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## **Ohmgrown Jersey Shore Sourdough Starter**

We are excited to share our Ohmgrown Sourdough Starter with you! This is going to be an exciting journey and it has the potential to change your life! Be patient with yourself and have fun. Remember, this is only your starter and you will to follow a recipe once your starter is active and bubbly!

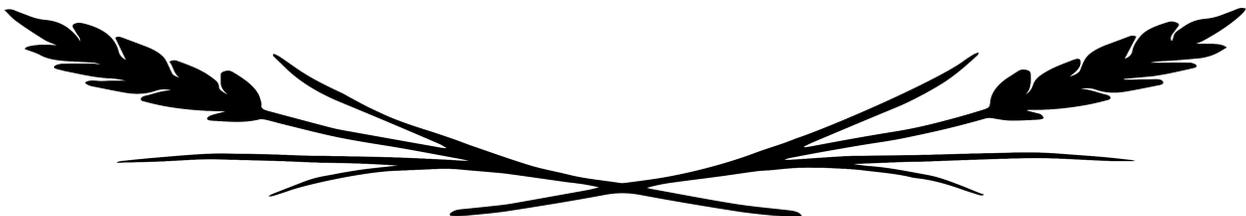
Our goal is to help others to live sustainably, enjoying a healthy lifestyle that you can maintain in your own home.

Enjoy and thank you for being a part of Ohmgrown!

*Katie & Joe Oehme*

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## **What you need to Activate your Starter**

- **White Flour**-Your starter culture requires flour to activate and maintain. We recommend using organic white flour.
- **Lukewarm water**, free of chlorine and fluoride. Bottled is best if possible
- **1 Packet** of Ohmgrown dehydrated sourdough culture.
- **2 quart** glass mason jar
- **Lid**- It can be a coffee filter or light airy fabric
- Rubber band to secure lid

## **Activating Your Starter**

Note: Before you begin, establish a regular feeding time. Consistency matters. Feeding your starter at the same time will train it to rise and fall predictably. This way you will know when ready to use. For example, if you want to make dough at 7pm and your starter takes 5 hours to rise, feed it at 2pm. You will learn this as you go!

## **Directions:**

- 1.) Empty starter into large mixing bowl. Add  $\frac{1}{4}$  cup of lukewarm water to the starter and let soak for at least an hour, stirring occasionally until completely dissolved.
- 2.) Add one  $\frac{1}{4}$  cup flour and  $\frac{1}{4}$  cup room temperature water in a quart size glass jar and stir. Cover the jar with a breathable material and store in a warm place, 70-80 ° F for 12-24 hours.

***Tip: You're looking for your starter to bubble between feedings. That's FERMENTATION- a natural process where wild yeasts and lactic acid bacteria in a flour and water starter breaks down sugars, creating a carbon dioxide for leavening for a tangy flavor and preservation, resulting in complex flavor, improved digestibility and nutrient availability.***

- 3.) After 12-24 hours, feed the starter with an additional  $\frac{1}{2}$  cup of flour and  $\frac{1}{2}$  cup water and stir.

***Tip: Texture is key! Use the suggested ratios for feedings as a guide. It doesn't have to be exact. This is because your starter will look different on different days due to various variables: temperature, type of flour used, flour absorption rate etc. It should resemble pancake batter. If it is too thin, add flour, too thick, add water. The texture is always adjustable.***

4.) After 12-24 hours, discard your starter to 1/2 cup. Add 1/2 cup of flour and 1/2 cup of water. Stir

***Tip: Keep your starter in a warm place, next to fire or oven, on top of the dishwasher when it is on, under a candle warmer.***

5.) Repeat step 4 every 12-24 hours for 3-7 days. Do this until the starter is actively bubbling regularly within a few hours of feeding. This can take 2-7 days depending on temperature. When bubbling, your starter is activated and ready to use!!!

**When bubbling, your starter is activated and ready to use in your favorite sourdough bread recipe!**

6.) Name your starter.

7.) Take pictures and tag @ohmgrownathome

***Tip: What goes up must come down! An active starter will double in size. Once it has doubled in size, it will fall back down. This is normal. It just loses strength as it goes down. It will only stay fully risen for 1-2 hours. Make bread at peak height.***

### **MAINTAINING YOUR STARTER**

- If you are an avid baker, feed every 24 hours using 1 part water, 1 part starter, 1 part flour. You can leave on your counter if you are actively feeding. (1/2 cup water, 1/2 cup starter, 1/2 cup flour. If you are baking a lot you can adjust keeping a 1:1:1 ratio.) You can adjust to the pancake batter consistency.
- If you are an occasional baker, keep in your refrigerator and take out every week to feed using 1 part water, 1 part flour.

Many bakers have different techniques. These are all suggestions to help you. If you find another way that works for you, stick with it!!! Remember: Pancake Batter Texture!

**Warning! Purchasing our Ohmgrown Sourdough Starter may cause life altering changes.....**

- 1. Purpose- you'll have a reason to get up extra early to and stay up late to feed and keep your started warm. (kind of like having a newborn that you want to keep alive)**
- 2. Health- good for gut, nutrient absorption, blood sugar control, you will gain arm strength from all the mixing.**
- 3. Creativity- the scoring designs and recipes are endless and will keep you busy for hours. You will have fun picking out a name for your starter too!**
- 4. Limits screen time- your hands will be too busy**
- 5. Scientific and Math Cognition- you'll learn the measurement system again, grams, oz & how to calculate them to fit your recipes and adjust to flour variables and you will learn all about fermentation!**
- 6. You will never be bored again**
- 7. You will connect with family and friends and always have something to talk about and do together that costs nothing. You'll need to depend on them to help you with feedings, stretch and folds and tastings.**
- 8. You will always have a gift to give.**
- 9. You will live sustainably and never have to shop for bread again. You'll suddenly want to grow all your own food and maybe get a goat and chickens.**
- 10. You will go through learning, failure, frustration, but once you get that perfect loaf, you will feel the greatest sense of accomplishment**
- 11. You will pass your starter on to generations to come,**

