

**Stephen Robertson**

**Ode to the yeast wind**

flour, water, mix  
mollycoddle for  
throw half away  
more flour, water  
mollycoddle for  
throw half away  
more flour, water  
mollycoddle for  
throw half away  
more flour, water  
mollycoddle for  
put in pouch  
ready to go

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Recipe for starting a

In the California gold rush of 1849, and again in the Klondike in 1896, in order to make proper San Francisco bread, prospectors would carry with them their sourdough starters, carefully protected in pouches around their necks or attached to their belts.