

Sourdough starter feeding log

Starter _____

Date & time	Ratio	Flour (type and g)	Discard	Rise	Smell	Notes
	• • • •	Main g Mixed in g	g	☐ Good ☐ Weak ☐ Flat		
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WHAT THE SMELL MEANS

Yeasty · Sour · Fruity
Mild/None · Sweet
Vinegary
Alcohol
Acetone
Cheesy/Funky

Rotten/Sulfur

Off/Unpleasant

Normal and healthy
Just fed or still young: give it time
Hungry: feed soon
Very hungry: feed as soon as possible
Starving: feed now, and feed more often
Normal in the first 2 weeks. Later, check for mold and give it a few feedings.
Rotten smell means contamination: throw it out and start fresh
Check for mold or pink/orange streaks. If you see any, throw it out.

TIPS

- Discard: what you took out before feeding. Handy if you keep it in the fridge for recipes.
- Place a rubber band at the starting level to easily track how much it rises.
- Write down when it peaks to learn your starter's timing.

Rather keep this on your phone?
Sourdough Starter Tracker logs
every feeding and reminds you
when it's time to feed.

myquietspot.com/apps/sourdough-starter



Scan for the app