

THE
APPALACHIAN
SAGE

FAMILY
TRADITIONS
MADE
SIMPLE



FREE

Sourdough Starter
— COMPANION GUIDE —



Everything You Need
to Start, Feed,
Bake & Share
Homemade
Sourdough Bread



From my kitchen
to yours...



Let's keep these
old traditions
alive.



One Baker Teaching Another...

That's How Traditions Stay Alive.



BY HANNAH CEDARS



The Appalachian Sage



INGREDIENTS

Keep it simple. Keep it pure. Keep it traditional.



BREAD FLOUR

Unbleached, unbromated flour works best for a strong, healthy starter.



WIDE MOUTH MASON JAR

Use a clean 32 oz. (1 quart) jar with a loose lid or cloth cover.



FILTERED WATER

Use filtered or spring water. Tap water can vary and may slow your starter.



KITCHEN SCALE

Weighing is the key to consistency and success.

TOOLS YOU'LL NEED

These tools make the process easier and more enjoyable!



STARTER JAR
I love jars with measurements.



SILICONE SPATULA
Perfect for mixing and scraping.



DIGITAL SCALE
Your best friend in sourdough.



BANNETON BASKET
Helps your dough rise beautifully.



DOUGH SCRAPER
Simple and so handy.



BREAD LAME
For that perfect artisan score.



PROOFING BOX (OPTIONAL)
Helps control temperature for perfect rising.



BEESWAX BREAD BAGS
Keep your bread fresh naturally.

THE HEART OF HOMEMADE BREAD

The Dutch Oven

A good Dutch oven gives you that beautiful crust, perfect rise, and old-fashioned bakery quality right from your own oven.



My personal favorite for baking sourdough!
Enamled Cast Iron Dutch Oven
6 Quart, Sage Green

[VIEW ON AMAZON](#)

(See link in the description box)

BEAUTIFUL COLORS FOR EVERY COUNTRY KITCHEN



*Many colors. Many sizes.
One perfect loaf every time.*

HANNAH'S FAVORITE SOURDOUGH TOOLS

All of my favorite tools are linked in the description of each day's video!



KNEAD PRO STARTER KIT
Everything you need for sourdough success.



FOLDING PROOFING BOX
Perfect temperature control for rising dough every time.



BREAD LAME
Easy scoring for beautiful loaves.



BANNETON BASKET
Helps create structure and a beautiful rise.



BREAD KNIFE
Clean, even slices every time.



BEESWAX BREAD BAGS
Keep your homemade bread fresh naturally.

THE APPALACHIAN SAGE

From Starter to Loaf You'll Love

You've nurtured your starter—now it's time to bake!
Follow this guide for a beautiful loaf every time.



DAILY FEEDING CHEAT SHEET

DAY	FEEDING AMOUNT	WHAT TO LOOK FOR
 DAY 1 <i>The Beginning</i>	50g flour 50g filtered water	Little to no activity. This is normal!
 DAY 2 <i>Tiny Bubbles</i>	Discard all but 50g Add 50g flour Add 50g water	Tiny bubbles may appear. A few may float.
 DAYS 3-5 <i>Activity Grows</i>	Discard all but 50g Add 50g flour Add 50g water	More bubbles. Starter begins to rise and fall.
 DAYS 6-8 <i>Getting Stronger</i>	Discard all but 50g Add 50g flour Add 50g water	Rises higher. Smells pleasantly tangy.
 DAYS 9-12 <i>Almost There!</i>	Discard all but 50g Add 50g flour Add 50g water	Doubles in size within 4-8 hours after feeding.

Every starter is different. Some are ready in 7 days, others in 10-12. Watch for the signs, not the clock. 

START A SECOND STARTER (DAY 6+)



Once your starter is active and healthy (around Day 6), take 50g of discard and begin a second jar.

Feed it the same way.
Keep both going with daily feedings.

When one is mature and strong, gift it to a friend, neighbor, or family member along with this guide and a loaf of homemade bread.

That's how traditions stay alive.



COUNTER OR REFRIGERATOR?



BAKING OFTEN?

Keep on the Counter
Feed every 24 hours.
Use when bubbly and doubled.



BAKING OCCASIONALLY?

Refrigerate your starter.
Feed before your next bake and let it come to room temperature.

A happy starter is active, bubbly, and fed regularly.
Treat it with love—it will return the favor in every loaf. 

BAKING YOUR SOURDOUGH LOAF

- MIX THE DOUGH**
100g active starter, 350g warm water, 500g bread flour, mix until combined. 
- ADD SALT**
Add 10g sea salt and mix until incorporated. 
- STRETCH & FOLD**
Every 30 minutes for 2 hours. The dough will strengthen. 
- BULK FERMENT**
Let rise in a warm spot until nearly doubled and puffy. 
- SHAPE**
Turn dough onto a floured surface. Shape into a tight ball. 
- PROOF**
Place in a floured banneton. Let rise until puffy (may take 2-6 hours). 
- SCORE**
Score the top about 1/4 inch deep with a bread lame. 
- BAKE**
Place in preheated Dutch oven. 450°F for 20 minutes (lid on). Remove lid and bake 20-25 minutes until deep golden brown. 
- COOL**
Cool on a wire rack for at least 1 hour before slicing. 

All of Hannah's favorite tools and supplies are linked in the description box of each day's video. 

DUTCH OVEN: THE SECRET TO A PERFECT CRUST



MANY BEAUTIFUL COLORS. MANY SIZES.
One perfect loaf every time.



AVAILABLE SIZES



Steam is the magic.
A Dutch oven traps steam, giving you that beautiful oven spring and artisan crust.

Enamelled cast iron gives you the best heat retention for a beautiful rise and perfect crust.

One Baker Teaching Another... That's How Traditions Stay Alive.

Thank you for letting me be part of your sourdough journey!  —Hannah Colars

DAY 12

THE FINAL
CHAPTER

THANK YOU

— FOR JOINING MY —

Free 12-Day Sourdough Starter Mini Course

My Friend,

If you've made it this far... congratulations! Twelve days ago we started with nothing more than flour, water, and a little faith that we could do this together. Today you've learned how to care for a living sourdough starter, bake beautiful homemade bread, and preserve one of the oldest kitchen traditions in the world.

I hope this guide becomes something you reach for often and reminds you that homemade bread doesn't have to be complicated. Just simple ingredients, a little patience, and a whole lot of love.

One Favor...

If this course blessed you, please pass it on. Teach your daughter, your son, a grandchild, a neighbor, or a friend.

*One baker teaching another...
that's how traditions stay alive.*

♥ HANNAH'S COUNTRY KITCHEN FAVORITES

Visit TheAppalachianSage.com and click **Hannah's Country Kitchen Favorites** to see my favorite Dutch ovens, proofing boxes, bread bags, bannetons, starter jars, bread knives, and more.



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From My Kitchen... To Yours...

Thank you for allowing me to be part of your sourdough journey.

Happy Baking! ♥

Hannah Cedars ♥

The Appalachian Sage