FREEZER CHEATSHEET V E G E T A B L E S

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	FREEZES WELL	NOT RECOMMENDED
	pumpkin and butternut squash (cooked)	cucumber
	sweet potato (cooked)	lettuce
	broccoli (blanched)	watercress
	cauliflower (blanched)	radish
	carrots (blanched)	sprouts
	bell peppers/capsicum (sliced, raw)	endive
	zucchini/courgette (sliced/chopped, raw)	rocket/arugula
	asparagus (blanched)	
	onion (chopped, raw)	
	garlic (peeled, minced or whole)	
	bok choy (chopped, blanched)	
	cabbage (shred/chopped, blanched)	
	mushrooms (sliced/chopped, blanched)	
	spinach (blanched, drained)	
	kale (blanched, drained)	
	green beans (blanched)	
	silver beet (stems removed, blanched)	
	corn kernels and peas (blanched)	
	potatoes (cooked)	
	tomatoes (raw, only for cooking)	
	beetroot (cooked)	
	parsnip (best cooked)	
	jackfruit (raw and cooked)	

Remember to store the frozen vegetables in airtight containers or freezer bags to maintain their quality. Label them with the date of freezing for easy reference.