

Foreword: Gentle Baker, I would like to propose a few questions before you begin. Would you go and take your driver's test without studying the drivers manual first? Would you get behind the wheel of a car for the first time with no training or preparation? Would you go to an interview without studying the company ahead of time?

Well...making sourdough bread is as complicated and maybe a little bit more, than any of those things, but never fear, with a little study time you too can master this ancient art and succeed beyond your wildest expectations the first time you try.

So, for that reason, I strongly recommend that you **read every word of this recipe at least three times especially page 7, or as many times as you need to fully comprehend the process BEFORE YOU DO ANYTHING.** If you do that, your success is guaranteed, and you will not experience any apprehension or frustration or confusion. That is the promise of this recipe, that it covers everything you will experience and everything you need to succeed, start to finish.

The instructions may *seem* complex and daunting at first glance, but in reality, it becomes the simplest thing in the world once you understand the basic steps. Most of the recipe is educational and deals with special scenarios, but in its most basic form it is really like any other bread recipe out there except for the timing - the 24 and 36 hours fermentation time between steps, but in all other respects, the steps are the same. They are:

1. Mix the dry ingredients (flour and salt) and the wet ingredients (water and yeast - which is what the starter is)
2. Let it rise
3. Transfer it to a parchment paper lined or buttered baking vessel
4. Let it rise a second time in the baking vessel
5. Bake it.

The Guaranteed Success One to One Ratio San Francisco Sourdough Method

(Pancake and Biscuit Recipes at end)

NOTE: Timing of the different steps is key to integrating this recipe into your lifestyle. The first step only needs to be done once, thereafter steps 2 through 6 will only take you 25 minutes total over a 24 hour period.

NOTE: Timelines are suggested for each step.

Tools:

1. Work area of about 20" x 20" at least.
2. Dutch oven or bread loaf pan about 3" deep by 5" wide by 9" long for a 3 cup recipe - larger for 4 cup recipe.
3. Dough cutter and scraper is very helpful but not necessary.
4. Measuring cups and spoons
5. Large bowl for mixing
6. Cling wrap - (TIP: Keep your plastic wrap in the freezer to make it easier to handle.)

Ingredients:

1. Bread Flour - I recommend unbleached organic King Arthur - Available on Amazon. If you can't get bread flour you can add 1.5 teaspoons per cup of flour of Vital Wheat Gluten or other gluten additive.
2. Table salt - fine, NOT coarse Kosher
3. Filtered Water - Again - VERY IMPORTANT, DO NOT USE DISTILLED WATER - IT HAS NO MINERALS - THE CULTURE NEEDS MINERALS TO WORK.
4. Sourdough Starter Flakes from your kit.

Method:

Step One - Getting the Starter Going - about 5 minutes of actual work - 3 to 6 days to fully activate – Very Important: Mix this up in the morning because if you mix it up in the evening, all of the activity will happen while you are asleep and you will not know what's going on and you will think nothing is happening– you need to be able to visually observe the starter's progress towards becoming fully activated about every hour.

1. Mix the starter flakes into two cups - liquid measure (16 oz. or 452 grams by weight) of filtered water @ temp of 65° to 75° F- dissolve it as much as possible, just stir for 3 to 5 minutes. **It will not completely dissolve**, that is OK.

Most grocery store bottled water is filtered, you can also use water from common inexpensive household water filtration systems such as Brita or Pur.

VERY IMPORTANT, DO NOT USE DISTILLED WATER - IT HAS NO MINERALS - THE CULTURE NEEDS MINERALS TO WORK. Chlorine in tap water will kill the sourdough starter. You CAN use tap water if you let it sit for at least 24 hours to off-gas the chlorine.

2. Mix in two cups - dry measure (11 oz or 308 grams by weight) of unsifted, unbleached bread flour.

3. Put into a 1 qt (32 oz) Mason jar with a **loose lid** and put it out on your kitchen counter. **CAUTION: If you tighten the lid you may have an explosion – the starter will expand quite a bit!**

4. Observe your starter at least once an hour. This is so you can reassure yourself it's working. This is just an exercise in observation, you don't need to do anything. After 24 hours, discard exactly half of the starter - reserving the rest. Mix up a fresh mixture of one cup water and one cup flour, combine this mixture with the starter that you reserved.

5. Repeat step 4 every 24 hours for at least 3 days up to as many as 6 days until you see very vigorous activity in the form of lots of bubbles. When it develops lots of bubbles throughout from top to bottom, you know it has become fully activated. After this activity, the bubbles will go away, hooch will form on the top, and the starter will go flat and dormant and will be very liquid. This exactly right. This is not a thick dry starter like some others. It is now ready for you to make a large batch of starter from which you will make the dough.

6. **Hooch may not always form, but stick to the feeding schedule anyway.**

Below are some pictures that show the starter life cycle from active to dormant. These pictures will help you recognize the stage your starter is in. This first is at its most active and subsequent pictures show it going inactive and then dormant with hooch on top.





Step Two - Making the first usable large batch of Starter - about 10 minutes of actual work - 36 hours to develop
Again, Very Important: Mix this up in the morning because if you mix it up in the evening, all of the activity will happen while you are asleep and you will not know what's going on and you will think nothing is happening– you need to be able to visually observe the starter's progress towards becoming fully activated about every hour.

1. When your small batch of starter has gone flat and dormant, you know it's is now ready to be used to make a larger batch of starter that you will use to make your bread dough.
2. Pour any hooch off into a measuring cup and note the amount of liquid, replace the exact volume of liquid that the hooch measured out to with water, this will keep the starter from getting drier over time.
3. Add all of the starter (that now has no "hooch" on the top) to 3 cups of water and mix carefully and thoroughly with a whisk.
4. **Move the starter into a much larger container**, one that can hold at least 10 to 12 cups. I recommend a large plastic cereal container widely available on Amazon. Gradually stir in 3 cups of unbleached bread flour until fully incorporated.
5. Put this mixture into container large enough to hold all of it and still only be 3/4 full.
6. Cover loosely enough so the gasses can escape, place it on your kitchen counter, and walk away for 36 hours. This 36 hour time period is necessary to ferment the starter and to help develop the acetic and lactic acid that give the bread the authentic sour flavor.

A Note About Ratios: One to one on everything. Basic loaf uses 3 cups of starter, 3 cups of flour and 3 teaspoons of salt. Scale up accordingly for larger loaves. 1 cup of unsifted flour = 5.4 oz or 154 grams. If you live at a high altitude special baking instructions must be used. Please see page 8 for high altitude instructions.

Step Three - Making and Autolyzing the dough - about 10 minutes of actual work for the initial mixing and about 3 minutes of work for each of the additional 3 repeats - Total work time - about 20 minutes spread over 120 minutes at 30 minute intervals. **Timeline Suggestion:** Any time after 6 PM and before 10:30 PM of the second day. This can be done with a stand mixer if you have one.

1. Pour off the hooch and mix well. Take 3 cups of the starter out and put it into a large mixing bowl. Put the remainder of the starter into a mason jar and reserve it in the refrigerator for use in making your next batch.
2. Mix 3 cups of unbleached bread flour with 3 teaspoons of salt and gradually, about a cup at a time, mix it into the 3 cups of starter with a wooden spoon or spatula. **VERY IMPORTANT – Salt will kill the yeast if it comes into direct contact with it, so the order is very important, mix the salt into the flour – NOT the starter – this helps to buffer the salt’s effects on the yeast.**
3. When you get to the final stages of mixing the flour in, use a dough scraper to get the last bits of flour off the sides of the bowl and incorporated into the dough. Sometimes dough comes out too wet, sometimes too dry, in those cases, you need to add flour a little at a time, or water a little at a time until you reach the right consistency where the dough pulls away from the bowl easily and does not stick.
4. When thoroughly incorporated, cover the bowl with plastic wrap and let sit for 30 minutes.
5. After 30 minutes, reach down under the outside edges of the dough and fold it over onto itself about 8 times while turning the bowl. You can wet your hands a tiny little bit to facilitate this process if necessary. Always keep the seam on top while doing this process. Re-cover the dough with plastic wrap each time.
6. Repeat the last step 3 more times at 30 minute intervals.
7. After the final folding over session, put the plastic wrap down directly on the surface of the dough to keep out all air and **put it in the refrigerator for 14 to 16 hours**. - If you time the process right, you can just time it to go into the refrigerator overnight. It should roughly double in size during this overnight time period. This fermentation time is crucial to developing the sour flavor and cannot be rushed.

Step Four - Final Rise before baking - about 5 minutes of actual work - 4 to 7 hours to develop. **Timeline Suggestion:** Any time after 6 to 8 AM of the third day depending on when you put the dough in the refrigerator the night before.

1. Generously butter the inside of your baking vessel or line it with parchment paper to make releasing the bread easier after baking.
2. Lightly dust your work surface with flour. Turn the dough out onto the work surface, lightly flour the top of it, depending on the baking vessel you’re using, either shape it into a round or roll it into a loaf, keeping the seam on the bottom. A good video showing how to round a boule can be seen here <https://www.youtube.com/watch?v=hWXA8xFYu9A>
3. Gently move it into the baking vessel preserving as much of the air you can, shape it to fill out the loaf pan if you are using one, (not necessary if using a Dutch oven) and cover with plastic wrap.
IMPORTANT: Do NOT try to do the second rise in any other vessel but the one you are going to bake it in. Trying to transfer the dough after the second rise will cause it to deflate and go flat. It will not rise a third time. Try to not let the dough come into contact with the plastic on the second rise, it can be difficult to remove and that can cause the dough to fall. The best way to prevent this is to give the top of the loaf a light dusting of flour. If it does stick, you can remove it successfully by using a spray bottle and spraying a little water between the top of the dough and the edge of the saran wrap as you peel it back. Peel very slowly, pull the wrap straight up perpendicular to the top of the loaf. You can also apply a light coat of olive oil on top of the dough prior to the rise and the plastic will not stick.

4. Walk away for 6 to 7 hours to let it rise a second time on the kitchen counter. When your loaf has risen to approximately twice the size it was after you placed it in the baking vessel, go to the next step.

Step Five - Baking - about 5 minutes of actual work - 1 hour and 20 minutes on average to bake. Timeline

Suggestion: Within 10 minutes of the finish of the final rise.

1. Preheat oven to 450 degrees Fahrenheit (425 if baking in a convection oven)
2. Place a steel or aluminum pan or a baking sheet with about 1 to 1.5 inches of water on the floor of your oven, this is to make steam. – **If you are using a Dutch Oven, simply spritz the top of the bread with water and cover it – no need for the pan of water in the bottom of the oven.**
3. Gash the bread in two or three places on the top with a wet razor blade to allow steam to escape, this prevents big voids from forming under the crust.
4. Bake at 450 degrees Fahrenheit on the middle rack for 30 minutes removing the pan of water after 20 minutes.
5. Drop the temperature to 350 degrees (325 if baking in a convection oven) Fahrenheit at the 30 minute mark and cook for approximately another 30 to 40 minutes or until the internal temperature reaches 200 degrees Fahrenheit (if baking in a convection oven reduce the final cooking time by 10 minutes). If you are making a 4 cup recipe you will need 50 minutes at 350 to reach your final temperature of 200 degrees Fahrenheit.
6. Turn out onto a cooling rack and let sit for 30 minutes before slicing.

Keeping Your Starter Alive Forever

Occasionally, you need to feed your starter to keep it alive. After about two weeks, it's time for a feeding. Here are the steps to feed your starter.

1. Pour off as much of the hooch as you can, but don't pour out too much of the actual starter.
2. Stir the remaining starter thoroughly, making sure to get all of the settled stuff on the bottom thoroughly incorporated into the mass.
3. Put one cup of water into a mixing bowl.
4. Mix in one cup of your leftover starter into the water.
5. Gradually stir in one cup of flour.
6. Discard the starter left in the jar or use it for cooking.
7. Put the newly fed starter into a new clean jar and put it on your kitchen counter and let it cycle through becoming very active and then going dormant.
8. After it goes dormant, put it back into the refrigerator until such time as you want to use it to bake or feed it again.
9. IMPORTANT: Newly fed starter develops a lot of gas, so put the lid on the jar loosely or you might have an explosion. You should only have the jar half full of newly fed starter because it needs room to expand as it feeds and dispels gas.

Making Your Next Loaves of Bread

1. Take your reserved starter out of the refrigerator and start at Step Two :-)

Sourdough Pancakes

Ingredients

2 cups all-purpose flour
4 teaspoons baking powder
1 teaspoon baking soda
2 tablespoons granulated sugar
1 teaspoon salt
1 cup sourdough starter
1 1/2 cups milk
1 large egg beaten
2 tablespoons vegetable oil

Method

1. In a large bowl, whisk together the flour, baking powder and soda, sugar and salt.
2. Add the sourdough starter, milk, egg and oil. Mix well just until combined.
3. Spray a pancake griddle with cooking spray or grease well with butter. Heat to about 300-350 degrees.
4. Pour 1/4 cup pancake batter on the hot griddle. Cook until the pancake starts bubbling on top, then flip the pancake.
5. Cook for an additional 1-2 minutes or until the pancake is cooked through - Serve warm with butter and syrup.

Sourdough Biscuits

Yield: 12 Biscuits

Ingredients

2 cups self-rising flour – White Lily if you can get it
6 tablespoons butter
1 cup sourdough starter
1/2 cup buttermilk
1 tablespoon butter, melted
Preheat the oven to 500°.

Method:

1. Combine the dry ingredients into a bowl and whisk thoroughly. Cut in the shortening or butter with a pastry cutter or fork or in a food processor until the mixture resembles coarse meal. Add the sourdough starter and buttermilk, and gently incorporate with a fork until the dry ingredients are moistened. Do not over mix.
2. Turn the dough out on a clean and lightly floured counter. Knead the dough four or five times and then roll out to 1/2" thickness. To form the biscuits, use a floured 2 1/2" biscuit cutter or cut the dough into 2" squares. Place 2" apart on a lightly greased or parchment lined baking sheet.

3. Alternate method:
4. Process the dough with the regular blade until it just barely comes together, turn it out into a 12 sectioned Chicago Metallic brownie pan. Lightly flour the top and press the dough evenly into the pan until it is all the same thickness. Press the section separator down into the dough.
5. Bake for 12 minutes until golden brown and cooked through. Remove from the oven and brush with melted butter. Serve warm or place on a wire rack to cool if serving later.

Recipe by Gerald L. Hunsucker

Some information and some things I've learned that will help you succeed.

As you may know many things have become difficult if not impossible to get. Packaging materials unfortunately fall into this category, so packaging may vary from what is displayed on the Amazon listing.

If you follow the recipe carefully, you will succeed, if you don't then your results may vary. This recipe was developed for over a year of trial, error, and research. **It is completely unique.** If you try to incorporate other techniques or ingredients you've learned about from other recipes or videos you may have problems.

Use filtered water if you can. The chlorine in the tap water will kill the sourdough starter. You CAN use tap water if you let it sit for at least 24 hours to off-gas the chlorine.

Distilled or bottled waters such as Dasani, have no mineral content. The sourdough starter needs minerals to work.

High Temperature Climate Considerations: If your kitchen environment is in the hotter range, say between 75 - 80 degrees or even higher, be aware that every process will be accelerated. The initial starter could easily activate, eat all of its' food, and become dormant again in as little as one day. In this case, give it a second feeding immediately.

It may be tempting to add sugar to accelerate the process, but it will ruin the starter and it will not work correctly. San Francisco sourdough starter feeds on flour alone, nothing else.

The float test is designed for a different type of sourdough bread, one that isn't actually sour in taste. The float test tells you to use the starter at its *peak* of activity, but if you do, you will never develop a true sour taste. *That* can only be done by allowing the starter to go **completely dormant**, with no activity at all, **that** is how the true sour flavor develops.

Avoid stirring the hooch back into the starter, hooch is a waste byproduct of the bacteria and yeasts and should be discarded. If a tiny bit gets stirred back in, it's alright, you can't ever get all of it to pour off, just make sure you pour off as much as you can even to the point of pouring out some of the starter to get rid of as much of the hooch as you can.

I advise you not to drink the hooch, it's alcoholic and not in a good way.

Self-rising flour already has yeast in it and it will not work properly with the yeasts in the sourdough starter.

Gluten free rice flour will not work because the yeasts and bacteria can't feed on it.

Use only unbleached **bread** flour if at all possible. All-purpose flour *can* be used in a pinch, but it has a bad habit of causing the hooch to collect on the bottom, which makes it very difficult to pour off.

You **can** use a bread machine, but I recommend that you do not. This recipe calls for a slow overnight rise in the refrigerator. A bread machine will bypass that process. If you choose to use a bread machine, you may not get the true sour flavor because the machine will bypass the slow rise. That being said, it will work with a bread machine, just not as well.

The difference between starter and dough can be confusing, and some have thought that the starter was the actual dough that would be used to make the loaf of bread, but starter can't be baked into a loaf of bread.

High Altitude Baking

BAKING TIME

Generally, when baking breads at high altitudes, a longer baking time is needed than a recipe calls for. The amount of extra time depends on the exact elevation. The easiest way to judge when a loaf of bread is finished baking is to use a thin-tipped instant-read thermometer inserted into the bottom of the loaf. A temperature of 195°F is a good goal, but temperatures all the way up to 205°F should be fine.

OVEN TEMPERATURE

It may be helpful to raise the oven temperature by 25°F to account for the difference in atmospheric pressure. Free-formed artisan loaves bake best around 400°F, whereas loaves in pans do fine at 375°F. It pays to get familiar with the idiosyncrasies of your particular oven.

WATER AND FLOUR

The amount of water needed in a recipe will also vary depending on altitude. The higher the altitude, the drier the flour will be and the more water it will absorb. Using less flour than the recipe calls for may be an easier adjustment than adjusting the water. The adjustment amount depends on the exact altitude, or more precisely, on the humidity and temperature in your area. Start with about one-fourth less flour and add additional flour only as needed. This goes for the starter AND the dough.

RISE OR PROOFING TIME

Rising time decreases as altitude increases. Keep in mind that the longer the rise time, the more complex the flavors will be, usually a desirable goal in sourdough baking.

COVER

Once the loaves are shaped and placed in pans or baskets to rise, cover the loaves to prevent them from drying out and forming a tough skin on top that will thwart the nice “oven spring” desired in home-baked bread.

CRUST

For a soft crust on your finished loaf, brush it with melted butter. For a crispy crust, water is a better choice. Spray or butter the loaves one more time right before placing them in the hot oven to bake.

Bread baking is an art, and as such, there is no single method that works for everyone. With a little practice and a healthy dose of patience you will find just the right technique that works for you.

Frequently Asked Questions

Why am I being told to discard perfectly good starter in step 1

That's because it's *not* perfectly good starter at this point, it is weak and underpopulated starter. The reason for this is that the colony of yeasts and bacteria need to be built up to a dense enough population so there are sufficient numbers to inoculate a large batch of starter without having the original starter get to such a large volume that your container cannot hold it. The process of ramping up the population of yeasts and bacteria is a cyclic thing that takes at least three days to accomplish. During that time the colony of yeasts and bacteria will feed on the flour, eat as much of it as it can, then go dormant when it runs out of food. That is why it needs to get fed again. If you just keep feeding it without throwing part of it out, you will never achieve the density of population of the colony of yeasts and bacteria that you need, but will be overrun with too much starter that is too weak to work.

Can I transfer it to a Banneton or a Brotform for the second rise

In a word, NO. The reason for this is that after the second rise, which should take about 6 to 7 hours, it will be so fragile that if you try to move it from a Brotform to a Dutch oven or other baking vessel, you will lose the rise completely, and it will not rise a third time.

I don't see any bubbles or activity

The most common reason for this is bad scheduling. If you feed your starter in the evening, it will become active in the middle of the night and go dormant before you get up the next morning. It is working, but you're not awake to see it.

My Starter didn't rise.

Starter does not rise, what it *does* do is it becomes active and then goes dormant, this activity is indicated by the foamy bubbles on top. Only dough rises, however, starter will never rise, it's not supposed to, and expecting it to is thinking about the process incorrectly.

My dough didn't rise on the first rise

This happens when the starter is not fully activated. Trying to make a large batch of starter before 3 days will almost always result in failure. The starter **MUST** be fully activated with a very dense population of yeast and bacteria before it has sufficient power to inoculate a 3 or 4 cup batch of starter.

The bread is not sour

This is sometimes the result of not adhering to the fermentation times – 36 hours for the large batch of starter, 14 to 16 hours for the first rise – 6 to 7 hours for the second rise. These fermentation times are necessary to achieve sufficient levels of acetic and lactic acid to make the bread sour.

1. The bacteria that produce acetic and lactic acids do not really move in the dough. They consume whatever sugars they find nearby. On the other hand, yeasts that produce CO₂ to rise the dough do move. If they consume their nearby food, then they start moving in order to find new sources of food.

2. The acid producing bacteria reproduces at double the rate the yeasts reproduce. So, starting with the *smallest* amount of starter will lead to more sourness. Because the acid producing bacteria will multiply better if there is plenty of food in the dough. We have to modify the recipe in their favor since they do not move. Don't worry about the yeasts, they move and will find their food.

3. So, to regain lost sourness or improve sourness, you will have to give the starter more food. The way to do that is to make your dough with 1/2 cup of starter 2 1/2 cups of water, and 3 cups of flour, then adjust the hydration level up or down by adding flour or water to achieve a dough that pulls away from the side of the mixer.

After doing this, your dough sourness should improve considerably.

The final loaf is very flat like a pancake.

Your baking vessel is too big. When your bread rises during the second rise, it should be about 4.5 to 5 inches thick from top to bottom in its unbaked form. If the bread pan or Dutch oven that you are baking it in does not confine it enough to reach that height, you will need to get a smaller bread pan or Dutch oven.

- For a typical recipe that uses 3 cups of starter and 3 cups of flour, the bread pan should be 9" x 5" x 3"
- If you are baking in a typically sized Dutch oven (10" diameter x 3.5" deep), increase the recipe to 4 cups of starter and 4 cups of flour in order to have enough dough to get to the proper thickness for your loaf of bread.

The dough is very sticky and slumpy and difficult to handle

This is the nature of highly hydrated dough, if it doesn't turn out this way, then something is wrong with your process.

I only got a tiny little packet of flakes, why is the quantity so small?

Cultures of any type are always sold in very small quantities. Why? Because the volume of the culture is not the important thing, the important thing is the *viability* of the culture, its ability to rapidly reproduce and create more of itself. Once you activate this culture, it will keep reproducing for as long as you keep it fed and healthy, there are sourdough cultures that have been alive for hundreds of years. It's actually the best bargain in the world because you only have to buy it once and it will keep reproducing forever.

Can I make more than one loaf of bread a week?

You can actually bake a loaf of bread every other day if you get your timing down.

The way to look at this is that you want to think 36 hours ahead for baking. So if you wanted to bake a loaf of bread on a given day, you would just start a large batch of starter 36 hours ahead of time, and after the 36 hours has passed, *that* batch is ready to make dough.

Now suppose you wanted to make a loaf every other day, you know it takes 36 hours for the starter to ferment so you can make dough, so you can't make the first dough for the first loaf until after that 36 hour period, but remember, every time you make a large batch of starter, there is 2 cups roughly left over, enough to start another large batch of starter. So if you make a large batch of starter every other day, you can make bread every other day.

- Monday AM - Make large batch of starter
- Tuesday PM - Make dough and keep the leftover starter in the refrigerator until Wednesday AM
- Wednesday AM - Make large batch of starter in the AM from your Tuesday leftover starter and bake bread from your Tuesday dough in the PM
- Thursday PM - Make dough and keep the leftover starter in the refrigerator until Friday AM
- Friday AM - Make large batch of starter in the AM from your Thursday leftover starter and bake bread from your Thursday dough in the PM
- Saturday AM - Make dough and keep the leftover starter in the refrigerator until Sunday AM
- Sunday AM - Make large batch of starter in the AM from your Saturday leftover starter and bake bread from your Saturday dough in the PM

Just keep following this timing to make bread every other day.

You could actually make bread every day if you had two large batches of starter going at the same time.

RETURN / REFUND POLICY: Please contact us for a refund or support before writing a negative review, we want to at least have the opportunity to address and make right any concerns you have.

Please understand that we here at Hunsucker's Culinary and Lifestyle did not invent the process of making sourdough bread. The procedures outlined here are the only way to activate sourdough starter, and make sourdough bread in the authentic manner. The time frame is something that these natural processes need for the starter to come to full activity and for the dough to reach its peak of flavor. This process is long, yes, but we'd like to point out that it's not us personally that invented this process, nature invented it. So if it's too difficult for you, or too complex, or too time consuming, we understand, but we'd ask you to please not hold us personally responsible for something that is nature's way.

Please don't damage our business and reputation because you are at odds with a natural process that we, frankly, have no control over. We are simply trying to guide you through it as best we can. If you write a review, please keep in mind the fact that we provided you with the best recipe you will ever find, highly potent and viable starter flakes and free, unlimited support for life.

What we did NOT do is make nature the way it is, so please don't hold us responsible for that, but please DO take advantage of our expertise and willingness to help. We are always available for that.

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