

Spice Cabinet Spring Cleaning

Spring is just around the corner! As the daffodils and iris begin to pop up, we start to think about spring cleaning, beginning in the kitchen with our spice cabinet! The spice cabinet is one of those places that tends to be forgotten but does indeed need to be refreshed periodically. While many herbs and spices do not necessarily go “bad” they do lose their oomph after a while. This is a good time to pull out all your spices, check best by and expiration dates and give each one a good sniff test.

Proper storage can help extend the shelf life of your herbs and spices. They should be kept in airtight containers in dark, cool places. Heat, humidity, air, and sunlight all have detrimental effects: they break down the chemical compounds that give spices their flavors and aromas. When these chemical compounds break down the flavors lose potency, and in some cases can become rancid, moldy, musty, or dirty at which point the spices should be thrown away.

Once you’ve pulled out the items that need to be retired you can take inventory and see what you need to restock for everyday cooking, baking, and the upcoming grilling season!

