

# KHURMAN

## Apple

An indispensable ingredient good nutrition

## Kiwi

Hayward, the most famous kiwi variety

## Quince

Pantry of vitamins

## Tomato

Azerbaijan's export leader

## Young Potato

The combination of great taste and Excellent marketable appearance



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## Shipments

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

Apple - **555.000 kg**

Tomato - **180.000 kg**

Quince - **370.000 kg**

Kiwi - **277.000 kg**



## From the Editor

Year by year, the range of products of the brand «**MEGA FRUTA**» is becoming more and more varied. The only thing that hasn't changed is freshness and attractive price. We provide fruits and vegetables from different countries, depending on their seasonality. The active season of shipments from Iran continues and in this issue we collected for you the most interesting facts about Kiwis. Also, in April we offer our Buyers indispensable products such as tomatoes, potatoes, quince and apples in the varieties of «Granny Smith», «Golden Delicious» and «Pink Lady.»



**AGRO RETEMS**







# ANNOUNCEMENT FOR MAY

**In May 2023, AGRO RETEMS offers:**

## **Beets**

**Volume for May:** 200 000 kg  
**Shipping period:** 19-22 weeks



## **Tomato**

**Volume for May:** 300.000 kg  
**Sorts:** Round, On a branch, Pink  
**Shipping period:** 18-22 weeks



## **Young Potato**

**Volume for May:** 500.000 kg  
**Sort:** Telman; Arizona; Kemerov  
**Shipping period:** 18-22 weeks



## **Carrot**

**Volume for May:** 200 000 kg  
**Sorts:** Soprano; Baltimore  
**Shipping period:** 19-22 weeks



## **Apricot**

**Volume for May:** 40 000 kg  
**Sort:** Mayowka  
**Shipping period:** 20-22 weeks



## **Cherry**

**Volume for May:** 40 000 kg  
**Sorts:** Prime Grant; Early Red  
**Shipping period:** 21-22 weeks



## Species and Varieties

# Apple

*The apple is the fruit of the tree of the same name, a popular garden crop around the world. Its external appearance is characterized by a spherical shape and thin, smooth skin, which, depending on the variety, is colored in different shades of yellow, red and green at maturity. Its intense, astringent, sweet and sour flavor is used for culinary purposes*



*Apples are a very popular and perhaps the most widespread fruit in our country.*

*Their regular consumption helps to maintain necessary levels of vitamins and minerals, important for the human body. They contain vitamins C, B1, B2, P, E, carotene, potassium, iron, manganese, calcium, pectin, sugars, organic acids and other useful substances*



## Compound

*The chemical composition of an apple is characterized by a high content of carbohydrates, fiber, pectin, fats, organic acids, ash, as well as a number of vitamins and minerals*

### Season...

*In the Middle lane, the season of the most ripe and delicious apples lasts from late July to October, although there are earlier and later varieties. And imported apples are sold in shops and markets all year round*



### What is combined with...

*Apples go well with sour and sweet fruits, as well as with Dairy products and non-starchy vegetables and herbs. In addition, they are compatible with foods rich in fat, such as cheese, eggs, or nuts*



### Beneficial features...

In addition to the wonderful taste and aroma apples are distinguished by the presence of a mass of useful properties. These fruits are recommended in Apples are recommended for the treatment and prevention of a huge number of ailments diseases, from hypertension ending with urolithiasis

Apple juice helps to normalize the functioning of the organs cardiovascular, digestive and urogenital system, and well Tones up the body while quenching thirst

### Storage...

The ideal place to store apples is in the refrigerator, because this fruit is better preserved in the dark and cool. In cut form, it very quickly loses not only its original appearance, but also its useful properties. This is caused by exposure to the oxygen in the air. It triggers the process oxidation, which makes cut apples not to be stored at all



### How to choose...

Since the amount of nutrients in apples depends on their shelf life The choice of these fruits should begin with the country of origin. Apples grown in your region should come first. Only Then you can focus on the imported fruit

The next selection criterion is the flavor and the integrity of the rind. Apples should smell delicious, and their skin should look intact, smooth and without visible darkening. You should also pay attention to size, since large apples are very often overripe





## Offer from AGRO RETEMS

**Varieties:** Golden, Gala, Royal Gala, Rose Globe, Red Chiff, Fuji, Granny Smith

**Caliber:** 65 mm+; 70 mm+;

**April capacity:** 100 tons

**Origin:** Azerbaijan

**Shipment period:** 14-17 weeks

**Packaging:** plastic box / carton box, 60x40x18

**Average net weight:** 12.5 kg

**Temperature ranges for transportation and storage:**  
2°C

**Shelf life:** 30 days

## Species and varieties...

# Quince

*The quince is considered a false apple because of their external resemblance. In addition, the smooth and hard fruit also possesses five multi-seeded nests. The history of quince cultivation has rather distant roots - this small tree has been cultivated in Asia for more than 4,000 years. Homeland of the fruit is considered to be Uzbekistan, Armenia, Turkey, Hungary and some territories, that are in the vicinity of these countries*



## Beneficial features

*Quince is widely used in folk medicine, thanks to its useful properties. Among them we can highlight the antioxidant properties of the fruit, contributing to the removal of free radicals from the body and Prevent cancer. Quince is a useful product for people who suffer from stomach ulcers. The juice of the fruit has a tonic, strengthening effect and is an excellent diuretic*

*Regular consumption of quince improves digestion and lowers cholesterol. The presence of potassium in the fruit Helps control blood pressure. The viscosity and diuretic properties of the fruit make it useful for cystitis, and Its tannins and high levels of pectin pectin make it an excellent styptic and anti-inflammatory*

## Applications...

*Typically, quinces are lemon or dark yellow in color and have an aromatic but tough flesh. It is most often used for making drinks, jams, marmalade, or to flavor meat. Pre-cooked quinces are used to make desserts and toppings for baked goods*

*However, it is rarely eaten raw. Raw quince are used for medicinal purposes, and less commonly, fresh quince are added to tea to flavor it*





## **Offer from AGRO RETEMS**

**Variety:** Jasper

**Caliber:** 80 mm+; 85 mm+

**April volume:** 40 tons

**Origin:** Azerbaijan

**Shipment period:** 14-17 weeks

**Packaging:** 50x30x10 plastic crate

**Average net weight:** 5.5 kg

**Temperature ranges for transportation and storage:**  
2°C

**Shelf life:** 30 days

## Contraindications

*When making a mucilaginous infusion of quince seeds, they should not be crushed - they contain the poisonous glycoside amygdalin.*

*Quince should not be used in cases of pleurisy and constipation.*

*In addition, quince is harmful to the larynx and voice, and should not teachers and singers should not consume it*



## Interesting facts...

*- The quince also occurs in the wild, but bears much less fruit. There are usually only a few fruits on the tree, which rarely weigh more than 100g*

*- For a long time, quince can grow in almost dry soil. At the same time, the tree easily withstands abundant moisture, for example, during floods*

*- One tenth of a ripe quince makes up sugar*

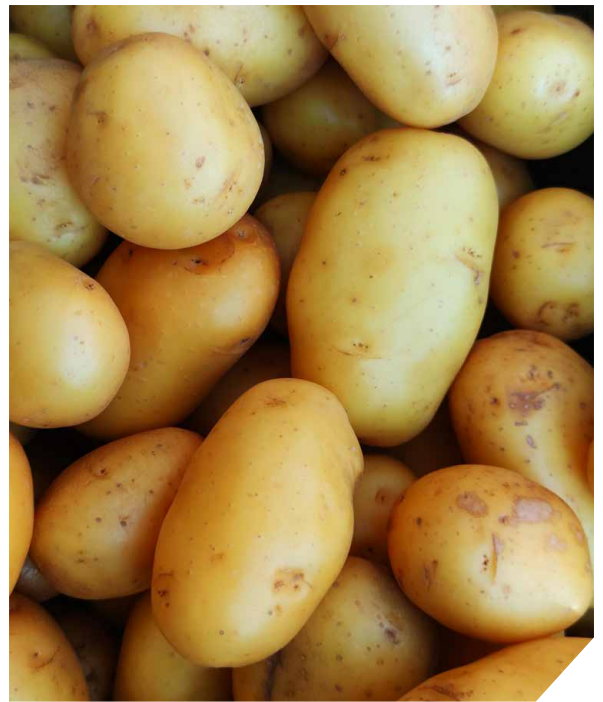
*- Did you know that the quince tree has no other related plants?*



## Young Potato

*Young potatoes are an excellent source of powerful antioxidant substances that help protect the body from early aging, cancer*

*A young potato is generally considered to be a potato harvested two weeks after it has finished flowering and before it is fully ripe. Their distinctive feature The potato has a thin, translucent skin that comes off easily, even when pressed with the fingers*

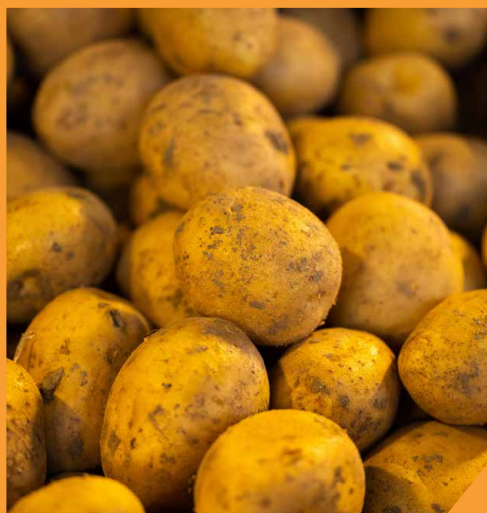


*Explaining why young potatoes are useful, experts noted that they, like many fresh vegetables, contain high doses of bioflavonoids, which are the strongest antioxidants. These substances help prolong youth and health, prevent the development of tumors, protect blood vessels, and strengthen cell walls*

*Young potatoes contain such useful substances like vitamin A, B vitamins, vitamin C, vitamin E, vitamin K, niacin, choline, folic acid, protein, potassium, calcium, magnesium, phosphorus*

*Potato protein is one of the most complete in the plant world - it contains 14 of the 20 essential amino acids*

*In turn, a 100-gram serving of young potatoes gives the body half the daily allowance of vitamin C - important for maintaining healthy functions the nervous and endocrine systems, the blood vessels, and the Collagen production, which provides the skin and ligaments with protection against early aging*



*Potassium, which is abundant in young potatoes, helps the body to remove excess fluid, protects against edema, high blood pressure*

*Patients with cardiovascular and renal diseases are often recommended unsalted baked potatoes, the benefits of which are due to their high potassium content*

*Also young potatoes are favorable The young potato has a beneficial effect on the gastrointestinal tract and Containing little starch, they are an excellent choice in the diet of thinners*

## Offer from AGRO RETEMS

**Variety:** Telman

**Caliber:** 40 mm+;

**April volume:** 100 tons

**Origin:** Azerbaijan

**Shipment period:** 14-17 weeks

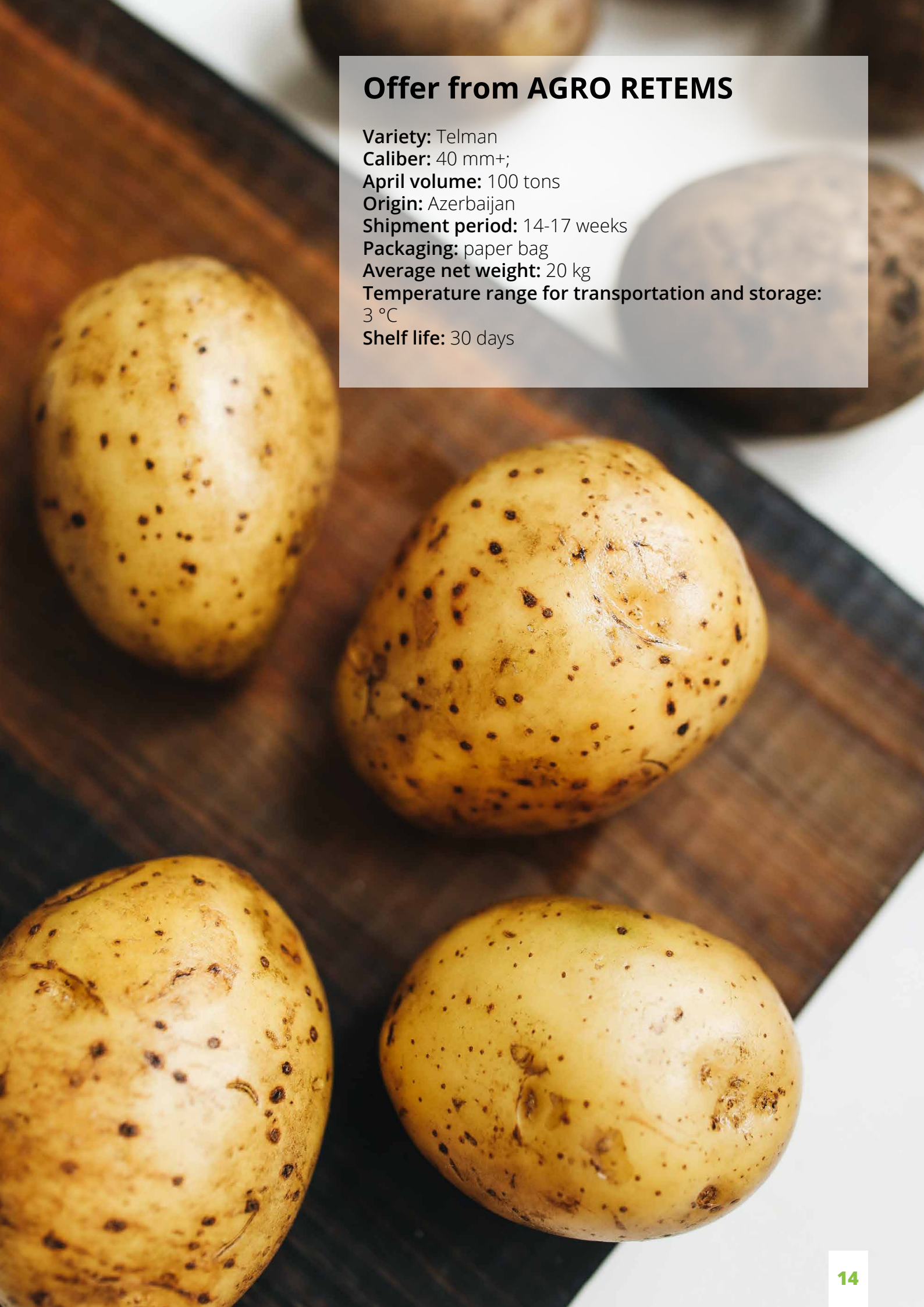
**Packaging:** paper bag

**Average net weight:** 20 kg

**Temperature range for transportation and storage:**

3 °C

**Shelf life:** 30 days



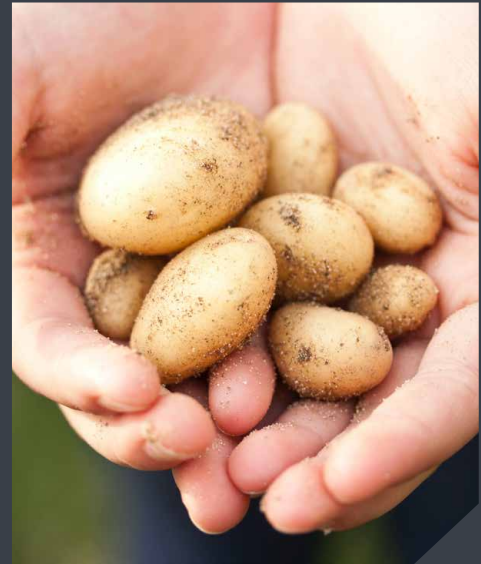




## Composition and calories

Young potatoes contain vitamins B, A, C, PP and H. Minerals - iodine, zinc, chromium, fluorine, potassium, calcium, magnesium, sodium, phosphorus, chlorine and sulfur. The caloric value of young potatoes is 71-79 kcal. per 100 grams of product

Young potatoes with thin skin grown in environmentally friendly. They have a cream-colored flesh and have a creamy taste and pleasant aroma when cooked. Young potatoes are usually boiled and seasoned with oil, garlic and herbs or baked in the oven with meat and vegetables. Potatoes should never be fried or mashed. It is a wonderful side dish to boiled or baked poultry



## Benefit

Speaking about the benefits of young potatoes, we should first note the low starch content compared to mature potatoes, which allows you to quickly feel satiety. This is a reason to include it in the menu when losing weight. The content of useful substances beneficial to the cardiovascular system, reduces blood pressure and deposition of cholesterol in the blood vessels. Strengthens the immune system and Improves the body's defenses

It has a diuretic effect, but it does not wash out the necessary body of potassium. It has a mild laxative effect. Stabilizes the nervous system and increases stress resistance



## ***Kiwi*** (country of origin - Iran)

*A kiwi is a plant of the genus Actinidia, which is a large arboreal liana*

*The kiwi fruit are oval-shaped, brownish hairy berries with a delicate green to yellow heart. berries with a soft green or yellow core. Inside the kiwi fruit are many small, beautifully spaced black seeds. beautifully arranged black seeds*



## ***History***

*The kiwi is probably the youngest known fruit - its cultivated species appeared about 100 years ago. The history of the kiwi began when a New Zealander, A. Allison, received as a gift A gift of seeds of the «monkey peach» from China. Allison spent 30 years perfecting this plant until the exotic fruit, now known throughout the world, appeared. The kiwi derives its name from the New Zealand flightless bird, the kiwi bird, which is wingless and covered with brown feathers*

*The kiwi entered the world market during the 1930s, when port clerk J. McLauchlin decided to change his occupation. and started growing this fruit for sale*

## ***Beneficial features***

*Kiwis contain almost all known vitamins: A, B1, B2, B6, B9, C, E, PP. In addition, kiwi contains organic acids, starch, dietary fiber, macronutrients (calcium, magnesium, sodium, potassium, phosphorus, chlorine, sulfur) and many trace elements (iron, iodine, copper, manganese, fluorine, etc.). All these substances make kiwifruit very useful fruit*





## Offer from AGRO RETEMS

**Variety:** Hayward

**Caliber:** 70g+

**April volume:** 40 tons

**Origin:** Iran

**Shipment period:** 14 to 17 weeks

**Packaging:** 35x23x13 plastic crate

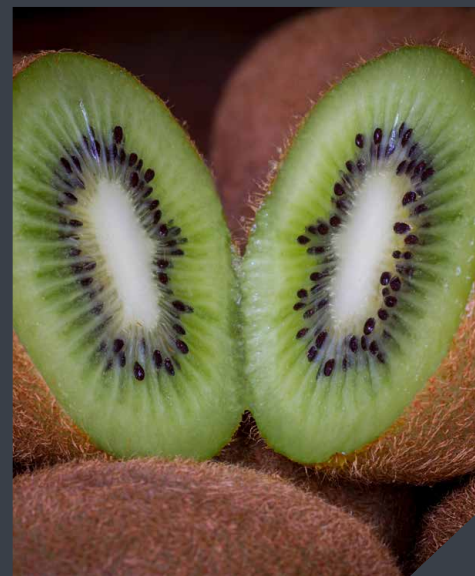
**Average net weight:** 4.5 kg

**Temperature range for transportation and storage:**  
2 °C

**Shelf life:** 30 days

## How to choose

*When choosing a kiwi, you should pay attention to The elasticity of the berries, which should be slightly squeezable when lightly pressed. In addition, quality kiwifruit can be recognized by its pleasant fruity aroma. Another criterion for choosing kiwifruit is the absence of stains and physical damage on the skin*



## Storage

*Only unripe kiwifruit can be stored at room temperature. Unripe kiwifruit can be stored at room temperature because they will gradually ripen in this environment. Once ripe, they can be stored in the refrigerator for up to 3 to 4 weeks. in the refrigerator, where they can be stored for up to 3-4 weeks. The container must not be airtight*



## Composition

*The chemical composition of kiwifruit is characterized by high protein, carbohydrates, vitamins (B9, C) and minerals (potassium, calcium, phosphorus, magnesium, iron, zinc, manganese)*







## Tomato

*Tomato is a plant from the genus Solanaceae. The name comes from the Italian language and means «golden apple» - pomo d'oro. In Europe, the word «tomato» has taken root - it comes from the Aztec - «tomatl». Available in red, black, green, yellow, pink*

### **History**

*The tomato is native to South America. Only in the middle of the 16th century did it come to Spain, Portugal and from there to other European countries. In the mid-16th century it made its way to Spain and Portugal, and from there to other European countries. The novelty was regarded with caution: they considered it a beautiful but poisonous crop. In America, there were also many enemies of the tomato: they tried to poison President George Washington with them. For its red fruit, the tomato was called the «apple of love». Tomatoes were introduced to Russia in the 18th century, where they became widespread thanks largely to the agronomist Andrei Bolotov*



### **What tomatoes taste like**

*Depending on the variety - from sour to almost fruity. Part of the information will be given by the color of the fruit: for example, yellow ones have a more delicate flavor and less acidic content. There is a rule: the brighter the color or the shallower the tomato, the richer the taste. That is why cherry tomatoes cherry tomatoes are so delicious. The texture of a fresh tomato is rather watery*



## Offer from AGRO RETEMS

**Varieties:** Regular, on branch, pink

**Caliber:** 56 mm+, 45+ mm

**April volume:** 100 tons

**Origin:** Azerbaijan

**Shipment period:** 14-17 weeks

**Packaging:** plastic crate, 30x40x14

**Average net weight:** 6 kg

**Temperature range for transportation and storage:**

2 °C

**Shelf life:** 21 days

## How to eat it

Tomatoes are used to make salads, carpaccio, juices, and smoothies. They can be used in a variety of dishes, from scrambled eggs and pizzas to soups and pastas. Tomatoes are baked, dried, fried, salted, stuffed, and pickled. Some of the most popular dishes are caprese salad and gazpacho soup, and tomato sauce is a favorite dressing for many people



## Benefit

Tomatoes contain lycopene, a substance that prevents the formation of cancer cells in the body and reduces the risk of mutating our genes. The vitamins it contains support the immune system, the peel of the tomato clears the stomach well, the anticoagulants in the seeds prevent thrombosis, and the phytoncides in the pulp prevent inflammation by destroying harmful bacteria. Serotonin regulates the nervous system and, coupled with the bright color, improves a person's mood

## Harm

You should not eat this product if you suffer from gastritis, cholelithiasis, liver and kidney disease, arthritis and gout. Kidney stones can form, plus this vegetable is a strong choleric. Also, tomatoes are one of the worst allergens, so Allergy sufferers should be wary of tomatoes. tomatoes







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