FREEZE TO COOK AT EASE
From picking to freezing – a journey to frozen peas

1. PICKING
2. GRADING & SORTING
3. WASHING
4. BLANCHING
5. PACKAGING
6. FREEZING

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!