

Storage Life Notes About Specific Foods:

The Soft Grains

Barley
Hulled or Pearled Oat
Groats
Rolled Oats
Quinoa
Rye

Soft Grains have softer outer shells which don't protect the seed interior as well as hard shelled seeds and therefore won't store as long. Hermetically sealed in the absence of oxygen, plan on a storage life of 8 years at a stable temperature of 70 degrees F. They should keep proportionately longer if stored at cooler temperatures.

The Hard Grains

Buckwheat
Corn, Dry
Flax
Kamut
Millet
Durum wheat
Hard red wheat
Hard white wheat
Soft wheat
Special bake wheat
Spelt
Triticale

The Hard Grains all store well because of their hard outer shell which is nature's near perfect container. Remove that container and the contents rapidly deteriorate. Wheat, probably nature's longest storing seed, has been known to be edible after scores of years when stored in a cool dry place. As a general rule for hard grains, hermetically sealed in the absence of oxygen, plan on a storage life of 10-12 years at a stable temperature of 70 degrees F. They should keep proportionately longer if stored at cooler temperatures.

Beans

Adzuki Beans
Blackeye Beans
Black Turtle Beans
Garbanzo Beans
Great Northern
Kidney Beans
Lentils
Lima Beans
Mung Beans
Pink Beans
Pinto Beans
Small Red Beans
Soy Beans

As beans age they lose their oils, resist water absorption and won't swell. Worst case, they must be

ground to be used. Storing beans in nitrogen helps prolong the loss of these oils as does cool temperatures. Hermetically sealed in the absence of oxygen, plan on a storage life of 8-10 years at a stable temperature of 70 degrees F. They should keep proportionately longer if stored at cooler temperatures.

Dehydrated Vegetables

- Broccoli
- Cabbage
- Carrots
- Celery
- Onions
- Peppers
- Potatoes

Dehydrated vegetables store well if hermetically sealed in the absence of oxygen. Plan on a storage life of 8-10 years at a stable temperature of 70 degrees F. They should keep proportionately longer if stored at cooler temperatures.

Dehydrated Dairy Products

- Cheese Powder
- Cocoa Powder
- Powder Eggs
- Butter/margarine pdr
- Powder Milk
- Morning Moo
- Whey Powder

Dehydrated Dairy Products generally store very well if stored dry in hermetically sealed containers with the oxygen removed. Plan on a storage life of 15 years if stored at a stable temperature of 70 degrees F. They should keep proportionately longer if stored at cooler temperatures.

One exception is Morning Moo. As a new whey based product, it hasn't been tested for long term storage. Plan on rotating this product after 5 years.

Flours and Other Products

Made From Cracked/Ground Seed

- All Purpose Flour
- Bakers Flour
- Unbleached Flour
- White Flour
- Whole Wheat Flour
- Cornmeal
- Mixes
- Refried Beans
- Cracked Wheat
- Germade
- Gluten
- Granola
- Wheat Flakes

After seeds are broken open their outer shells can no longer protect the seed contents and seed nutrients start to degrade. Don't try to store unprotected flours longer than a year. Hermetically sealed in the absence of oxygen, plan on a storage life of 5 years at a stable temperature of 70 degrees F.

They should keep proportionately longer if stored at cooler temperatures. Note: Granola is not a long storing food because of the nuts. They contain high concentrations of oil which go rancid over the short term. Expect granola to last about 6-9 months.

Pasta

Macaroni
Noodles
Ribbons
Spaghetti

Pasta will store longer than flour if kept dry. Hermetically sealed in the absence of oxygen, plan on a storage life of 8 - 10 years at a stable temperature of 70 degrees F. Pasta should keep proportionately longer if stored at cooler temperatures.

Dehydrated Fruit

Fruit doesn't keep as well as many dehydrated items. Hermetically sealed in the absence of oxygen, plan on a storage life of 5 years at a stable temperature of 70 degrees F. They should keep proportionately longer if stored at cooler temperatures.

Honey, Salt and Sugar

Honey, Salt and Sugar should keep indefinitely if stored free of moisture. Watch out for additives in the honey. It is possible to buy honey with water and sugar added. This honey generally doesn't crystallize like pure 100% honey does when stored for a long time. If there are additives, there is no saying how long it will last.

Peanut Butter Powder

Peanut butter powder will not store as long as wheat flour. Hermetically sealed in the absence of oxygen, plan on a storage life of 4-5 years at a stable temperature of 70 degrees F. It should keep proportionately longer if stored at cooler temperatures.

Brown and White Rices

Brown and white rices store very differently. Brown rice is only expected to store for 6 months under average conditions. This is because of the essential fatty acids in brown rice. These oils quickly go rancid as they oxidize. It will store much longer if refrigerated. White rice has the outer shell removed along with those fats. Because of this, white rice isn't nearly as good for you, but will store longer. Hermetically sealed in the absence of oxygen, plan on a storage life for white rice of 8-10 years at a stable temperature of 70 degrees F. It should keep proportionately longer if stored at cooler temperatures. Stored in the absence of oxygen, brown rice will last longer than if it was stored in air. Plan on 1 to 2 years. It is very important to store brown rice as cool as possible, for if you can get the temperature down another ten degrees, it will double the storage life again.

Garden Seed or Sprouting Seed

All viable seeds are hibernating tiny living plants that only need moisture and warmth to sprout. And much like a chick in an egg, all the nutrients this little life needs to spring into existence is contained within it's shell. Like boiling an egg, heating a seed will kill that little life within it. However, unlike an egg, a seed can withstand cold temperatures. As seeds usually remain edible after the life within it dies, we must use different criteria when determining sproutable seed storage life. And again the big deciding factor is temperature. The big seed companies freeze their seed between seasons to

promote long life. Of course, you can also do the same thing. Plan on a storage life of 4 years at a stable temperature of 70 degrees F. They should keep proportionately longer if stored at cooler temperatures. And remember, you want to store all of these seeds in air. Packed in nitrogen, the viability of some seeds will last longer than others. This is still to a large degree an unexplored science, and therefore we recommend you store all the seeds you plan on sprouting in air.

Alfalfa is a unique seed as it actually germinates better if the seed is 2 or 3 years old. Most any sample of alfalfa contains 'hard' seed and 'soft' seed. Soft seed germinates within two days while hard seed germinates in about a week. The problem is, by the time the soft seed sprouts are ready to harvest, the hard seed may not have germinated yet. As storage time draws on, the hard seed turns into soft seed. Older seed germinates closer together. Stored in cool conditions, alfalfa seed should have a good percentage of germination up until it is 8 years old.

Textured Vegetable Protein

Textured Vegetable Protein, made from soy beans, has an unusually long storage life. Hermetically sealed in the absence of oxygen, plan on a storage life of 15-20 years at a stable temperature of 70 degrees F. TVP should keep proportionately longer if stored at cooler temperatures.

Yeast

Yeast, a living organism, has a relatively short storage life. Keep yeast in the original metal foil storage containers. If the seal remains intact, yeast should last 2 years at 70 degrees F. However it is strongly recommended that you refrigerate it, which should give you a storage life of 5 years. Frozen yeast should store for a long time.