

Sourdough bake day planner

Work backwards from when you want to mix your dough, so your starter peaks right on time.

WHEN TO FEED

Mix at	1:1:1 ~5 h	1:2:2 ~7¼ h	1:4:4 ~12 h
6:00 AM	1:00 AM	10:15 PM day before	6:00 PM day before
7:00 AM	2:00 AM	11:15 PM day before	7:00 PM day before
8:00 AM	3:00 AM	12:15 AM	8:00 PM day before
9:00 AM	4:00 AM	1:15 AM	9:00 PM day before
10:00 AM	5:00 AM	2:15 AM	10:00 PM day before
11:00 AM	6:00 AM	3:15 AM	11:00 PM day before
12:00 PM	7:00 AM	4:15 AM	12:00 AM
1:00 PM	8:00 AM	5:15 AM	1:00 AM
2:00 PM	9:00 AM	6:15 AM	2:00 AM
3:00 PM	10:00 AM	7:15 AM	3:00 AM
4:00 PM	11:00 AM	8:15 AM	4:00 AM
5:00 PM	12:00 PM	9:15 AM	5:00 AM
6:00 PM	1:00 PM	10:15 AM	6:00 AM
7:00 PM	2:00 PM	11:15 AM	7:00 AM
8:00 PM	3:00 PM	12:15 PM	8:00 AM

 Shaded: a feeding between midnight and 6:00 AM. It works too, if you're up for it.

GOOD TO KNOW

- This is for an active starter kept at room temperature. Straight from the fridge it's too sluggish: start feeding it regularly about two days before you bake.
- Times come from King Arthur Baking's tests at about 78°F (26°C): 1:1:1 peaked in about 4 to 6 hours, 1:2:2 had peaked by 8 hours and 1:4:4 by 12 hours.
- Warmer is faster and cooler is slower. Note when your starter actually peaks a few times, then shift these times to match.
- Above 1:4:4 (like 1:5:5 or 1:10:10) there's no time here: starters vary too much. Time your own.

HOW TO USE IT

1. Pick when you want to mix your dough.
2. Find that time in the table and read across to the ratio you want: that's when to feed.
3. Check the jar about 30 minutes before you mix. A peak is a window of about an hour either side.

MY BAKE DAY

Date _____

Ratio ☐ 1:1:1 ☐ 1:2:2 ☐ 1:4:4

☐ Feed _____

☐ Check the jar _____

☐ Mix your dough _____

Notes _____

Rather plan on your phone? Sourdough Starter Tracker works out the feeding times, reminds you when to feed and when to check the jar, and learns your starter's own timing.

myquietspot.com/apps/sourdough-starter



Scan for the app