

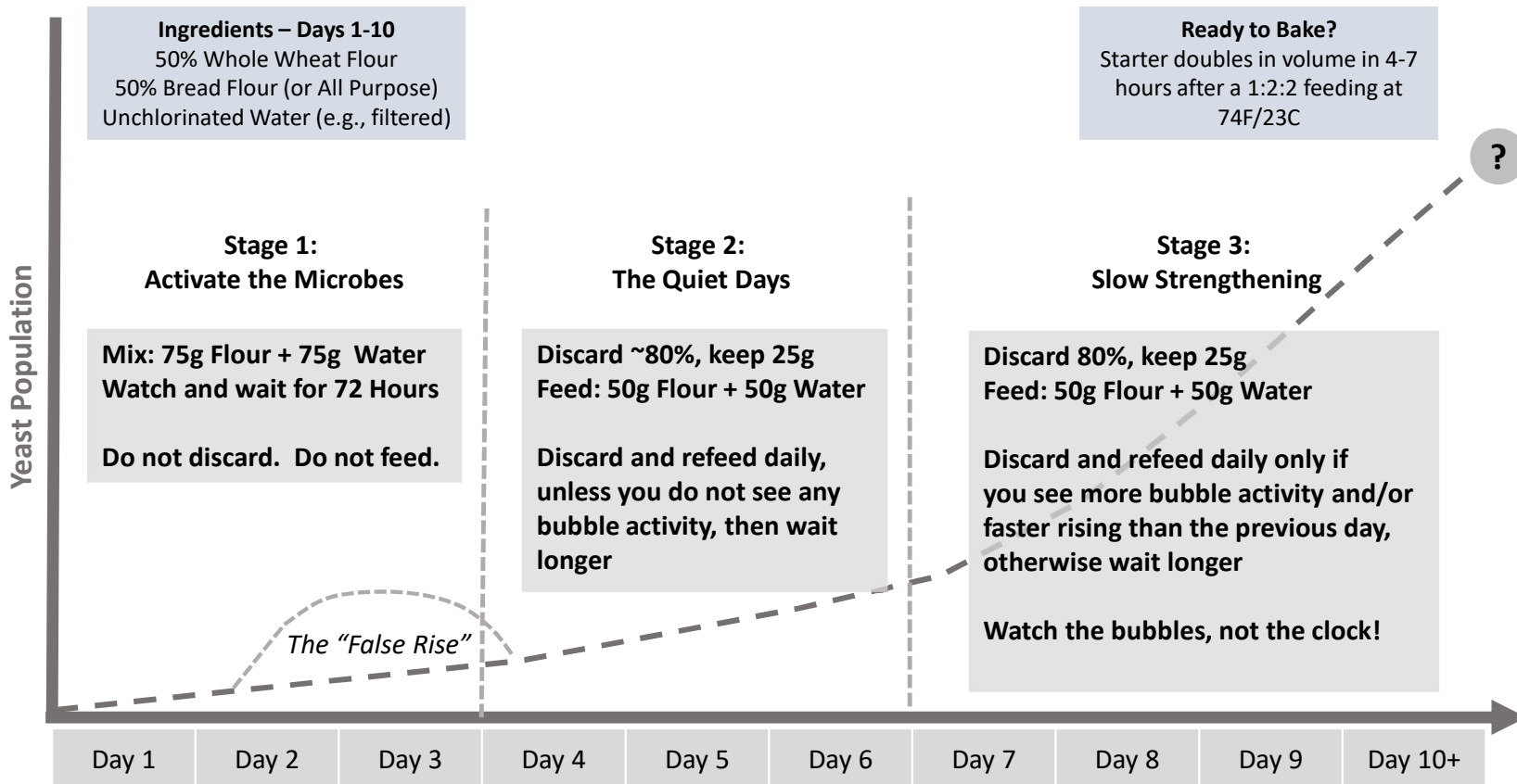
The Sourdough Journey: How to Create a Sourdough Starter

YOUR MISSION is to grow a **large yeast population**.

The **bubble activity** is your evidence of the size of the yeast population.

Watch and wait for increasing bubble activity before discarding and refeeding.

IMPORTANT: Prematurely discarding and overfeeding can weaken your starter!



Top Tips

It usually takes about 10-14 days to create a viable sourdough starter.

Around Day 2-3 you will often see a "False Rise." This is not yeast activity. It is bad bacteria burning off.

Do not save or use your discard until after Day 10.

If your starter gets moldy, you must dispose of it and start again. There is some risk of mold in the early days. Mature starters naturally repel mold.

If your kitchen is cooler than 70F/21C all of the standard times may take longer, but it will still work. Be patient.

Impatience is your biggest risk.

Video and FAQs at thesourdoughjourney.com