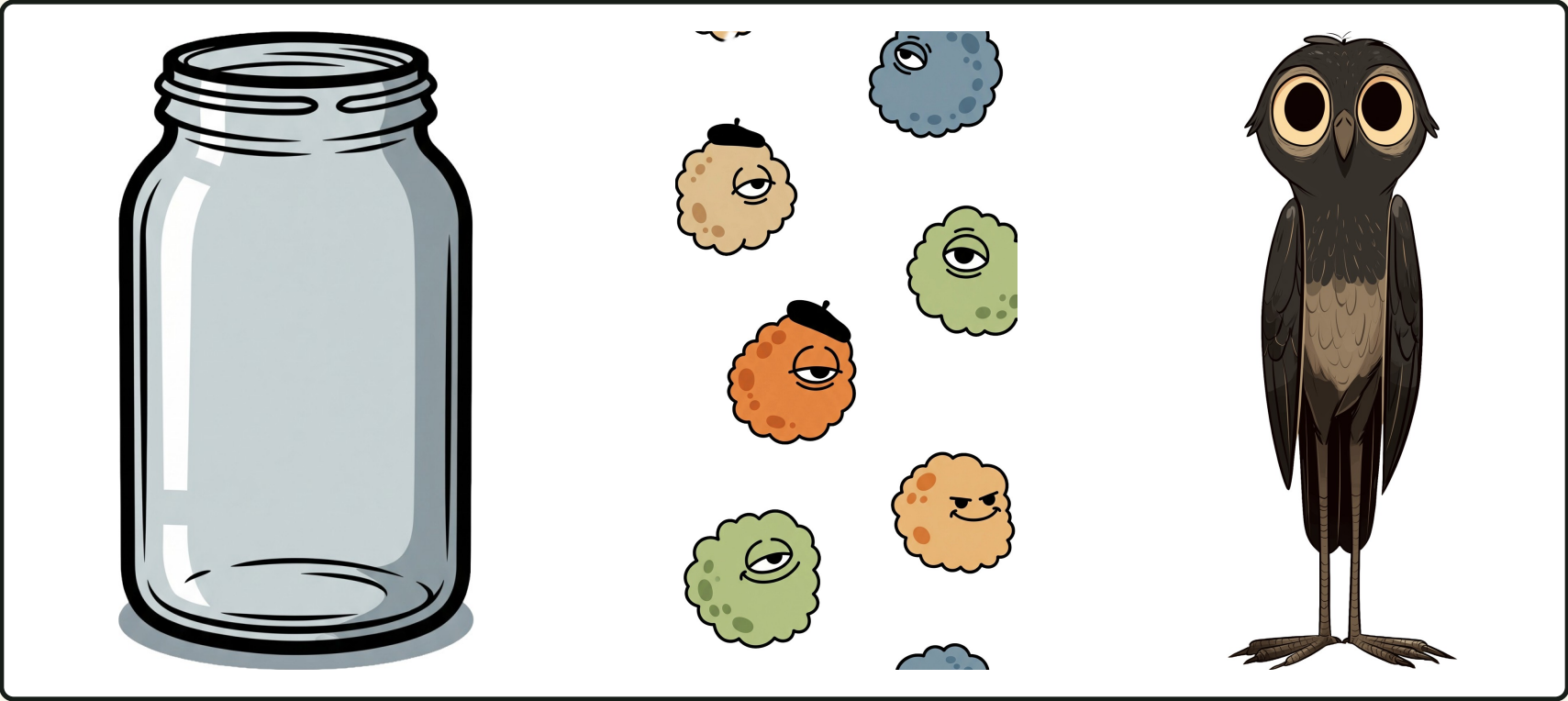
NOTE

When to keep feeding or restart

KEEP THESE LIMITS WITH THE STEPS

REF

Check the whole culture before deciding what to save.



STOP FOR SPOILAGE

- **Discard the entire starter if you see mold, pink or orange discoloration, or notice an off odor unlike its normal clean sour aroma.**
- Do not skim the surface and keep the rest.
- Clean the jar and utensils before starting again.

SEPARATE HUNGER FROM SPOILAGE

- **An alcohol smell or liquid layer can occur in a hungry starter.**
- Those signs alone are not the same as mold.
- If no discard signs are present, resume the feeding and revival routine.
- When uncertain about unusual growth, restart rather than tasting it to decide.

SOURCES / King Arthur: sourdough FAQ · King Arthur: feeding and maintenance

BUILD MAP

PREVIOUS

NEXT

QUICK REFERENCE

Read the full steps first. Tap any row to return to its instructions.

BEFORE STEP 01

Never taste raw starter. Keep the jar loosely covered. Discard moldy, pink, orange or abnormally foul cultures. Use only reliably active starter in an appropriate sourdough recipe.

01	Mix the first batch 50 g whole-wheat flour + 50 g water. Loose cover; about 24 hours.	P04
02	Give the first feed Keep 50 g; add 50 g each water and AP flour. Wait about 24 hours.	P05
03	Feed twice daily Repeat the measured feeding about every 12 hours from day three.	P06
04	Verify readiness Repeatable doubling in 6-8 hours, bubbles and normal tangy aroma. One early rise is insufficient.	P07
05	Maintain and revive Weekly fridge feeds; repeat room-temperature feeds before baking until the readiness check passes.	P08

NUKE SAYS

The pink starter has been evicted.