

KHURMAN

Apple
Air fruit

Grape
Fruit of science

Kiwi
Exotic fruit

Tomato
Natural antioxidant

Pomegranate
Vitamin bomb

Quince
Antique apple

Persimmon
Orange sun



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Shipments

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

- Grape - **92.500 kg**
- Apple - **370.500 kg**
- Pomegranate - **185.000 kg**
- Tomato - **180.000 kg**
- Quince - **185.000 kg**
- Persimmon - **1.850.000 kg**

From the Editor

Dear readers, we sincerely welcome you in the December issue of the magazine AGRO RETEMS! Here comes the last month winter season ending 2022.

All this year, our team has been diligently and work productively so that you can enjoy fresh and high quality fruits and vegetables. It's impossible imagine our life without these miraculous gifts of nature! They are we need in any season of the year, and especially in winter - in the season of lack sunlight, low temperatures and influenza and other colds diseases - the use of saturated vitamins and trace elements of fruits and vegetables will help you maintain health and good mood! In this edition, we provide you attention to the following positions: persimmon, pomegranate, grapes, quince. Get these fast miracle gifts of nature and be healthy!

Enjoy reading!



AGRO RETEMS







ANNOUNCEMENT FOR JANUARY

In January 2023 AGRO RETEMS offers:

Apple

Volume for January: 400 000 kg

Sorts: Golden, Gala, Royal Gala, Granny Smith, Fuji, Rose Pink, Red Chief

Shipping period: 1-4 weeks



Quince

Volume for January: 100 000 kg

Sort: Heshme

Shipping period: 1-4 weeks

Pomegranate

Volume for January: 60.000 kg

Sorts: Mina Shirin, Gulovshe

Shipping period: 1-4 weeks



Kiwi (Iran)

Volume for January: 300 000 kg

Sort: Hayward

Shipping period: 1-4 weeks



Tomato

Sorts: Round, Branch, Pink

Volume for January: 300 000 kg

Shipping period: 1-4 weeks

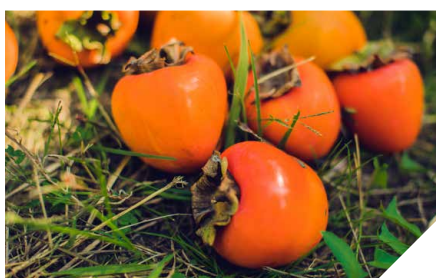


Persimmon

Volume for January: 800.000 kg

Sorts: Round, Bovine Heart

Shipping period: 1-4 weeks





Apple

The apple has long been the personification of the family, spring and the beginning of the year. In myths and fairy tales, the apple tree is a symbol of eternal youth and purity; in Greek mythology, it was the apple that caused the Trojan War. Wild and old apples were compared with sages; in the Caucasus, forked branches of an apple tree were kept at home from the evil eye

Apple fruits are green, yellow, red or orange. In size, apples can be very small, slightly larger than a pea, or grow up to 15 cm in diameter. The peel of the fruit is dense, the pulp is juicy, creamy, it can be sour, sweet and sour or sweet



Benefit and harm

Apples contain a large amount of vitamins: C, A, PP, E and B group, iron, magnesium, iodine, potassium, folic acid, pectins, phytonutrients, fiber, tannins. There are only 47 kcal in 100 g of fruit.

If you eat one apple a day, you can improve your health, get rid of ailments, and provide good prevention of problems in the body. The peoples of the world have even composed proverbs related to the benefits of apples, with the Russians it is as follows: «an apple for lunch - and all illnesses are gone.»

The Chinese and English proverbs are translated as: «he who eats an apple a day never goes to the doctor»

The fruit contains a daily norm of flavonoids, substances necessary for good metabolism. One fruit contains 87% of water, so apples are a good thirst quencher. Fruits are beneficial to the cardiovascular system, They reduce blood cholesterol, thanks to the pectin, magnesium and ascorbic acid they contain, stabilize blood pressure and are a powerful antioxidant.

In winter, apples help stimulate the immune system and protect the body from colds and vitamin deficiency. The acids in apples neutralize bacteria that cause tooth decay. Fiber helps stimulate peristalsis, helps with constipation, absorbs toxins and reduces the risk of colon cancer. The fruit has beneficial Kidney function, preventing the formation of stones, are a good prevention of diseases of these organs. Apples are effective for weight loss and are one of the main components of various diets



Apples are very useful for hair, nails and skin, they are used to make face and body masks, which help to slow down aging and make the skin elastic and smooth, clean the dead cells of the epidermis. Fruits, leaves and flowers of apple trees have long been used by women as raw materials for various cosmetics

Calories...

Caloric value of an apple - 47 kcal
Nutritional value of an apple: protein - 0,4 g,
fats - 0.4 g, carbohydrates - 9.8 g

Interesting fact...

The giant fruit was sold in Beijing at the Apple Festival for the fabulous 69,000 yuan, or \$10,200. The weight of the «record-breaking» apple was more than 600 grams



On our planet, apple orchards occupy about five million hectares. Almost every other fruit tree is an apple tree.

The symbol of the apple is very popular in heraldry: the apple is depicted on 80 official coats of arms



Contraindications...

Despite the array of health benefits, don't You shouldn't get too carried away with apples. Everything is good in moderation. If you eat them in excess (because of the high fiber content). If you eat too much apples (because they contain too much fiber), you can get gastrointestinal disorders. gastrointestinal tract. Therefore, be careful for those who have a diagnosis in the hospital card «peptic ulcer», «gastritis», «colitis»



Offer from AGRO RETEMS

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

Caliber: 65mm+; 70mm+;

Capacity for December: 500 tons

Origin: Azerbaijan

Shipment period: 48 to 52 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...

Grapes

The history of the grape goes back many thousands of years. This was confirmed by archaeologists who found a vessel with an image of a bunch of grapes during excavations, which was about 8,000 years old. In Ancient Greece, wines were popular as early as the 5th century and grapes were specially grown for them.

According to chronicles, already in the VI century Armenia was famous for its grape drink.

In Russia the first establishment of vineyards is dated 1613



Grapes are one of the oldest plants, used by man. The imprints of leaves, shoots and seeds found in excavations, we found imprints of leaves, shoots and seeds, suggesting that grapes are a close relatives of today's grapes existed in the Upper Cretaceous period.

Grapes are inextricably linked to the Ancient East and especially to Ancient Greece, where many myths are devoted to Dionysus, the god of vine-growing and wine-making. winegrowing and winemaking. It was from ancient Greece grapevine came to the Crimea, and from there from there to the Caucasus, Central Asia, the Balkans and Moldavia.

Artificial selection over nearly 10,000 years has led to the development of over 600 varieties of grapes. They are traditionally divided into table grapes, drying grapes and wine grapes

Contraindications

Treatment with grapes is contraindicated for people with diabetes, ulcers of the mouth, stomach and intestines, chronic diarrhea, severe tuberculosis, obesity, hypertension and persons with a high grape sensitivity







Offer from AGRO RETEMS

Sort: Merlot

Caliber: 16 mm+;

December volume: 100 tons

Origin: Azerbaijan

Shipment period: 48 to 52 weeks

Packaging: 30x40x14 plastic crate

Average net weight: 6 kg

Temperature ranges for transportation and storage:

2°C

Shelf life: 21 days

Beneficial features

Grapes are not only used in cooking. Since ancient times it is known as ampelotherapy or grape treatment. The indications for grape treatment are many ailments: these are digestive disorders, lung diseases, bronchitis, asthma, diseases of the digestive tract, some liver and kidney diseases, neurosis, as well as metabolic disorders

Dried grapes have long been used in the treatment of bronchitis and cough, hoarseness of the throat. In ancient times it was believed that raisins were good for people with nervous diseases



Composition...

Grapes contain many useful substances: sugars, organic acids (tartaric, apple, citric, succinic, etc.), pectins, minerals (sodium, potassium, calcium, phosphorus, iron, cobalt), dyeing and aromatic substances. Vitamins Fruits are few, unlike leaves (e.g, Vitamin C in the leaves contains from 110 to 150 mg). In addition, all parts of the plant contain phytoncides



Species and varieties...



Persimmon

The persimmon is thought to be native to China, where it has been cultivated since ancient times. In the 18th century persimmon was introduced to France, then to Egypt, Italy, Algeria

At first Europeans did not appreciate the astringent taste of the fruit until they realized that the crop should be harvested after the first frost. Gradually the crop spread to southern regions with warm climates. It was cultivated in the Middle East, the Caucasus, Central Asia and the United States. In Russia, cultivation of persimmons began in 1880s in Sukhum, seedlings were brought from Italy. The first Crimean plantation was laid in 1901

Benefit and harm...

Persimmon is not only tasty, but also useful fruit. Pectins help normalize metabolism and digestion, vitamin C strengthens immunity, antioxidants protect the body from free radicals and slow down aging.

Betulinic acid, which is found in the fruit, has anti-tumor and anti-inflammatory effects. Persimmons contain a lot of sugar, so they should be eaten with caution if you have diabetes

How it is...

Unripe persimmons are placed in the freezer for a day or 12 hours in warm water to get rid of the astringent taste. Ripe persimmons are eaten fresh, added to curd casseroles, fruit and dairy desserts, pastries. Dried persimmon is fried in butter and added to pilaf. Fleshy juicy fruits are suitable for making jam and jam, Combine with lamb and poultry, goat cheese, cream, champagne, olive oil, rice, oatmeal flakes



Offer from AGRO RETEMS

Variety: Round, Bull's Heart (Shish Burun)

Caliber: 55 mm+; 65 mm+; 75 mm+

Capacity for December: 1500 tons

Origin: Azerbaijan

Shipment period: 48 to 52 weeks

Packaging: 60x40x10 plastic crate

Average net weight: 8.2 kg

Temperature ranges for transportation and storage:

2°C

Shelf life: 30 days

Quince

The quince is a fruit, the fruit of the common quince tree (aka the elongated quince), resembling both an apple and a pear at the same time. And yet it boasts neither the glossy beauty of the former, nor the juicy sweetness of the latter. It is one of the few fruits that practically cannot be eaten raw. The quince generally requires culinary processing: it is used to jams, chutneys, compotes, and added to meat dishes, put in pies



How to choose and store

Choose quince fruits that are more yellow in color. A green hue may indicate immaturity. The coloring should be uniform, without spots or dents

The quality of the quince fruit can be determined by hardness, density, and odor. The hardness is moderate (the fruit should not be rocky): it decreases as it ripens. The ripe fruit should emit a pleasant aroma

Despite its apparent hardness, quince is quite sensitive to mechanical damage.

A dent or stain from a blow to the fruit can cause it to go bad quickly

Therefore, it is important not only to choose the right quince fruit, but also to carry it home without damaging it

Farmers store quinces like apples - in a cool place (such as a cellar) in crates with straw at the bottom (or better yet, if all the fruits are separated by shavings).

At home the best place for quince would be refrigerator. There quince will keep in good condition for two months if wrapped in a bag (preferably a paper bag). Under ideal storage conditions (0-4 degrees), the storage period can be extended up to 4 months. Quince does not like moisture. Make sure that the fruit is dry. A slightly unripe quince fruit can ripen at home if it lays for a while. This will happen even if the quince is stored in the refrigerator





Beneficial features

due to its beneficial properties. Among them are the fruit's antioxidant properties, which help to eliminate 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 reduces cholesterol levels. The presence of potassium in the fruit helps control blood pressure. The viscosity and diuretic properties of the fruit make it useful for cystitis, while the tannins and high pectin content make it an excellent hemostatic and anti-inflammatory



Season...

Quince is one of the last fruits of the year: except that persimmon sales may start later. Early quince varieties are harvested in late August or early September. Medium and late varieties are harvested in October

Early quinces are immediately usable (accordingly, they appear on the market at the end of August). For later varieties, technological ripeness comes after 20-40 days: during this time, quinces ripen, gradually improving taste, texture, color and aroma. Interestingly, two weeks after storage, quince fruits have the highest percentage of accumulated sugars, which then gradually decrease; the same happens with acids and pectins



Offer from AGRO RETEMS

Sort: Yeshme

Caliber: 80 mm+; 85 mm+

December volume: 200 tons

Origin: Azerbaijan

Shipment period: 48 to 52 weeks

Packaging: 50x30x10 plastic crate

Average net weight: 5.5 kg

Temperature ranges for transportation and storage:

2°C

Shelf life: 30 days

Species and varieties...



Tomato

Tomatoes are a rather large herbaceous plant that grows several meters in height. Moreover, their root system is highly developed, growing 1 meter deep and 1-2 meters to the sides. The stem is straight and branching. On the branches are small yellow flowers, leaves and green fruits, which change their color to red or yellow (depends on cultivar)

The fruits of the plant are tomatoes, are large multi-seeded berries, usually round in shape. Their average mass is 50-100 grams, although the mass can reach much larger values. The color varies from light yellow to deep red

Польза...

Tomatoes contain a huge amount of vitamins (group A, B, E, K, PP), trace elements (potassium, magnesium, calcium, copper, iron, sodium, phosphorus) and other useful substances (fiber, dietary fiber, carotenoids, fructose, glucose, organic acids, anthocyanins, lycopene, mineral and pectin substances). Because of this, tomato fruit is a very valuable vegetable crop and is distributed all over the world. Tomatoes have a lot of useful properties and have on the human body human body have a healing effect:

- Increase immunity and prevent the occurrence of some infectious diseases*
- Strengthen the cardiovascular system and increase the resistance small vessels.*
- Lowers blood cholesterol levels (due to the choline content of the vegetables).*
- Improve the ability to form hemoglobin.*
- Help with gastro-intestinal diseases.*
- Improves sight and hearing*
- Stabilize the nervous system, helping to fight Anxiety, stress and depression.*
- Slow down the process of cellular destruction and aging of the body*





Offer from AGRO RETEMS

Sorts: Round, on branch, pink

Caliber: 56 mm+, 45+ mm

Capacity for December: 200 tons

Origin: Azerbaijan

Shipment period: 48 to 52 weeks

Packaging: 30x40x14 plastic crate

Average net weight: 6 kg

Temperature ranges for transportation and storage:
2°C

Shelf life: 21 days

In addition, tomatoes are low in calories, so they are great for dietary diets. In general, it is recommended that all people eat tomatoes as often as possible. The preventive and therapeutic effect of tomatoes helps to prevent the emergence of many diseases and cope with existing ones. In addition, they improve mood, and prolong life. No wonder tomatoes are considered one of the the healthiest vegetables in the world



How to choose...

The fruits of good ripe tomatoes should be evenly colored (if it is not a striped variety), without spots and dented areas

Tomatoes that are too hard are usually unripe, while soft tomatoes, on the contrary, are overripe. A well ripened tomato can also be recognised by its pleasant smell: overripe tomatoes smell a bit sour, while the lack of flavour can be a sign of a tomato that was picked too green or was overcultivated with a lot of chemicals. or grown with a lot of chemicals

Tomatoes that are not fully ripe will «come» to maturity if you put them in the sun, for example on a window sill

Mature tomatoes can last longer on the bottom shelf of the refrigerator. They don't like moisture - it makes them rot quickly

Kiwi

A kiwi is a plant of the genus Actinidia, which is a large tree-like liana

The kiwifruit is an oval, brownish hairy berry with a soft green or yellow core. There are many small, beautifully arranged black seeds inside the fruit

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 the seeds of the monkey peach, brought back from China. For 30 years Allison perfected this plant, until the exotic fruit, now known throughout the world, turned out. The kiwi owes its name to the New Zealand flightless kiwi bird, which is wingless and covered with brown feathers



Kiwi appeared on the world market thanks to the crisis in the 1930s. In the 1930s, a port clerk named J. McLauchlin decided to change his occupation and began to grow the fruit for sale

Beneficial features...

Kiwi contains 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 kiwi a very useful fruit

How to choose...

Ripe kiwi fruit is slightly crushed under the fingers. It should be dry, rough, even light brown in color. Do not take too soft berries, they may be fermented. Hard unripe fruits are also not suitable - they are not juicy and sweet enough. However, they can ripen at home



Season...

Kiwis are sold most of the year, but from October to March the fruit is considered the tastiest. However, the peak time of harvest varies from country to country





Offer from AGRO RETEMS

Sort: Hayward

Caliber: 70g+

December volume: 200 tons

Origin: Iran

Shipment period: 48 to 52 weeks

Packaging: 35x23x13 plastic crate

Average net weight: 4.5kg

Temperature ranges for transportation and storage:
2°C

Shelf life: 30 days

Species and Varieties

Pomegranate

Pomegranate is a whole vitamin and mineral complex. Pomegranate juice contains amino acids that are still found only in meat and are essential to the human body (so if you are a vegetarian and eat exclusively plant and dairy foods, then pomegranate should always be on your table). It also contains four key vitamins: C, P, B6, and B12: Vitamin C strengthens the immune system, P strengthens blood vessels, B6 strengthens the nervous system, and vitamin B12 improves blood circulation



Curious fact...

Pomegranate Day is celebrated in Azerbaijan from October 26 to November 10. During these days, exhibitions are held in the city of Goychay, where gardeners demonstrate different varieties of pomegranate and give them the opportunity to taste the juice

Besides, pomegranates are just perfect for the days of unloading, because in 100g of pulp contains 62-79 kcal, and in 100ml of pomegranate juice - 42-65 kcal. Also, pomegranates are rich in such minerals as iodine, potassium, calcium, iron, silicon

This miracle fruit has a disinfectant due to the tannins it contains. Most of these substances are not in the pulp, but in the bark: it can be used for infectious diseases as an herbal antiseptic. Pomegranate juice improves appetite and normalizes the gastrointestinal tract. And decoction of its peel will even help get rid of intestinal dysbacteriosis

Season...

In the Northern Hemisphere, the pomegranate season lasts from September to January. In the second half of September, the earliest ripening varieties in the southern hemisphere (e.g., Egypt).

The earliest ripening varieties in the South (e.g., Egypt). Early ripening varieties of pomegranates can be picked in early October in Central Asia and Transcaucasia.

In the southern hemisphere, the pomegranate season lasts from March to May



Offer from AGRO RETEMS

Sorts: Mina Shirin; Gulovshe

Caliber: 75 mm+; 84 mm+

December volume: 100 tons

Origin: Azerbaijan

Shipment period: 48 to 52 weeks

Packaging: 50x30x10 plastic crate

Average net weight: 4.5 kg

Temperature ranges for transportation and storage:

2°C

Shelf life: 30 days



How and how much to store

Pomegranates can be stored for months in cool, dark places (pantries, cellar) with low humidity. If you want to preserve the fruit as long as possible, you can wrap it in paper and put it in the refrigerator. When choosing a pomegranate you should pay attention to its weight: a ripe berry will be large and heavy. The color of the skin depends on its variety: it can vary from yellow-pink to bright red and burgundy. The rind should be lightly dried and firm



Benefit and harm

Pomegranates are rich in vitamins C, B6, B12, P, sugars, and tannin. It is believed that pomegranate juice is good for anemia (anemia). It is recommended to drink it to recover from illnesses and surgeries. Allergies to pomegranate are rare. Fresh pomegranate will not do any harm. But you should be careful with portions of concentrated pomegranate juice. It should not be drunk with ulcers and gastritis. After eating, it is better to rinse your mouth with water to protect the enamel of the teeth

How to choose...

The pomegranate must be ripe: fruits that have been removed prematurely will not ripen at home. Unfortunately, choosing a ripe pomegranate without opening it is more difficult than many other fruits. There is even an opinion that this process is akin to a lottery, to be lucky or unlucky. And yet some signs and regularities do exist

In the East they say that the pomegranate should be dry on the outside and juicy on the inside. This means that the ripe fruit has a slightly dried out crust and (attention!) as if it is tight around the grains. This is important because the pomegranate can dry out even if it has been left for a long time, but then it won't have that tightening effect because the seeds dry out along with the skin. If the peel is smooth and not dried, it means that the pomegranate was picked before it had time to ripen. Its seeds may be red, but red does not translate as sweet

One more important point. Look in the place where the pomegranate had its flower: nothing A ripe pomegranate must have nothing green there. A quality pomegranate should be firm to the touch. If it is soft then it must have been Damaged: beaten on the road, frozen or rotten



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