

KHURMAN



Apple

Vitamin bomb

Apricot

Dietic dessert

Peach

Organic antidepressant

Grape

Multivitamin complex

Nectarine

Food of the gods

Plum

Symbol of fertility

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Shipments

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

- Apricot - **270.000 kg**
- Sweet cherry - **360.000 kg**
- Peach - **180.000 kg**
- Nectarine - **90.000 kg**
- Plum - **90.000 kg**

From the Editor

August – is the summer month richest in fruits and vegetables. We all love the summer season very much because there is a wonderful opportunity to saturate the body with all the necessary elements. While warm, sunny days are still outside the window, our body needs light, low-calorie and at the same time tasty dishes. In the last month of summer, the diet must necessarily include ripe seasonal vegetables, fruits and berries, rich in vitamins and energizing.

It is in August that a wide variety of fruits and vegetables grown in natural conditions, without growth stimulants and other additives, appears on the shelves. From early childhood, we were told that eating fresh vegetables and fruits is very useful, because they saturate body with vitamins and minerals. This statement is true, but few people know that they are useful exactly in their season. Seasonal fruits that ripen just in time and according to their natural cycle bring maximum benefits to the body.

In this issue, AGRO RETEMS offers the following items: apple, apricot, peach, nectarine, plum, grape.

Enjoy reading!



AGRO RETEMS







ANNOUNCEMENT FOR SEPTEMBER

In September 2022, AGRO RETEMS offers:

Apple

Volume for September: 1000.000 kg

Sorts: «Golden», «Gala», «Royal Gala»

Shipping period: 35 – 39 weeks



Grape

Volume for September: 600.000 kg

Sorts: «Arktika», «Red Globe», «Victoria», «Merlot»

Shipping period: 35 – 39 weeks

Plum

Volume for September: 80.000 kg

Sorts: «Angelika», «Black Splendor», «Black Amber», «President»

Shipping period: 35 – 39 weeks



Peach

Volume for September: 200.000 kg

Sorts: "Round", "Flat"

Shipping period: 31 – 38 weeks

Nectarine

Volume for September: 200.000 kg

Sorts: "Round", "Flat"

Shipping period: 31 – 38 weeks





Apple

The first item of the August issue of AGRO RETEMS magazine is an apple. In addition to being a popular fruit, as they are grown on every continent, apples are also a key element in the literature. In the Bible, ancient Greek legends, folklore, an apple is invariably present. What is the secret of the worldwide love for apples?

Interesting fact...

Apples improve the condition of the teeth. Chewing juicy apple pulp, we clean the enamel of the teeth from plaque, carrying out the sanitation of the oral cavity. At the same time, carefully chewing a piece of apple, we massage the gums, which improves blood circulation, and this also has a beneficial effect on the condition of the oral cavity

The composition of the apple is unique, this fruit contains up to 90% water and about 20% nutrients. Everything is useful in apples, so those who eat the whole fruit are right. The pulp is rich in fiber, organic acids (malic, citric, tartaric, chlorogenic), microelements (potassium, phosphorus, magnesium, sodium, sulfur, aluminum, boron, vanadium, iron, iodine, copper, molybdenum, nickel, fluorine, chromium and zinc) and vitamins A (50% more than in oranges), B1, B3, PP, C. Apple peel contains flavonoids, and seeds contain up to 15% fatty oil

Beneficial features

The benefits of apples for the human body are enormous. An apple – is one of the most delicious and affordable fruits. It is almost impossible to overestimate the beneficial properties of an apple for a person: it is a real treasury of vitamins and microelements, the balance of which in the body contributes to its rejuvenation and is the basis of strong immunity

- *Vitamin A in apples is 50% more than in oranges – this vitamin helps protect against cold and other infections and maintains good vision*
- *There is more vitamin G or B2 in apples than in any other fruit. It is called the «vitamin of appetite» and ensures normal digestion and growth, maintains the integrity of the nervous system*
- *Vitamin C – one sour apple is one fourth of the daily requirement of the vitamin; the best remedy for the prevention of infectious diseases, avitaminosis and anemia, an indispensable element in the synthesis of collagen, regulation of blood clotting, normalization of blood vessels. Thanks to vitamin C, apples have an anti-inflammatory effect*





- **Potassium** – this microelement is a mild diuretic. It helps to relieve swelling of the body, regulates the fluid content and normalizes the functioning of the kidneys
- **Iron** – is the best remedy for anemia. Moreover, the distinctive quality of iron in apples – is its good biological digestibility
- **Phosphorus** – effectively stimulates brain activity and is an indispensable element for the elimination of insomnia
- **Zinc** – is a great helper in strengthening the immune system. In addition, zinc assists in weight loss

- **Iodine** – its amount in apples is much greater than in any other fruit (apples are second only to seafood in iodine), an excellent prophylactic for thyroid diseases
- **Magnesium salts** – reduce the risk of atherosclerosis
- **Folic acid** – dulls the feeling of hunger, so apple fasting days are so popular and useful

Species and varieties...

Apples are perhaps the most widespread fruit on earth – there are about 10 000 varieties of apples! Pale-yellow, green, pink and red – apples differ mainly in appearance, and their composition is approximately the same. AGRO RETEMS offers its customers such popular varieties of apples as «Golden», «Gala», «Royal Gala»





Offer from AGRO RETEMS

Sorts: «Golden», «Gala», «Royal Gala»

Caliber: 65 mm+; 70 mm+

Volume for August: 600 tons

Origin: Azerbaijan

Shipment period: from 31st to 35th week

Container: plastic box / cardboard box, dimensions
60x40x18

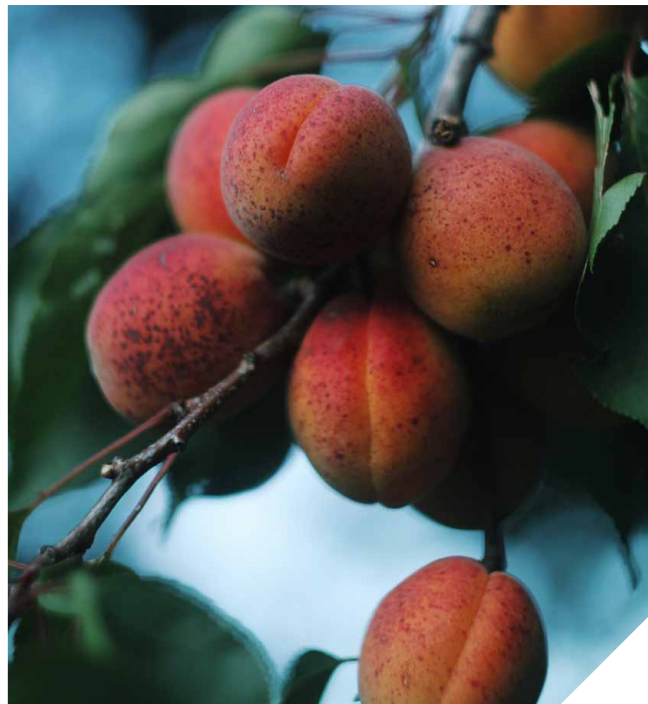
Average net weight: 13 kg

**Temperature condition of transportation and
storage:** 2 °C

Shelf life: 30 days

Apricot

Apricot – is a fragrant and very tasty fruit that has amazing properties. Its composition is really amazing, because one fruit contains a large amount of magnesium, iron, beta-carotene, phosphorus, folic acid, sodium, iodine, pectin and other substances. It contains vitamins – groups B, as well as A, C, E and H



It has a positive effect on the level of hemoglobin in the blood, strengthens the immune system, improves vision. It is also used as a prevention of thyroid disease and cardiovascular disease. Apricot also lowers blood cholesterol levels, cleanses the body, strengthens bones and fights aging

Apricot can rightfully be considered a motor for brain activity. It improves memory and is especially useful for those who are engaged in intellectual work. We especially recommend the fruit for those with a sweet tooth. Its sweet taste can be an excellent dessert and a substitute for ice cream and high-calorie pastries. Therefore, apricot, both in its natural form and in the form of dried fruit, will help in the fight against extra kilograms. The fruit also accelerates metabolism

In folk medicine, apricot seeds are used as a cough remedy and for respiratory diseases. It is believed that the substances that apricot kernel is rich in help with cancer and stomach ulcers. Therefore, apricot is famous for its antibacterial and bactericidal properties

Apricots also allow you to maintain the water balance in the body due to the large amount of fluid that the fruit consists of





Offer from AGRO RETEMS

Caliber: 40 mm+

Volume for August: 200 tons

Origin: Azerbaijan

Shipment period: from 31st to 35th week

Container: plastic box, dimensions 30x40x18

Average net weight: 8 kg

Temperature condition of transportation and storage: 2 °C

Shelf life: 21 days

How to choose apricot?

- *The surface of the apricot must be free of cracks and mechanical damage (overripe fruits, apricots that have been improperly stored or transported have such signs, and damage will shorten the shelf life and accelerate the process of decay)*
- *The surface of an apricot can be smooth or velvety (this nuance does not affect the ripeness of the fruit, and the variety plays a key role)*

- *The brighter the color of the apricot, the higher the level of its maturity (with the exception of fruits that are too bright, in this case the use of dyes or an excessive amount of chemicals is not ruled out)*
- *In a ripe apricot, the stone separates from the pulp, remaining smooth*
- *The aroma of a ripe apricot should be sweet without foreign odors*



Interesting fact...

Ancient Egyptian physicians used crushed apricot kernels to cure throat and intestinal ailments



Species and varieties...

Breeders have developed a large number of species and sorts of this fruit, which are adapted to a wide variety of growing conditions and have a variety of characteristics. Combines them aroma and taste of fruits, characteristic of apricot





Peach

Peach – is a species of fruit trees of the rose family, belonging to the same genus as plum, cherry and apricot (sometimes separated into an independent genus Persica)



Originally from China, but came to Europe through Persia (Iran), where there were magnificent peach orchards, from which it got its name. Height is usually less than 6 m, leaves are lanceolate, 7–12 cm long. Flowers are usually pink, solitary or paired; ornamental varieties are white, red or striped, regular, double and semi-double. Ornamental red-leaved and weeping varieties are also known



The fruit – is a juicy drupe 5–7 cm in diameter with a thin but fluffy peel, sweet yellow, reddish or white pulp and a hairy stone

The chemical composition of peach – is a storehouse of vitamins and minerals. These fruits are rich in carbohydrates, vitamins (B9, C, E, K), macro- (potassium, calcium, phosphorus, magnesium, sodium) and microelements (iron, iodine, manganese, copper, fluorine, zinc)

Having a juicy and sweet pulp under the thin peel, peaches are most often eaten fresh. In cooking, these fruits are actively used in the preparation of desserts, confitures, jams, confectionery and bakery products, as well as soft drinks and alcohol-containing drinks, in particular, liqueurs





Beneficial features

- The aroma of peach is able to act on the human body as an antidepressant. Also, the fruit is able to influence brain activity, improving memory and increasing concentration
- Due to the large amount of vitamins in peaches, they are recommended to eat for the prevention of colds and beriberi. One peach provides the body with $\frac{3}{4}$ of the daily value of vitamin C
- Vitamin C contained in peaches stimulates the production of collagen, which gives elasticity to our skin. In addition, this vitamin blocks free radicals – the cause of aging

- *Peaches are also useful for people with low hemoglobin, anemia, and also in stressful situations. The use of peaches helps to increase appetite, improve digestion, peach satisfies the feeling of hunger well*

- *Peach is also used in cosmetology – peach oil is prepared from the seeds of the fruit. The pulp of the fruit is used to make cosmetic masks for sunburn. Peach extract is a part of cosmetic tonics*



- *Regular consumption of peaches strengthens the immune system, protecting us from many infectious and skin diseases. In addition, peaches contribute to the rapid regeneration of the skin. And the protein contained in this fruit is necessary for many vital processes*

- *Vitamins C, K, A and beta-carotene in peaches help the skin fight UV radiation*

Species and varieties...

Depending on the ripening period, there are different types of peaches. This allows to choose the best option for growing in a particular region. Breeders breed varieties for all possible regions. The technical characteristics of the crop are constantly being improved. AGRO RETEMS offers its customers «flat» and «round» varieties of peach

Interesting fact...

Peaches help to get rid of bad mood and anxiety. In Hungary, they are even called «fruits of tranquility»

A photograph of a peach and a silver fork on a white cloth. The peach is whole and has a reddish-orange skin with some darker spots. The fork is ornate and has several slices of peach on its tines. There are also several peach slices scattered on the cloth around the fork. The lighting is soft and natural, creating gentle shadows.

Offer from AGRO RETEMS

Sorts: "Flat", "Round"

Caliber: 55 mm+

Volume for August: 300 tons, 150 tons

Origin: Azerbaijan

Shipment period: from 31st to 35th week

Container: plastic box, dimensions 30x40x14, 30x40x18

Average net weight: 6 kg, 8 kg

Temperature condition of transportation and storage: 2 °C

Shelf life: 21 days

Nectarine

Translated from Greek, «nectarine» – means «drink of the gods». Botanists attributed the nectarine to a peach subspecies and it was not in vain that they gave the fruit the original name Prunus persica (lat. “naked-fruited peach”). Its hairless peel is not the product of clever hybridization, but the result of a natural mutation that occurs during self-pollination. Little is known about the exact origin. Presumably, the motherland of nectarine is China, where it is considered the food of the gods and symbolizes longevity. In Europe, the first written records date back to 1616.

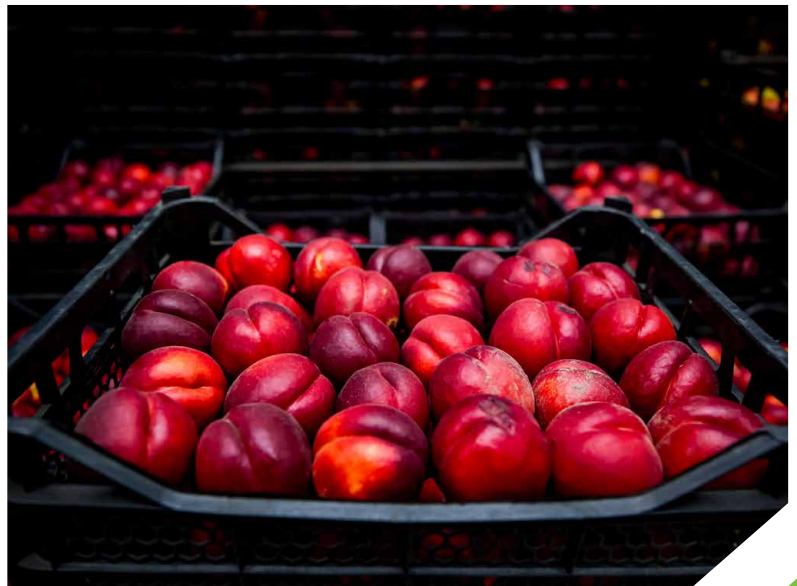


Later, with the development of breeding as a science, large-fruited nectarine varieties were bred, sweeter and more productive. And also – with a relatively dense pulp. The pulp of nectarines is pinkish, yellow, white. Most often, nectarines are smaller than peaches, but they are sweeter. The calorie content of nectarine is only 44 kcal. But the vitamin and mineral composition is saturated



With a very modest calorie content, the composition – is a real vitamin and mineral bomb. What is the southern fruit rich in: folic, ascorbic, formic acids; zinc, iodine, phosphorus, manganese, iron; vitamin K and PP; sucrose, fructose; alpha-tocopherol, thiamine, riboflavin; insoluble fiber, soluble fiber, pectins. In fairness, we note that in terms of chemical composition, nectarine is not far from its fellow peach, although it contains slightly more vitamin C, potassium, phosphorus, and vitamin A

Nectarine fruits are rich in vitamins and vital elements. Therefore, it is useful to use them not only for adults, but also for children, the elderly to strengthen immunity. Fruits can be eaten fresh, you can also cook on their basis a variety of desserts, fruit salads, sweet sauces, get fortified fresh juices







How to choose nectarine?

1. Appearance

Nectarines should not be too shiny – this may be a sign that they have been rubbed with paraffin. It is best to take bright yellow fruits with red sides, but if they are pink – this is an indicator that the fruit has not yet ripened. Make sure that there are no spots on the surface of the fruit



2. Hardness

Nectarine should not be too soft, but it is not recommended to take a hard one – it is better to choose fruits whose pulp gives in a little when pressed, but does not squeeze through

3. Smell

Quality nectarines must have a pronounced sweet smell. Its absence may indicate that the fruits are either unripe or contain a large amount of pesticides

4. Pulp

A ripe nectarine, depending on the variety, should have yellow or red streaks in the pulp, and if there are none – this most often indicates the content of nitrates in the fruit

Species and varieties...

There are many varieties of nectarine. Each differs in taste, fruit shape, peel color, ripening time, etc. AGRO RETEMS offers «flat» and «round» nectarine varieties



Interesting fact...

It's amazing, but two nectarines a day can fully compensate for a person's daily requirement for vitamin C



Offer from AGRO RETEMS

Sorts: "Flat", "Round"

Caliber: 55 mm+

Volume for August: 60 tons, 600 tons

Origin: Azerbaijan

Shipment period: from 31st to 35th week

Container: plastic box, dimensions 30x40x14, 30x40x18

Average net weight: 6 kg, 8 kg

Temperature condition of transportation and storage:
2 °C

Shelf life: 21 days



Plum

Plum is one of the most widespread types of fruit tree. It is known that the plum belongs to the Rosaceae family, which also includes peach, apricot and nectarine. Plums come in a variety of colors and shapes and there are more than 2 000 varieties. In cooking, almost all over the world, they are used to make puddings, jams, jellies, and also as a seasoning for meat dishes. Along with fresh fruits, they are also eaten in dried form – prunes



It is worth noting that for a long time in folk medicine, a decoction of plum flowers has been used to treat teeth, mouth ulcers, gum disease, and also to reduce the severity of pain in the throat



Plums are an excellent source of vitamins such as A (retinol), C (ascorbic acid), B9 (folic acid), K (phylloquinone), B1 (thiamine), B2 (riboflavin), B3 (niacin), B6 (pyridoxine) and E (alpha-tocopherol). They also contain a large amount of minerals, including potassium, fluorine, phosphorus, magnesium, iron, calcium and zinc. Plums are rich in fiber and at the same time are a low-calorie product

Due to anthocyanins, the plum has its dark blue color, and these are also useful substances – antioxidants that protect the body from cancer and aging. Plum peel contains a lot of vegetable fiber, and the pulp contains pectin, which gives the intestines the opportunity to cleanse and heal naturally. Plum also has an anti-inflammatory effect





Beneficial features

- *Removes toxins from the body and fights free radicals that contribute to the development of oncology*
- *Reduces the chance of developing colon cancer. This also applies to prunes*
- *It contains a lot of antioxidants that help prolong the youth of the body*
- *Plum extract can fight and defeat breast cancer cells*
- *Its fruits contain a lot of fiber, which is very useful for the good functioning of the digestive tract*



- *It is an excellent source of «vitamins for the heart» (magnesium, potassium, manganese and copper)*

- *The fruits contain vitamin K1, which is very beneficial for bone health*



- *Thanks to it, the level of bad cholesterol in the body is reduced*

- *Helps fight osteoporosis (a serious disease of the skeletal system)*

- *Regular consumption of plums helps reduce anxiety symptoms*



Offer from AGRO RETEMS

Sorts: "Moon Globe", "Golden Globe", "Vengerka", "Angelika"

Caliber: 40 mm+

Volume for August: 300 tons

Origin: Azerbaijan

Shipment period: from 31st to 35th week

Container: plastic box, dimensions 30x40x18

Average net weight: 8 kg

Temperature condition of transportation and storage: 2 °C

Shelf life: 21 days

Species and varieties...

The number of species, varieties and sorts of plums known today is one of the debatable questions, to which scientists have not yet given an exact answer. Some of them claim that there are from 30 to 40 species of this plant, their opponents believe that this figure exceeds 250

In August, AGRO RETEMS offers its customers such varieties of plums as "Moon Globe", "Golden Globe", "Vengerka", "Angelika"

Interesting fact...

British Queen Elizabeth II eats 2 plums every day before breakfast, which are picked in the royal garden





Grape

Grape – is one of the most popular fruits in the world. These widespread and tasty berries contain many important nutrients. In addition to the fruit of the grape plant, its seeds (or pits) are also beneficial for health as they are rich in antioxidants

Grape is an excellent source of phytonutrients, mainly phenols and polyphenols, and contains vitamins K, A, C, and B6. Also, grape is rich in thiamine, riboflavin, niacin and folate, contains minerals (potassium, calcium, magnesium, phosphorus and sodium)



Grape is high in water content, which helps in keeping the body hydrated, and also contains dietary fiber, healthy carbohydrates, antioxidants, and a moderate amount of protein. Grape flavonoids such as myricetin and quercetin help reduce free radical damage and slow down aging. Thanks to their high nutrient content, grape is a very healthy food and can play an important role in a healthy and active life



Beneficial features

- *Eating grape increases the level of nitric oxide in the blood, which prevents blood clots. Thus, grape may reduce the likelihood of heart attacks*

- *The antioxidants present in grape prevent the oxidation of LDL (low-density lipoprotein, or «bad» cholesterol), which block blood vessels, which is one of the main causes of cardiovascular disease*

- *Grape contains a large amount of flavonoids, which not only determine its color, but are also strong antioxidants. The two main types of antioxidants in grape, resveratrol and quercetin, neutralize the effects of free radicals that can cause significant damage to the body*



- *Grape contains organic acid, sugar and fiber, and also has a tonic effect, increasing intestinal motility*
- *Grapes is an excellent source of micronutrients such as iron and manganese, which are important for building and strengthening bones. Regularly adding grape to your diet may prevent the development of age-related conditions such as osteoporosis*



- *Grape may prevent age-related vision loss and macular degeneration. A grape-rich diet can support eye health and prevent retinal diseases*

Species and varieties...

There are several thousand varieties of grapes in the world, and their number is constantly growing. Some of them are universal and suitable for both winemaking and fresh

consumption. But most often the variety can be attributed to either technical wine or table varieties.

Fruits of technical varieties should have high sugar content, juiciness and balanced taste, while the appearance of the grapes, the size of the bunch and berries does not really matter. Table varieties are valued not only for their taste and pleasant aroma, but also for their decorative appearance and suitability for storage. Berries of table varieties are usually large and fleshy

AGRO RETEMS offers its customers such grape varieties as: «Arktika», «Red Globe», «Victoria»

Interesting fact...

Grape grows almost everywhere, where there is enough water and sunlight. Climatic conditions give direction on which types of grapes to grow: wine grapes, table grapes, for juice production, for raisins or just for eating





Offer from AGRO RETEMS

Sorts: «Arktika», «Red Globe», «Victoria»

Caliber: 17 mm+; 20 mm+

Volume for August: 200 tons

Origin: Azerbaijan

Shipment period: from 31st to 35th week

Container: plastic box, dimensions 30x40x14

Average net weight: 6 kg

Temperature condition of transportation and storage: 2 °C

Shelf life: 21 days

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