

THE JOURNEY OF A PEA

From farm to freezer to fork

1

FARMING



- Peas are grown in cooler, winter rainfall areas of South Africa.
- After flowering, the plant produces pods filled with peas.

2

HARVESTING



- Farmers harvest the peas when they are young and tender.

3

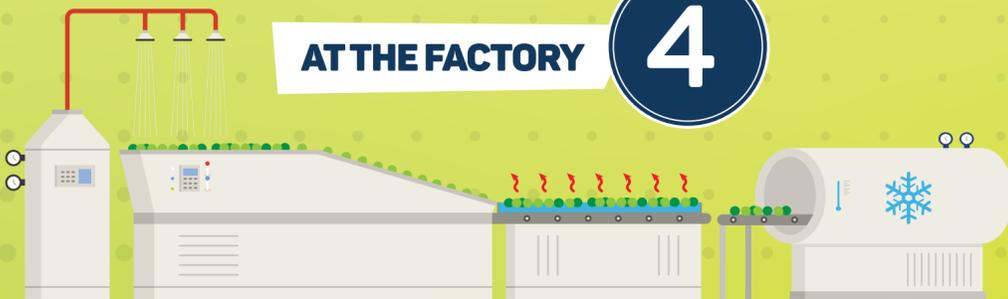
TRANSPORT TO THE FACTORY



- The peas travel to the factory where their quality is checked.

4

AT THE FACTORY



- Peas are washed, sorted by size and quality and then blanched.

Blanching is when food is put into boiling water or steam and cooled quickly. This helps remove harmful germs and keep colour, texture, flavour and nutrients.

FREEZING AND PACKING

5



- The peas are quickly frozen, then weighed and placed into bags.

6

DELIVERY TO SHOPS



- The peas are delivered at a temperature of -12°C to keep them frozen.
- This is part of the cold chain, which keeps food frozen from the factory to the shops.

7

FREEZE AT HOME



- Keep frozen peas in the freezer.
- Rotate frozen food so older packets are used first.

8

ENJOY!



- Frozen peas cook quickly because they were blanched.
- Add peas to soups, pastas, stir-fries and stews.

RECYCLE

9



- Remember to recycle your empty frozen peas bag.

DID YOU KNOW? FROZEN VEGETABLES ARE:

- Just as good for you as fresh vegetables.
- Helpful in reducing food waste as they last longer in the freezer.
- Time-savers – washing and cutting are done for you, and they cook faster.
- Peas are a source of fibre, plant protein and energy.