

Yeast vs Sourdough Starter (vsdiff.com)

Characteristic	Commercial/ Baker's Yeast	Sourdough Starter
Biology	<i>S. cerevisiae</i> (usually monoculture)	Mixed culture of wild yeasts + lactic acid bacteria
Leavening speed	Fast (minutes-hours)	Slower (hours-days), depends on **activity**
Flavor	Neutral to mildly yeasty	Complex: <i>acids</i> , esters, and longer ferment notes
Maintenance	None (store dry/frozen)	Regular feedings (hours-days)
Shelf life	Months to years (inactive)	Indefinite if maintained
Typical use	Commercial breads, quick recipes	Artisan bread, extended-ferment doughs

Source: <https://vsdiff.com/yeast-vs-sourdough-starter/>