Activating the Starter

1. Add packet of starter to 1 tablespoon whole wheat flour and 1 tablespoon of room temperature water in a quart-size glass jar and stir thoroughly. Cover the jar with a coffee filter or breathable material secured with a rubber band and culture in a warm place for 12-24 hours.

2. After 12-24 hours, feed the starter with an additional 2 tablespoons of flour and 2 tablespoons water. Stir vigorously. Your starter should have the consistency of pancake batter, and you may need to add more flour or water.

3. After 12-24 hours, feed the starter with an additional ¼ cup of flour and ¼ cup water. Stir vigorously.

4. After another 12-24 hours, feed the starter with an additional ½ cup of flour and ½ cup water. Stir vigorously.

5. After 12-24 hours, discard down to ½ cup starter and then feed the starter with ½ cup water and 1 cup flour. Repeat for 3-7 days, until the starter has the consistency of pancake batter and is bubbling regularly within a few hours of feeding. Go to our website for ways to use discarded starter!

What You’ll Need

- 1 packet dehydrated sourdough culture (in this box)
- Water free of chlorine and fluoride (bottled spring water)
- Whole wheat flour (not freshly ground)
- Quart-size glass jar or similar container
- Coffee filter or breathable material
- Rubber band
- Non-aluminum mixing utensil (stainless steel is OK)

What’s next? Keep your starter fed and healthy, bake with it, plus troubleshooting tips. © Cultures for Health 2016 - www.culturesforhealth.com
We have dozens of recipes, how-to videos, and articles for beginners and sourdough pros on our website, www.culturesforhealth.com.

Want more?

Get creative! If it's too cold, keep your starter on top of a warm appliance or in the oven with the light on. If it's too hot, try a low cabinet or pantry. Test your new spot first.

Q: It's hot/cold outside. Where can I find a 70°-85°f spot to culture my starter?
A: If your starter isn't performing as expected, don't throw it away! Put a tight lid on your culture, store it in the fridge, and contact customer support at www.culturesforhealth.com. Let us help.

Fermented foods have a sour but clean aroma and flavor. Never consume anything that smells or tastes unpleasant.

Q: My starter smells weird. Is that normal?
A: If it's too cold, keep your starter on top of a warm appliance or in the oven with the light on. If it's too hot, try a low cabinet or pantry. Test your new spot first.

Questions? We can help!

Recipe: Sourdough Cinnamon Buns

Cinnamon raisin buns are a traditional holiday breakfast treat in many families. These sourdough buns can't be beat, and when spread with cream cheese, they make a great lunchbox snack.

Total time: 9-10 hours  Active time: 20-30 minutes

INGREDIENTS

- 2 cups whole wheat sourdough starter
- 1 cup water, room temp.
- ⅛ cup honey
- 2 tsp. salt
- 1 cup white flour
- 2 tsp. cinnamon
- 1 cup raisins
- ½ cup chopped walnuts
- 3-4 cups whole wheat or spelt flour

INSTRUCTIONS

1. In a large bowl, **combine** the starter and water. **Stir** in the honey, salt, white flour, and cinnamon. **Fold** in the raisins and walnuts.

2. **Stir** in about 2 cups whole wheat flour until the dough is too thick to mix by hand; **turn it out** onto a floured smooth surface and **knead**, adding additional flour as needed, until dough is elastic, about 10 minutes.

3. **Place** the dough in a buttered glass or plastic container. **Cover** and let **rise** in a warm place until doubled in size (2-8 hours). You can also refrigerate the dough for up to 24 hours at this point.

4. When the dough has doubled, **punch** it down and **divide** it into sixteen pieces. **Shape** each piece into a ball. **Grease** 2 baking sheets and **place** 8 balls on each; **cover** with a cotton towel, and let **rise** until doubled in size, 30-45 minutes, or longer if the dough was refrigerated.

5. Bake at 400°F for 20 minutes, until golden brown. **Cool** on a wire rack.

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