

WILD YEAST STARTER

The Honourable Harvest | The Wildcrafted Pantry

Ingredients:

1/2 cup Sugar, Honey, or Maple
2 cups Water (non-chlorinated)
A handful of foraged botanicals
(lightly brushed, not thoroughly
washed)

Feeding Your Wild Yeast:

2 tbsp sugar
4 tbsp water
Stir to dissolve, then shake well
after feeding.

Directions:

1. Add sugar and water to a clean jar. Stir to dissolve.
 2. Add your foraged ingredients to the jar.
 3. Loosely cover the jar with a lid, or use cheesecloth secured with an elastic.
 4. Shake or stir the jar 2–3 times per day.
 5. Let ferment at room temperature. In 3–4 days, look for bubbles and a lightly fizzy, yeasty smell.
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Maintaining Your Wild Yeast:

Room temp: Feed 1–2 times per week.

Fridge: Feed every 1–2 weeks or by taste.

Refrigeration slows fermentation—handy if you're not using it often.

PREP TIME: 5–10 MINUTES + 3–4 DAYS FERMENTATION

YIELD: ~500–600 ML ACTIVE STARTER