

Spice Cupboard Spring Cleaning

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Sometimes the idea of spring cleaning is just too much. When the weather turns warm I have a hard time staying in the house scrubbing floors and cleaning bathrooms, but there is one spring cleaning chore that I actually enjoy – cleaning out and sprucing up my pantry and cupboards!

Most dried spices start to lose their flavor after about a year or so but they can hide in our cabinets for much longer than that if we don't make a point of cleaning them out. Once a year I go through all of my spices and either throw out any that are more than a year old or make a point of getting them used up quickly. I often end up with a few containers that still have a fair bit of spice left in them that I don't want to waste. I combine these spices into one all-purpose seasoning mix that I use for vegetables, meats and even soup seasoning. I tend to have things like thyme, parsley, garlic powder, chili powder, cumin, and poultry seasoning. These are many of the common ingredients in pre-packaged spice mixes. This little spring cleaning tip not only avoids waste, but it also saves me money!

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