



# Chestnut School of Herbal Medicine

## Herbal Storage & Shelf Life Chart

HERBAL PREPARATION	SHELF LIFE	STORAGE METHOD	NOTES
Dried Leaves & Flowers	1-2 years	Airtight glass jars	Keep out of direct sunlight
Roots, Seeds & Barks	2-3 years	Airtight glass jars	Keep out of direct sunlight
Herbal Tinctures	Years to decades	Amber glass bottles with polyseal caps	Dark glass protects against light and chemical degradation
Herbal Vinegars	6 months to 1 year <i>(prepared with fresh herbs);</i> 1-5 years <i>(prepared with dried herbs)</i>	Amber glass bottles with polyseal caps	Refrigerate vinegars made with fresh herbs
Herbal-Infused Honeys	Decades to centuries <i>(prepared with dried herbs)</i>	Glass jars	Honeys prepared from fresh herbs will have a much shorter shelf life and should be refrigerated
Herbal-Infused Oils	2-3 years <i>(refrigerated)</i> 1 year <i>(unrefrigerated)</i>	Amber glass bottles with polyseal caps	Using dried herbs will greatly increase shelf life
Herbal-Infused Salves	2-3 years <i>(refrigerated)</i> 1 year <i>(unrefrigerated)</i>	Small glass jars or metal storage tins	Store in a cool location. Warm temperatures will cause salves to liquefy and also spoil more quickly
Powdered Herbs & Capsules	6-12 months	Airtight containers	Store in refrigerator or freezer for maximum freshness

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