

Thinking about

Sourdough!

Is homemade sourdough bread healthier than the regular bread we can buy at the store? Why?

What are the health benefits of sourdough? Or, how is sourdough a way to maximize the nutritional value of our food?

Think back to the other fermented foods we prepared from *The Modern Pioneer Cookbook* (yogurt and sauerkraut). How were those foods important in maximizing nutritional value? How is sourdough similar?

Where do we usually get our bread?

What would we do for bread if the grocery stores closed or ran out of bread or yeast?

What does it mean to be self-sufficient?

How can making sourdough help us to be more self-sufficient?

Sourdough starter can actually last forever if you keep feeding it! How does this help with self-sufficiency?