

# Stamppotschema

< Snijden Stampen >														
	Aardpeer	Bloemkool	Broccoli	Knolselderij	Koolraap	Meikool	Pastinaak	Pompoen	Schorseneren	wortelpeterselie	Zoete aardappel			
Andijvie	X	X		X	X	X	X	X	X	X	X			
Artisjok	X	X		X	X	X			X	X				
Biet		X		X	X	X	X		X	X				
Boerenkool	X	X		X	X	X	X		X	X				
Broccoli	X	X		X	X	X	X		X	X				
Chinese kool/groene kool	X	X		X	X	X	X	X	X	X	X			
Courgette	X	X	X	X	X	X	X		X	X				
Paddenstoelen	X	X	X	X	X	X	X	X	X	X	X			
Paksoi	X	X		X	X	X	X		X	X				
Palmkool	X	X		X	X	X	X		X	X				
Peterselie	X	X	X	X	X	X	X	X	X	X	X			
Prei	X	X	X	X	X	X	X	X	X	X	X			
Raapstelen	X	X		X	X	X	X	X	X	X	X			
Rode kool		X		X	X	X	X		X	X				
Rucola	X	X		X	X	X	X	X	X	X	X			
Snijbiet	X	X		X	X	X	X		X	X				
Spinazie	X	X		X	X	X	X	X	X	X	X			
Spruitjes	X	X		X	X	X	X	X	X	X	X			
veldsla/sla	X	X		X	X	X	X	X	X	X	X			
venkel		X		X			X	X		X	X			
waterkers	X	X		X	X	X	X	X	X	X	X			
winterpostelein	X	X	X	X	X	X	X	X	X	X	X			
witlof		X												
wortel	X	X		X	X	X	X		X	X				
Zuurkool	X	X		X	X	X	X	X	X		X			