

Admonition # 2

Don't use any ole tap water. Until you can get it tested to make sure it's pure, use either distilled or purified water. Trust us on this one.

I can't stress enough how important it is to use either distilled or purified water for your mother. In short, your mother is a product of its environment and what you add to it. Since your mother is created by stirring only flour and water together, it's important that you use the best, purest ingredients possible.

Water is problematic in that it's often thought of as clean or pure. Unfortunately, this line of thinking can be misleading. Water is often home to trace minerals, microbes, and sometimes bacteria. Some of these critters can hinder the progression of your mother, and in the case of bacteria, can jeopardize the health of your mother.

The ultimate goal is to add the best, purest water you can find. The best options for your mother are either distilled or purified water. Well water that has been tested for purity is an option. Tap water is not a good option for a mother. For in-home water distiller and water purifier recommendations, see p. 209 of *Wild Bread*.