

Flaxseed

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Flaxseed

Whole linseed, high in alpha-linolenic acid. Whole keeps two years; ground goes rancid in weeks, which is why it is sold whole.

How long it keeps

Unopened, this keeps **2 years** — which is what puts it on [the long shelf](#).

As sold	Unopened, in the cupboard	Once opened
whole seed	2 years	—

Counted from the day you bought it. Figures are the **USDA FSIS FoodKeeper** table's, for unopened storage at room temperature; FoodKeeper counts a month as 30 days.

The table was not pulled from USDA — fsis.usda.gov answers 403 to non-browser clients from this machine — so it came from a mirror of the data.gov dataset and its vintage is unverified. Treat a single figure as indicative, not as a use-by date.

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