

Frozen Products Catalogue

Green pea

Pea or green pea is one of the major food legumes in the world. It ranks fourth in legume productions worldwide after soybean, peanut and dry bean. Scientifically known as *Pisum sativum*, it belongs to the Fabaceae family. Some people also call green peas as garden pea, sweet pea, honey pea, or sugar pea. Peas are a good source of vitamins C and E, zinc, and other antioxidants that strengthen your immune system. Other nutrients, such as vitamins A and B and help reduce inflammation and lower your risk of chronic conditions, including diabetes, heart disease, and arthritis.



Broad Bean

A member of the legume family, broad beans are pretty hardy and adaptable, they grow in most soils and climates. They're a great source of protein and carbohydrates, as well as vitamins A, B1 and B2. In the Iran, they're known as Broad Beans. Broad beans should be podded from their velvety jackets before using.



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Green beans are high in vitamin K, and they also contain a decent amount of calcium. These nutrients are important for maintaining strong, healthy bones and reducing your risk of fractures. Getting enough folate isn't just important during pregnancy. The B vitamin is also important for reducing depression. As common food in many countries, green beans are sold fresh, canned, and frozen. They can be eaten raw or steamed, boiled, stir-fried, or baked. They are commonly cooked in other dishes, such as soups, stews, and casseroles. Green beans can be pickled, similarly to cucumbers.



Sweet Corn

Sweet corn (*Zea mays saccharata*) is widely grown all over the world except in areas with very short summers. It's a tall grass that produces sugary kernels that can be eaten raw or cooked, straight from the cob or removed and served in dozens of ways: as a side dish vegetable, in salads, garnishes, creamed, etc.. Sweet corn is rich in vitamin C. It is a potent antioxidant food that protects your cells from damage. As a result, vitamin C may prevent heart diseases and cancer. Yellow sweet corn contains the carotenoids lutein and zeaxanthin; antioxidants that can help combat free radical damage.



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Carrot

Carrots are rich in vitamins, minerals, and antioxidant compounds. As part of a balanced diet, they can help support immune function, reduce the risk of some cancers and promote wound healing and digestive health. Carrots are rich in vitamins, minerals, and fiber. They are also a good source of antioxidants. Antioxidants are nutrients present in plant-based foods. They help the body remove free radicals, unstable molecules that can cause cell damage if too many accumulate in the body.



Okra

Okra, also known as gumbo or ladies' fingers, is a warm-season vegetable. It is a good source of minerals, vitamins, antioxidants, and fiber. It contains a sticky juice that people use to thicken sauces. It is an essential crop in many countries due to its high nutritional value. Also, people can use many parts of the plant, including the fresh leaves, buds, flowers, pods, stems, and seeds. Okra has a mild taste and a unique texture, with a peach-like fuzz on the outside. Inside the pod are small, edible seeds.



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Cauliflower

Cauliflower, (*Brassica oleracea*, variety *botrytis*), highly modified form of cabbage in the mustard family (*Brassicaceae*), grown for its edible masses of partially developed flower structures and fleshy stalks. Cauliflower is a cruciferous vegetable that is naturally high in fiber and B-vitamins. It provides antioxidants and phytonutrients that can protect against cancer. It also contains fiber to enhance weight loss and digestion, choline that is essential for learning and memory, and many other important nutrients.



Broccoli

Broccoli is a green vegetable that vaguely resembles a miniature tree. It belongs to the plant species known as *Brassica oleracea*. It's closely related to cabbage, Brussels sprouts, kale and cauliflower all edible plants collectively referred to as cruciferous vegetables. A study by Nutrition Research found that consuming steamed broccoli regularly lowers the risk of cardiovascular disease by reducing the total amount of cholesterol in the body. Another study in the US also found that increasing vegetables in the diet, especially brassica vegetables like broccoli, may reduce the risk of heart disease.



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Mixed vegetables



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French Fries

French fries, also called chips, finger chips, fries, or French pommes frites, side dish or snack typically made from deep-fried potatoes that have been cut into various shapes, especially thin strips. Fries are often salted and served with other items, including ketchup, mayonnaise, or vinegar.

Apamehgroup supplies various size of French fries in form of bulk or consumer pack.



Potato Wedges



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Celery

Celery, (*Apium graveolens*), herbaceous plant of the parsley family (Apiaceae).

cooked as a vegetable or as a delicate flavoring in a variety of stocks, casseroles, and soups.

Celery contains a plant compound called apigenin, which plays a role in traditional Chinese medicine as an anti-inflammatory, antibacterial, antiviral, and antioxidant agent.



Method of production:

Individual Quick Frozen Method (IQF)

This method preserves the original properties such as taste, color, odor due to the lack of ice crystals' formation in the product texture and causes the products to stay fresh, which can be stored at -18°C for up to 2 years. In this method, the raw material is first washed and disinfected using automatic devices (not manually) and is then directed to a special freezing tunnel in a fluid stream of cold air of -35°C and later it is completely frozen separately and thus the possibility of growth of microorganisms becomes impossible and the product is produced and ready to be offered with high durability.

All the products that we supply are obtained from this method.

Apameh group supplies vegetables such as green peas, green beans, broad beans, carrot, celery, okra, potatoes, onions, sweet corn, bell peppers, cauliflower and other agricultural products required by the consumer in frozen form. Also we are supplier of leafy herbs such as parsley, dill, coriander, leek, mint, etc.

Various fruits such as strawberries, sour cherries, cherries, apricots, peaches, kiwis, etc., which make it possible to decorate a variety of foods, desserts, ice cream, juice and jam product.