



**RENEGADE
GOURMET**

COOKING

&

**KITCHEN
TIPS**

CUPBOARD STORAGE HINTS PART 2

Spices and herbs

- **Store in airtight containers in dry places away from sunlight and heat**
- **At times listed, check aroma; if faded, replace**
- **Whole cloves, nutmeg and cinnamon sticks maintain quality beyond 2-year period**
- **Can be stored in the freezer to extend shelf life**
- **Whole spices**
1 to 2 years
- **Ground spices**
6 months
- **Herbs**
6 months
- **Herb and spice blends**
6 months

Vanilla

- **Keep tightly closed**
- **Volatile oils escape**
- **Unopened**
2 years
- **Opened**
12 months





COOKING

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Other extracts

- **Keep tightly closed**
- **Volatile oils escape**
- **Opened**
12 months

Cheese, grated parmesan

- **Refrigerate after opening**
- **Keep tightly covered**
- **Unopened**
10 months
- **Opened**
2 months

Coconut, shredded, canned or packaged

- **Refrigerate after opening**
- **Unopened**
12 months
- **Opened**
6 months

Meat substitutes, textured protein products (imitation bacon bits, etc.)

- **Keep tightly covered**
- **For longer storage, refrigerate**
4 months





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Nuts in shell, unopened

- **4 months**

Onions

- **Keep dry and away from sun**
2 weeks

Peanut butter

- **Unopened**
- **Refrigeration not needed**
6 to 9 months
- **Opened**
- **Keeps longer if refrigerated**
- **Use at room temperature**
- **Natural peanut butter must be refrigerated after opening**
2 to 3 months

Peas, beans

- **Store in airtight container**
- **Dried**
12 months

Popcorn

- **Store in airtight container**
2 years

Potatoes, white

- **For longer storage, keep below 50 degrees Fahrenheit**
2 to 4 weeks





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Potatoes, sweet

- **For longer storage, keep below 50 degrees Fahrenheit**
- **Don't refrigerate sweet potatoes
1 to 2 weeks**

Whipped topping

- **Keep Cool and dry
Dry
12 months**

Yeast

- **Can be frozen to extend shelf life**

Dry

Expiration date on package

Vegetables and fruits

- **Dry onions, potatoes, rutabagas and winter squash usually keep best in dark places at cool temperatures, preferably around 32 to 60 degrees Fahrenheit. Onions and white potatoes, however, will sprout in the spring. At this time, buy only what you can use in a week.**
- **Do not refrigerate sweet potatoes. Cold temperatures below 50 degrees Fahrenheit cause starch changes which alter the flavor.**
- **Ripen tomatoes at room temperature. Do not put them in direct sunlight. Store in refrigerator when ripened.**





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- **Ripen bananas at room temperature to desired maturity. Then refrigerate until ready to use. Peels will turn black.**
- **Store apples in a cool place below 50 degrees Fahrenheit during the fall following harvest. After this time, they deteriorate rapidly and should be kept in the refrigerator.**
- **Ripen firm avocados and cantaloupe at room temperature. Allow three to five days for avocados; two to four days for cantaloupe.**

