



Frozen Peas (Infographic)

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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



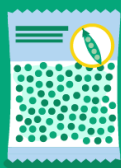
From picking to freezing – a journey to frozen peas



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!**