

FROZEN VEGETABLES

Frozen vegetables are vegetables that have been picked at their peak ripeness and then quickly frozen to preserve their flavour, texture, and nutrients.

- Blanching the vegetables in hot water or steam, which stops the enzymatic processes that cause deterioration in fresh vegetables.
- Flash-frozen at very low temperatures, usually between -18 to -40 degrees Celsius, which prevents the growth of harmful bacteria and preserves the vegetables' freshness for several months.

COMMERCIAL PRODUCTION

1. Harvesting:

The vegetables are harvested at the peak of their freshness and ripeness.

2. Washing:

The vegetables are thoroughly washed to remove any dirt, debris, or other impurities.

3. Blanching:

The vegetables are then blanched by briefly exposing them to hot water or steam.

4. Freezing:

The blanched vegetables are then rapidly frozen to -18°C or lower.

5. Packaging:

The frozen vegetables are then packaged in plastic bags, trays, or containers.

Major players in the Market

- 1. B&G Foods, Inc.*
- 2. Bonduelle SCA*
- 3. Conagra Brands, Inc.*
- 4. Green Giant*
- 5. H.J. Heinz Company*
- 6. Lamb Weston Holdings, Inc.*

