

Rye Sourdough Starter

ACTIVATE / FEED / BAKE / MAINTAIN



SET UP FOR SUCCESS

What you need

Ingredients

- Organic rye flour (recommended)
- Room-temperature water free of chlorine and fluoride, such as bottled spring water
- 1 packet dehydrated rye sourdough starter

Equipment

- One-quart glass jar
- Coffee filter or tight-weave cloth
- Rubber band
- Mixing utensil

Activation temperature: 75-85°F (24-29°C). Keep the jar covered with a breathable cover between feedings.

01 Combine the starter ☐

Add the entire packet of starter to **1 Tbsp. rye flour** and **1 Tbsp. room-temperature water** in a one-quart glass jar. Stir thoroughly. Cover with a coffee filter or other breathable material, secure with a rubber band, and culture at **75-85°F (24-29°C) for 12-24 hours**.

Look for bubbles between feedings. That is fermentation at work.

NEXT FEEDING / SET A 12- OR 24-HOUR REMINDER ONLINE

02 Give it the first feeding ☐

After **12-24 hours**, feed the starter with an additional **2 Tbsp. rye flour** and **2 Tbsp. water**. Stir thoroughly.

Aim for pancake-batter consistency. Add flour or water to adjust as necessary.

NEXT FEEDING / SET A 12- OR 24-HOUR REMINDER ONLINE

Wake up your starter

Keep the measured amount of starter, then add fresh rye flour and water.

03 Keep 2 tablespoons, then feed ☐

After another **12-24 hours**, keep **2 Tbsp. of starter** and discard the rest. Feed those 2 Tbsp. with **4 Tbsp. rye flour** and **4 Tbsp. water**. Stir thoroughly.

Measure the starter you are keeping before adding the fresh flour and water.

NEXT FEEDING / SET A 12- OR 24-HOUR REMINDER ONLINE

04 Build the next feeding ☐

After another **12-24 hours**, keep **1/4 cup of starter** and discard the rest. Feed that 1/4 cup with **1/2 cup rye flour** and **1/2 cup water**. Stir thoroughly.

NEXT FEEDING / SET A 12- OR 24-HOUR REMINDER ONLINE

05 Discard down, then feed again ☐

After another **12-24 hours**, discard down to **1/4 cup starter**. Feed the remaining starter with **1/2 cup water** and **1/2 cup rye flour**. Stir thoroughly.

The amounts stay the same during the repeat cycle in Step 6.

NEXT FEEDING / SET A 12- OR 24-HOUR REMINDER ONLINE

06 Repeat until active ☐

Repeat **Step 5 every 12-24 hours for 3-7 days**. Continue until your starter has the consistency of pancake batter and is **bubbling regularly within a few hours of feeding**. That is when it is activated and ready to use.

Set a fresh reminder after each feeding until the starter is reliably active.

NEXT FEEDING / SET A 12- OR 24-HOUR REMINDER ONLINE

Ready signal: pancake-batter consistency and regular bubbling within a few hours of feeding. Repeat Step 5 every 12-24 hours for 3-7 days until these signs are consistent.

Bake today. Keep it going.

Using your starter: build up the amount your recipe needs using the activation feeding ratios, without discarding as you go. It is ready to bake within 4 hours after the last feeding. Reserve at least **1/4 cup** to continue maintaining.

ONCE YOUR STARTER IS ACTIVE

Choose your maintenance routine

On your counter

Frequent bakers

Feed every **24 hours**.

1 part starter : 1 part water :
1 part rye flour
Measured by volume

In your fridge

Weekly or monthly bakers

Feed every **5-7 days**. Cold slows the culture.

1 part starter : 1 part water :
1 part rye flour
Measured by volume

KEEP THIS HANDY

Activation feeding reference

Step	Starter to keep	Add rye flour	Add water	Wait / repeat
1	1 packet	1 Tbsp.	1 Tbsp.	12-24 hours
2	Keep all	2 Tbsp.	2 Tbsp.	12-24 hours
3	2 Tbsp.	4 Tbsp.	4 Tbsp.	12-24 hours
4	1/4 cup	1/2 cup	1/2 cup	12-24 hours
5	1/4 cup	1/2 cup	1/2 cup	12-24 hours
6	Repeat Step 5	1/2 cup	1/2 cup	For 3-7 days

Need help? Email a photo of your jar, flour, water, temperature, and feeding times to info@culturesforhealth.com.

Your next feeding, remembered.

Open the online guide for reminder options and step-by-step support