

Saffron 14-Day Bloom Tracker

Record daily harvest counts and weights; totals row can be summed after entry.

Day	Date	Flowers picked	Fresh stigma weight (mg)	Stigmas dried (mg)	% Moisture loss	Notes
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
Totals						

Tip: % Moisture loss = $(\text{Fresh stigma} - \text{Dried stigma}) \div \text{Fresh stigma} \times 100$