



Frozen Peas (Infographic)

Last Updated : 28 November 2018

Out of season? Freezing is a well-known and traditional method of food processing for food preservation. Freezing slows the loss of nutritive qualities and prevents food spoilage. Most foods freeze well. If you are curious about the steps taken to freeze fresh vegetables, look at our example of freezing of fresh peas illustrated in the easy to follow infographic.

Download the printable PDF version [here](#).

FREEZE TO COOK AT EASE



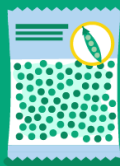
From picking to freezing – a journey to frozen peas



KEY FACTS



CHEAPER THAN FRESH
saving on transport and storage



EXTENDED SHELF-LIFE
retains the quality of foods over long storage periods



HELPING REDUCE FOOD WASTE
due to portion control and longer shelf-life



Spinach, broccoli, cauliflower, strawberries, mango or banana – many other vegetables and fruits also freeze well!