

KHURMAN

Tomato

Powerful Antioxidant

Apple

Symbol of fertility

Kiwi (from Iran)

Dietic fruit

Young potato washed / unwashed

Source of vitamins



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Shipments

Brief overview of **AGRO RETEMS** shipments for March:

Apple - **370.000 kg**

Kiwi - **277.500 kg**

Tomato - **90.000 kg**

Potato - **95.000 kg**

From the Editor

Dear readers, welcome to the pages of April issue of AGRO RETEMS magazine.

There is no need to remind that proper nutrition – is the key to our health, and the lion's share in it is, of course, vegetables and fruits, which provide us with much-needed vitamins and microelements. In the spring season, it's time to replenish the reserves of vitamins, energy and joy spent by the long winter.

April issue of the spring season of AGRO RETEMS will introduce you to four different positions, among which we can mention tomato, apple, kiwi, young potato (washed / unwashed). We hope that our recommendations will be useful for you and you will soon stock up on these natural gifts of nature, which will help you find cheerfulness and spring mood.

We wish you an interesting reading!



AGRO RETEMS



ANNOUNCEMENT FOR MAY

In May 2022 AGRO RETEMS offers:

Apple

Volume for May: 200.000 kg

Sorts: «Granny Smith», «Golden», «Cripps Pink», «Fuji»

Shipping period: 18 – 21 weeks



Apricot

Volume for May: 600.000 kg
Shipping period: 20 – 21 weeks



Carrot

Volume for May: 200.000 kg

Sort: "Soprano"

Shipping period: 19 – 21 weeks



Beet

Volume for May: 100.000 kg
Shipping period: 19 – 21 weeks

Tomato

Volume for May: 300.000 kg

Sorts: "Regular tomato", "Tomato on a branch", "Plum tomato"

Shipping period: 18 – 21 weeks



Young potato washed / unwashed

Volume for May: 350.000 kg
Sorts: "Telman", "Kemerov"
Shipping period: 18 – 21 weeks

Tomato

Tomato (lat. Solanum lycopersicum, Solanaceae family) – is an annual plant with yellow flowers that prefers fertile, well-drained, humus-rich soils and grows best in the sun. For the development of tomatoes, the air temperature must be at least 15 ° C



Interesting fact

In Mediterranean countries, in particular in Italy and Spain, cold tomato-based soups are popular. For example, the famous “Gazpacho” soup

Tomatoes have a number of benefits. Most of the nutrients are in red tomatoes. The juicy color of their skin is given by lycopene, carotene and xanthophyll – powerful antioxidants that are indispensable in the prevention and fight against cancer. The highest concentration of lycopene is observed in thermally processed vegetables (moreover, the stronger the tomatoes are cooked, the more this unique antioxidant is in the final substrate)

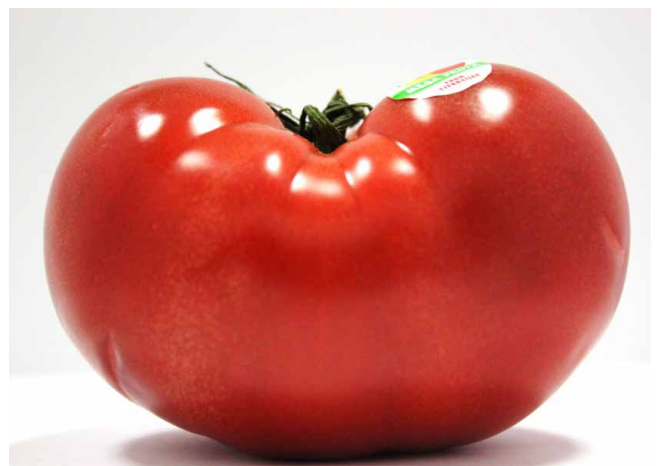
How to choose tomato?

Method №1: Color

Delicious tomatoes can be any color. But, as a rule, the pink and yellow varieties are the sweetest and most fleshy. Most red tomatoes are slightly sour

Method №2: Branch and stalk

During storage, part of the nutrients passes from the stem to the vegetable, which positively affects the taste. In addition, in stale tomatoes, the branch dries up and is thrown away. In a good tomato, the “asterisk” around the stalk almost matches the color of the skin. A green tint indicates that the vegetable was plucked unripe









Method №3: Peel

Delicious tomatoes have a thin skin that can be easily removed with a fingernail. Dry light brown streaks are a sign of the sugar content of the vegetable. The increased content of nitrates gives out a thick peel. And if the vegetable is shiny, it means that it was treated with paraffin to improve its presentation. Such a product, when eaten, can cause indigestion



Method №4: Smell

Ripe tomatoes have a subtle «warm» flavour. The complete absence of smell is a sign that the plant was grown in a greenhouse or picked unripe. And sharp sour notes give out the beginning of the fermentation process

Species and varieties...

There are thousands of different varieties of tomatoes that differ from each other in vegetable size, color and taste. Most have a sweet, slightly sour taste. AGRO RETEMS offers sorts such as: "Regular tomato", "Tomato on a branch", "Plum tomato"



Offer from AGRO RETEMS

Sorts: "Regular tomato", "Tomato on a branch", "Plum tomato"

Caliber: 47 mm+; 56 mm+

Volume for April: 200 tons

Origin: Azerbaijan

Shipment period: from 13th to 17th week

Container: cardboard box, dimensions 30x40x14

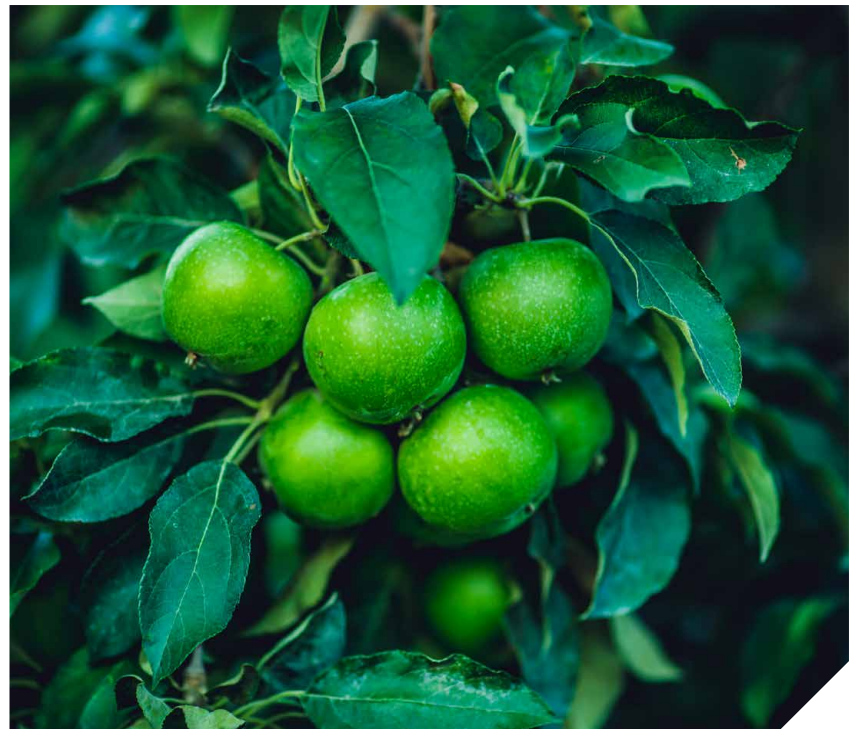
Average net weight: 6 kg

Temperature condition of transportation and storage:

6 °C – 8 °C

Shelf life: 15 days





Apple

Apple – is not only a unique product, but also a popular symbol of the entire world culture. Since ancient times, it has symbolized fertility, love and knowledge. Apple appears in biblical tales and mythology, in fairy tales and legends, as well as in numerous literary works

Apples are truly a favorite fruit in many countries: they are tasty, contain many vitamins and are very affordable. The most useful are freshly picked apples. It is in them that the concentration of nutrients reaches its maximum. The pectin contained in them improves bowel function. Vitamins A, E, group B and ascorbic acid take care of the immune system and have a beneficial effect on the growth and development of body tissues



Beneficial features

The health benefits of apples have been known since ancient times. No wonder the people often use the English proverb: "An apple a day keeps the doctor away". When eating apples, the human body receives the following substances:

- Pectin, which improves the activity of the intestines and promotes its purification from toxins;
- Antioxidants that slow down oxidative processes in the human body;
- Tannins, which have an anti-inflammatory effect in diseases of the cardiovascular and genitourinary systems;
- Tanning substances that prevent the precipitation of salts, which in turn is an excellent prevention of urolithiasis;







- **Vitamins A, C, B1, B2, E, P, necessary for human health;**
- **The health benefits of apples are justified by the content of minerals such as magnesium, potassium, calcium, zinc, copper, chlorine. But most of all in this fruit is iron, which is responsible for the quality of blood and calcium, which is so necessary for the musculoskeletal system and the cardiovascular system**



Species and varieties...

Varieties of apples today are amazing. There are many different varieties of apples in the world, which differ in different criteria: in terms of fruit ripening, winter hardiness, height, fruit size, etc.

Among the wide variety of apple sorts, AGRO RETEMS offers such varieties as «Granny Smith», «Golden», «Cripps Pink», «Fuji»



Interesting fact

Apple orchards cover an area of about five million hectares on the surface of our planet



Offer from AGRO RETEMS

Sorts: "Granny Smith", "Golden", "Cripps Pink", "Fuji"

Caliber: 60 mm+; 65 mm+; 70 mm+

Volume for April: 400 tons

Origin: Azerbaijan

Shipment period: from 13th to 17th week

Container: plastic box / cardboard box, dimensions 40x60x18

Average net weight: 13.5 kg; 18 kg (5 rows)

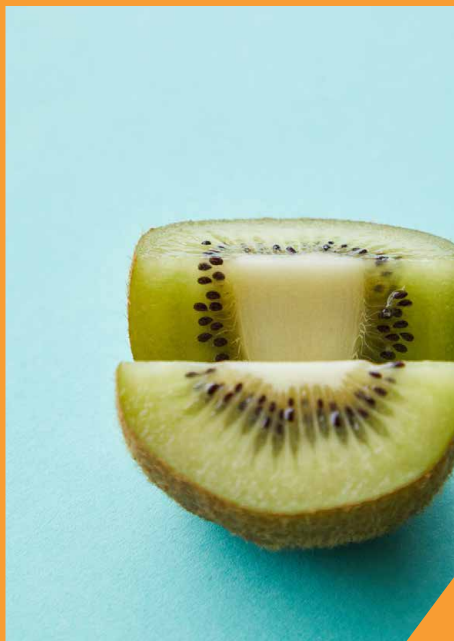
Temperature condition of transportation and storage:

3 °C

Shelf life: 30 days



Kiwi (from Iran)

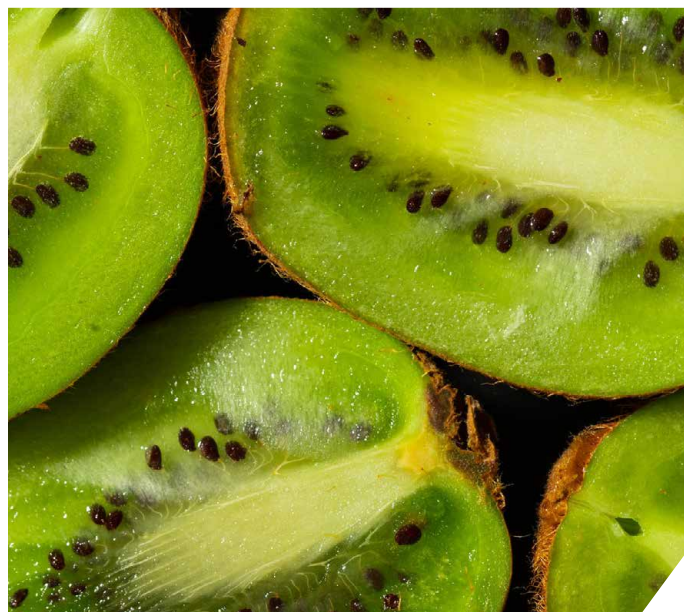


A fruit called kiwi, also known as “Chinese gooseberry”, is known throughout the world. Few people know that in fact it belongs to exotic berries growing on tree-like lianas. This product impresses with its beneficial properties and is widely used in cooking, cosmetology and medicine

Today, kiwi can be bought in any stores and supermarkets. Some use them raw, while others add them to various dishes as one of the ingredients. It's time to find out how useful this fruit is for our body and why it should be included in your diet

Kiwi contains many nutrients, including: antioxidants, fiber, vegetable protein, pectin, folic acid, flavonoids, beta-carotene. Kiwi is the record holder for the content of vitamin C. To meet the needs of the body, it is enough to eat one fruit a day

In addition, this fruit is rich in magnesium and nicotinic acid. The enzyme actinidin found in its composition promotes the breakdown of proteins, prevents blood clotting and actively stimulates digestion. Kiwi also contains B vitamins and iron



Beneficial features:

Useful properties of kiwi are multifaceted:

- Lowers blood pressure, normalizes vascular tone
- Prevents the occurrence of cardiac arrhythmias, strengthens the heart muscle
- Relieves inflammation of the vascular wall, strengthens capillaries
- Prevents thrombosis, improving the «fluidity» of blood
- Reduces elevated cholesterol levels
- Helps efficient digestion
- Increases the level of hemoglobin in the blood
- Promotes resistance to stress and relieves nervous tension
- Reduces the risk of developing cancer
- Prevents the formation of kidney stones
- Prevents early graying of hair

Species and varieties...



Currently, there are many different varieties of kiwi. They may vary in shape and taste. AGRO RETEMS offers its customers the most famous kiwi variety in the world - "Hayward". It belongs to the leaders among cultivated kiwi varieties. The yield of this variety is high, growing every year



Offer from AGRO RETEMS

Sort: "Hayward"

Caliber: 70 gr+; 75 gr+

Volume for April: 80 tons

Origin: Iran

Shipment period: from 13th to 17th week

Container: plastic box, dimensions 35x23x13

Average net weight: 4 kg

Temperature condition of transportation and storage:

2 °C – 4 °C

Shelf life: 30 days



Interesting fact

Due to the fact that kiwi is a dietary product, it can be safely consumed by people who are prone to obesity. Firstly, it promotes fat burning, and, secondly, it contains a lot of healthy fiber, which is so important for getting a slim figure



Young potato washed / unwashed

Potato – is a member of the Solanaceae family, which also includes tomatoes and eggplants. However, the fruits of the vegetable themselves can even be poisonous and only tubers are used for food. There are about a hundred different types of potatoes that are used for food purposes, as a fodder crop and for processing and obtaining starch



Interesting fact

At the end of the 19th century in Alaska, engulfed by the gold rush, potatoes were worth more than gold. This was due to the fact that scurvy was rampant among the gold diggers, and potatoes are an excellent remedy for combating this disease

In Russia, the appearance of potato is associated with the name of Peter I, who brought a bag of vegetables from Holland in the 17th century. However, the Russian peasants resisted the adoption of the new culture. Therefore, potato received real distribution only in the 19th century, after the reforms of Nicholai I

Young potato is especially popular. Distinguishing young potato is quite simple: it has a delicate thin translucent peel. If you press it with your finger, it easily lags behind. Since most of the nutrients are concentrated immediately under the skin of a young potato, by peeling it, we significantly reduce the benefits of this product. It is better to cook and bake young potato with the peel

Beneficial features

Young potato contains vitamin C, vitamins B, A, C, E, as well as potassium, phosphorus, iron, calcium, magnesium, sodium, iodine and sulfur. Potassium is important for the work of the heart, relieves swelling and removes excess water from the body. In addition, young potato improves the functioning of the gastrointestinal tract, stimulate the brain, normalize metabolism and improve mood





- Increases immunity and normalizes the production of hemoglobin due to the content of magnesium, potassium, iron, chromium, phosphorus and vitamin C salts
- Increases the tone of the body - potato proteins contain essential carbohydrates, thereby replenishing the necessary daily supply
- Has a protective effect on the digestive tract
- Reduces the deposition of cholesterol on the walls of blood vessels
- The diuretic effect of young potatoes is higher than that of mature ones
- Supports kidney function
- Provides fast saturation, as the composition of amino acids is ideally balanced and they are easily absorbed
- Accelerates metabolic processes, neutralizes excess acids
- Accelerates the regeneration of cartilage, used to treat arthritis and gout

Selectionists have bred more than 5,000 varieties of potatoes, which differ in yield, frost resistance, tuber size, resistance to pests and other parameters. AGRO RETEMS offers its customers such varieties as "Telman" (washed), "Kemerov" (unwashed)



Offer from AGRO RETEMS

Sorts: "Telman", "Kemerov"

Caliber: 40 mm+

Volume for April: 200 tons

Origin: Azerbaijan

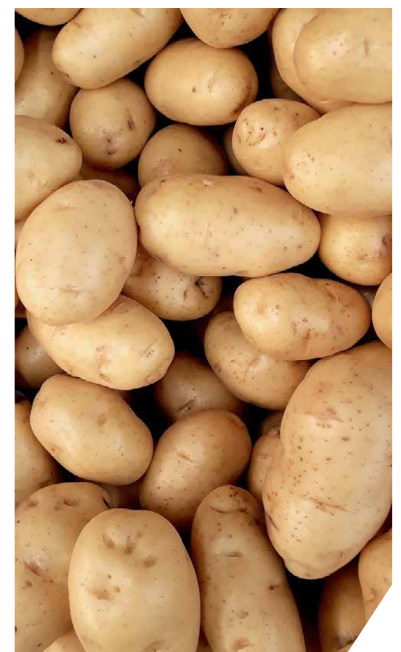
Shipment period: from 13th to 17th week

Container: cardboard box, dimensions 30x40x14; paper bag

Average net weight: 7 kg; 20-25 kg

Temperature condition of transportation and storage: 2 °C

Shelf life: 30 days



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