

The First 10 Days of a New Sourdough Starter – The Sourdough Journey © 2023

Day 1: Initial Mix



A stiff mix. Smells like flour.

Day 2: Do Nothing



No rise. A few surface bubbles. Smells like flour.

Day 3: Do Nothing



The “False Rise” typically occurs on Day 2 or 3. Vigorous growth and foul odors from a “bacterial bloom.” This is not yeast activity.

Day 4: Discard and Feed



First discard and feed after Day 1. The False Rise subsides. Starter may smell like old cheese, dirty socks, vomit, etc.

Day 5: Discard and Feed



No rise. A few surface bubbles. Foul odors. Clear liquid on the surface on Days 1-7 is water separation. Stir it up.

Day 6: Discard and Feed



No rise. A few more surface bubbles. Foul odors. Typically the last of the “Quiet Days.”

Day 7: Discard and Feed



Starter begins rising in height. Vigorous surface bubbles. Begins to smell sweet, ripe, and yeasty.

Day 8: Discard and Feed



The starter begins rising faster and higher. Sweet, ripe, and yeasty smelling.

Day 9: Discard and Feed



The starter continues rising faster. Sweet, ripe, yeasty, and slightly acidic.

Day 10: Ready to Bake?



Starter peaks (roughly doubles) in 4-7 hours after 1:2:2 Feeding at 74F/23C

**Initial Mix: 38g Whole Wheat Flour, 37g Bread Flour, 75g Filtered Water
Discard and Feed: Keep 25g Carryover Starter, Feed 50g Flour Blend and 50g Water
Do not save your discard until your starter passes the Ready-to-Bake Test
All new starters follow this cycle. Some are faster or slower than others.**