

FOODS THAT **SHOULDN'T** BE VACUUMED SEALED:

- Soft cheese (like blue cheese)
- Mushrooms
- Garlic
- Cruciferous vegetables, including:
 - Arugula
 - Bok choy
 - Broccoli
 - Brussels sprouts
 - Cabbage
 - Cauliflower
 - Collard greens
 - Horseradish
 - Kale
 - Mustard greens
 - Radish
 - Rutabaga
 - Turnip
 - Watercress