

Spelt

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Spelt

An ancient hulled wheat. The whole grain keeps twice as long as the flour, which is true of every grain here: milling exposes the oil in the germ.

How long it keeps

Unopened, this keeps **6 months** — which is what puts it on [the long shelf](#).

As sold	Unopened, in the cupboard	Once opened
whole grain	6 months	—
flour, meal	3 months	—

Counted from the date on the package. 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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