

Tips to Store Spices in Your Kitchen

Exposure to HEAT, AIR, MOISTURE, and LIGHT are the main damaging factors for spices. Therefore, apply the following suggestions to store your good quality spices for maximum shelf life

- The absolute best storage container for spices is glass jars. glass allows the spices to "breathe", keeps excess air and moisture out, and maintains the spice's integrity for the most extended period. Ideally, dark glass is best as it cuts down the light rays, but spices stored in clear glass can be placed in shaded or dark closets.
- Be sure to check the lids' rims for moisture before storing the spice; any moisture on the rim will mean ruined spices. If there is a cardboard inner lid, remove it; it will invariably contain moisture
- Spices can also be stored in tins and boxes with a tight seal. When using tins and boxes, line them with waxed paper or paper bags.
- Store Your spices Out of Direct Light and in a Cool Area. Heat and light will quickly destroy the essence of spices. Find a cool, shaded, or dark closet in your kitchen or pantry to store your jars of spice
- Don't store your spices above the kitchen stove. Here the herbs are exposed to excessive heat and light, thus rapidly losing their vitality's.



More Tips to Store Spices in Your Kitchen...

- Ideally, store spices between 50- and 60-degrees Fahrenheit. High temperatures can cause the spices to cake or harden and change or lose color.
- When using spices, don't let them sit around the stove. Tightly close the container immediately after using it and return to its cool storage as soon as possible
- Spices should be labeled and dated when purchased and stored.
- Grinding spices just before using them, rather than buying them ground, will ensure the freshness of aroma and flavor. Spice experts also agree that the fresher the spice, the more potent its healing powers.
- If you grind your spices, store them in small glass spice jars.
- Under ideal conditions, spices will keep for about a year and whole spices for two or three years. However, for medicinal purposes, only keep for six months after they have been ground.

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