

## Admonition # 6

*Don't do the worst and hope for the best. When it comes to your mother, remember, she's a living, breathing organism that needs maintenance and care.*

In my discussion of Admonition #1, I talked about the satisfaction gleaned from starting with a bowl of flour and water and watching it transform into wholesome loaves of bread. The reality of this is that it isn't just flour and water that go into a mother. Time, maintenance, and a whole lot of nurturing are essential elements to raising a mother. Employing these things will enable you to create a mother that will give rise to delicious, wholesome breads for as long as you keep your mother.

So, keep these 5 points in mind when creating your wild-yeast mother:

1. Take it slow.
2. Use distilled or purified water.
3. Choose one of the high-quality flours recommended in *Wild Bread*.
4. Keep things fresh and clean.
5. Keep a consistent feeding schedule.

As long as you have patience with the process, use distilled or purified water, use one of the flours recommended in *Wild Bread*, keep things clean, and keep a consistent feeding schedule, you will be rewarded with delicious, from-scratch wild bread.