



CULTURES FOR HEALTH

WHOLE WHEAT SOURDOUGH

— INSTRUCTIONS —

Everything you need to activate, feed, and bake with your Whole Wheat Sourdough Starter.

SOURDOUGH STARTER WHOLE WHEAT
Make real whole wheat sourdough at home.

NO EXPERIENCE NEEDED
ONE PACKET. ENDLESS BREAD.

- ✓ Just add flour & water
- ✓ Makes multiple loaves

MADE IN USA

TRUSTED BY MILLIONS OF FROM-SCRATCH MAKERS
SIMPLE STEP-BY-STEP ACTIVATION

THOUGHTFULLY SOURCED

REAL FOOD. REAL RESULTS.

TRUSTED SINCE 2002

NOURISHING TRADITIONS

What you need



Ingredients

Organic whole wheat flour
Room-temperature water free of chlorine and fluoride (bottled spring water)
1 packet dehydrated Whole Wheat Sourdough Starter

Equipment

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

Activation: keep your covered jar at **75-85°F (24-29°C)**. Allow **12-24 hours** between feedings. Repeat the final feeding for **3-7 days**, until active.

ACTIVATION GUIDE

Wake up your starter

STEP 1 / Combine the starter



Add the entire packet of starter to 1 Tbsp. whole-wheat 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.

Reminder: choose 12 or 24 hours on the instructions page.

STEP 2 / First feeding



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

Aim for pancake-batter consistency; adjust flour or water if needed.

Reminder: choose 12 or 24 hours on the instructions page.

STEP 3 / Build the culture



After 12-24 hours, feed 2 Tbsp. of the starter with an additional 4 Tbsp. whole-wheat flour and 4 Tbsp. water. Stir thoroughly.

Reminder: choose 12 or 24 hours on the instructions page.

ACTIVATION GUIDE

Wake up your starter

STEP 4 / Increase the feeding



After 12-24 hours, feed 1/4 cup of the starter with 1/2 cup whole-wheat flour and 1/2 cup water. Stir thoroughly.

Reminder: choose 12 or 24 hours on the instructions page.

STEP 5 / Discard, then feed



After 12-24 hours, discard down to 1/4 cup starter and then feed the starter with 1/2 cup water and 1/2 cup whole-wheat flour. Stir thoroughly.

Reminder: choose 12 or 24 hours on the instructions page.

STEP 6 / Repeat until active



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

Repeat Step 5 until regularly bubbling within a few hours of feeding.

Reminder: choose 12 or 24 hours on the instructions page.

BAKE, FEED & REPEAT

Using and maintaining your starter

Using your starter

To build up starter for a recipe, feed according to the ratio on the activation guide - just do not discard as you go. It is ready to bake with **4 hours after the last feeding**. Reserve at least **1/4 cup** to continue maintaining.

Reminder: 4 hours after the last feeding.

On your counter - frequent bakers

Feed once every **24 hours**, using **1 part starter, 1 part water, and 1 part whole wheat flour** (by volume).

Reminder: 24 hours.

In your fridge - weekly/monthly bakers

In colder temperatures your starter goes into hibernation. Feed every **5-7 days**, just like you would on your counter, using **1 part starter, 1 part water, and 1 part whole wheat flour** (by volume).

Reminder: 5, 6, or 7 days.

Is this normal?

No bubbles yet? Keep the jar at 75-85°F and continue the feeding schedule.

Too thick or thin? Adjust with a little water or whole wheat flour.

Grey liquid or a strong sour smell? Continue the discard-and-feed cycle.

Pink, green, blue, or fuzzy growth? Discard the starter, clean your equipment, and contact our team.

STARTER READY?

Make something delicious

Put your activated starter to work in these sourdough favorites. Follow each recipe's ingredient and preparation instructions.



Our Simple Sourdough Bread

A classic loaf to start your sourdough baking.



Easy Sourdough Pancakes

Turn fresh starter into a delicious breakfast.



Basic Sourdough Muffins

Whole wheat muffins for breakfast or a snack.

Stuck? Ask a real person.

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

Use the live page's **Was this helpful?** section to share feedback or request help.