Noble Pastures

THE FRESH-KEEPING GUIDE

How long will it keep?



First of all, welcome. Let us store it well.

Our farm food is fresh and non-GMO, made without the chemicals, hormones and shelf-life additives, all the things we don't want. That also means it keeps a little differently than what you are used to from the grocery store, even the "greenwashed" grocery store. It reaches you fresher, and raw dairy changes in its own gentle way as its living cultures work. Follow each product label and ask the farm when product-specific storage instructions are unclear.

1

Store it well

A few simple habits make everything last longer. Start with the storage notes just below.

2

Find your food

Hop down to the section you need and read across: counter, fridge, freezer.

3

Order with ease

Plan your week knowing what keeps and what to enjoy first. No guesswork, no waste.

THE BASICS

What good storage looks like

Use the storage conditions below and follow any stricter product-label instructions.

PANTRY
60 to 80°F

Cool, dark and dry. Skip the open counter for anything you want to keep a while, light and warmth shorten its life. Aim for everyday indoor humidity, around 30 to 50%.

FRIDGE
38 to 40°F

No warmer than 40°F, and the back of the bottom shelf runs coldest, a lovely spot for your milk. Keep raw dairy as cold as it will go without freezing.

FREEZER
0°F or below

Keep the freezer at or below 0°F. Follow the product label and farm-specific freezing and packaging instructions. Freezing does not replace safe handling.

This guidance is for unopened products. Once you open something, it meets air and handling, and it is harder to predict. Enjoy opened items a little sooner.

A cheap thermometer helps. An inexpensive fridge and freezer thermometer takes the guesswork out of this.

Do not freeze in glass. Milk and other liquids expand as they freeze and can crack or shatter a glass jar. Pour into a freezer-safe plastic container and leave room at the top.

WORTH KNOWING

Raw dairy keeps differently, and that is a good thing

Follow the product label and farm-specific instructions for each dairy product. Storage guidance is not a safety guarantee.

RAW

Raw milk is a living food. Its own cultures slowly turn the milk's sugar toward something tangier, and the fridge slows that down. A gentle tang is a normal quality change, not a safety test on its own: keep milk cold, follow the label and farm-specific instructions, and if it smells or looks off, or you are unsure, let it go. How quickly it changes depends on the season, the animals' diet and how cold you keep it.

PASTEURIZED

Pasteurized dairy is different. Heat has already stopped the cultures, so when its taste changes that is a signal to stop, not to bake with it. With anything pasteurized, let a change in smell or taste be the end of the line rather than the start of a second life.

Our cow milk is **100% raw A2/A2**, and our sheep milk is raw too. Keep any of it as cold as your fridge runs, and it rewards you.

During transport and serving: Refrigerate perishable foods promptly. Their total time out of refrigeration should not exceed 2 hours, or 1 hour when the temperature is above 90°F. These are maximum handling limits, not recommended counter-storage times. Keep refrigerated foods at 40°F or below and follow any stricter product-label instructions.

RAW COW MILK & EGGS

The heart of the farm: 100% grass-fed, raw A2/A2 cow milk, cream, butter and farm-fresh eggs.

FOOD unopened	COUNTER	FRIDGE	FREEZER
Raw Cow Milk whole or skim	Keep refrigerated	Follow label and farm instructions	Follow label and farm instructions
Raw Cream	Keep refrigerated	Follow label and farm instructions	Follow label and farm instructions
Raw A2/A2 Butter salted or unsalted	Follow label and farm instructions	Follow label and farm instructions	Follow label and farm instructions
Cow Colostrum	Keep refrigerated	Follow label and farm instructions	Follow label and farm instructions
Farm Eggs	Keep refrigerated	Follow label and farm instructions	*do not freeze in shell*

How can I tell how fresh an egg is?

Set it in a bowl of cold water. A fresh egg sinks and lies flat on its side. One that stands on end is older, enjoy it soon. One that floats has had its day, let it go. This is a freshness check, not a safety test, so when in doubt, throw it out.

My raw milk tastes tangy. What does that mean?

A gentle tang is a normal quality change as the cultures work. Tang on its own is not a safety test, though: keep milk cold, follow the label and farm-specific instructions, and if it smells or looks off, or you are unsure, pour it out.

🥚 **A seasonal note on eggs:** as the days grow shorter this time of year, our hens naturally slow down and lay fewer eggs. It is nature's rhythm, not a problem, and our unwashed eggs keep well in the fridge. More on that in our newsletter.

SHEEP DAIRY

Our raw sheep milk is sold for animal consumption, labeled **For Cats & Dogs**. For every sheep product, follow its own intended-use label and farm-specific storage instructions. Products labeled for animals are not offered here as food for people.

FOOD unopened	COUNTER	FRIDGE	FREEZER
Raw Sheep Milk whole or skim SOLD FOR CATS & DOGS	Keep refrigerated	Follow label and farm instructions	Follow label and farm instructions
Sheep Cream	Keep refrigerated	Follow label and farm instructions	Follow label and farm instructions
Sheep Yogurt	Keep refrigerated	Follow label and farm instructions	*do not freeze*
Sheep Kefir	Keep refrigerated	Follow label and farm instructions	*do not freeze*
Sheep Buttermilk	Keep refrigerated	Follow label and farm instructions	*Keep refrigerated. Follow the label and farm-specific instructions.*

FOOD unopened	COUNTER	FRIDGE	FREEZER
🧈 **Sheep Butter**	Follow label and farm instructions	Follow label and farm instructions	Follow label and farm instructions
🧀 **Sheep Cottage Cheese**	Keep refrigerated	Follow label and farm instructions	*Keep refrigerated. Follow the label and farm-specific instructions.*
💧 **Sheep Whey**	Keep refrigerated	Follow label and farm instructions	Follow label and farm instructions
🍼 **Sheep Colostrum**	Keep refrigerated	Follow label and farm instructions	Follow label and farm instructions

Please note: follow the intended-use label on each product. Do not assume that every item in this section is for human consumption. Raw sheep milk is sold **For Cats & Dogs**.

CHEESE

Cow, sheep and goat, from mellow Colby to sharp cheddar and tangy goat feta.
Keep cheese wrapped and it rewards your patience.

FOOD unopened block	COUNTER	FRIDGE	FREEZER
Hard & Aged cheddar, colby, baby swiss, gouda	Keep refrigerated	Follow label and farm instructions	Follow label and farm instructions
Semi-Soft pepper jack, garlic & chives	Keep refrigerated	Follow label and farm instructions	Follow label and farm instructions
Fresh Goat Feta kept in its brine	Keep refrigerated	Follow label and farm instructions	*do not freeze*

GRASS-FED BEEF

100% grass-fed and finished. Keep refrigerated or frozen as directed on the product label and follow farm-specific instructions.

FOOD uncooked	COUNTER	FRIDGE	FREEZER
Steaks sirloin, delmonico, porterhouse, NY strip	Keep refrigerated	Follow label and farm instructions	Follow label and farm instructions
London Broil	Keep refrigerated	Follow label and farm instructions	Follow label and farm instructions
Ground Beef	Keep refrigerated	Follow label and farm instructions	Follow label and farm instructions
Chipped Steak	Keep refrigerated	Follow label and farm instructions	Follow label and farm instructions

SOURDOUGH

Naturally leavened and baked in small batches. Follow the label and farm-specific storage instructions.

FOOD as baked	COUNTER	FRIDGE	FREEZER
Sourdough Bread & Round	Follow label and farm instructions	Follow label and farm instructions	Follow label and farm instructions
Sourdough Bagels	Follow label and farm instructions	Follow label and farm instructions	Follow label and farm instructions
English Muffins	Follow label and farm instructions	Follow label and farm instructions	Follow label and farm instructions

Keep it crusty: store sourdough cut-side down in paper or a bread bag, not plastic. Follow the label and farm-specific instructions for freezing and reheating.

FERMENTS

Follow the product label and farm-specific refrigeration and handling instructions for each ferment.

FOOD unopened	COUNTER	FRIDGE	FREEZER
Sauerkraut	Follow label and farm instructions	Follow label and farm instructions	*do not freeze*
Kimchi	Follow label and farm instructions	Follow label and farm instructions	*do not freeze*
Fermented Red Beets	Follow label and farm instructions	Follow label and farm instructions	*do not freeze*
Kvas & Juices sourdough kvas, red beet kvas, kimchi & kraut juice	Follow label and farm instructions	Follow label and farm instructions	*do not freeze*

Good to know: follow the product label for handling and storage. Do not use appearance or smell alone to decide whether a product is safe.

🍯 HONEY & MAPLE SYRUP

From our farm network. Follow each product label for storage before and after opening.

FOOD unopened	PANTRY	FRIDGE	FREEZER
🍯 **Raw Honey**	Follow label and farm instructions	*do not refrigerate*	*not needed*
🍁 **Maple Syrup**	Follow label and farm instructions	Follow label and farm instructions	*not needed*

If honey crystallizes, it has not gone bad at all. Set the jar in a bowl of warm water and it melts right back to gold.

ONE MORE THING

What is the deal with the dates on packages?

Package dates usually describe quality, not safety. A date alone cannot tell you whether food is safe. Follow the label's storage and handling instructions, keep perishable foods refrigerated, and discard food if its safe handling is uncertain.

SELL BY

A "Sell By" date helps the store manage its inventory. It is not a safety deadline or a guarantee that food is safe before or after that date.

BEST BY

A "Best By" date describes when the maker expects the best flavor or quality. It does not guarantee safety. Storage conditions and handling still matter.

YOUR SENSES

Discard food that looks or smells spoiled, but remember that harmful germs may cause no noticeable change. Never taste food to check its safety. When in doubt, throw it out.

FROM THE FARM

Follow the label. Ask the farm.

For product-specific storage, packaging or intended-use questions, ask the farm. Follow the label on each product.

- **Local delivery** in our delivery area.

Shop the farm

noblepastures.com

Michael the Farmer

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