

# KHURMAN

**Apple**  
Symbol of fertility

**Kiwi**  
Diet fruit

**Quince**  
The Fruit of Love

**Tomato**  
Pantry of vitamins and minerals



Shipments.....	1
From the Editor.....	1
March Announcement.....	4

## Species and varieties

Apple.....	6
Beneficial features.....	6
How to choose?.....	6
Storage.....	6
Limitations.....	7
Sorts.....	7
Composition.....	7
Offer from AGRO RETEMS.....	8
Quince.....	9
How to choose and store?.....	9
Offer from AGRO RETEMS.....	11
Beneficial features.....	12
Tomato.....	13
Offer from AGRO RETEMS.....	14
Benefit.....	15
Harm.....	15
Composition.....	15
How to choose and store?.....	16
Kiwis from Iran.....	17
How and how much store?.....	17
Benefits and harms.....	17
Curious Facts.....	17
Offer from AGRO RETEMS.....	18

## Shipments

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

- Apple - **370.000 kg**
- Tomato - **180.000 kg**
- Quince - **370.000 kg**
- Persimmon - **555.000 kg**



## From the Editor

Fresh fruits and vegetables should be constantly present in our diet. It is especially important to eat fresh fruits in winter to make up for nutritional deficiencies in the body. In February we offer our Buyers quince, apple, tomato with shipment from Azerbaijan, as well as kiwi from Iran. These products **AGRO RETEMS** has been exporting since 2019, year after year, increasing its volumes.

We wish you a fascinating and productive reading!



**AGRO RETEMS**







# ANNOUNCEMENT FOR MARCH

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

## **Apple**

**Volume for march:** 200 000 kg

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

**Shipping Period:** 9-13 weeks



## **Quince**

**Volume for march:** 80 000 kg

**Sort:** Yashma

**Shipping Period:** 9-13 weeks

## **Tomato**

**Volume for march:** 200.000 kg

**Sorts:** Round, On a branch, Pink

**Shipping Period:** 9-13 weeks



## **Kiwi (Iran)**

**Volume for march:** 100 000 kg

**Sort:** Hayward

**Shipping Period:** 9-13 weeks

## **Young potatoes**

**Volume for march:** 40.000 kg

**Sort:** Telman

**Shipping Period:** 9-13 weeks





# 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. For culinary purposes, the pulp has an intense astringent, sour-sweet flavor and distinctive aroma*



## Beneficial features

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



*Apple juice helps to normalize the functioning of the cardiovascular, digestive and urinary systems, and fine tones the body, while quenching thirst*

## 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 production. Apples grown in your region should come first. Only after that can you pay attention to 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*

## Storage

*The ideal place to store apples is in the refrigerator, because this fruit is better preserved in the dark and cool. In its cut form, it loses not only its original appearance but also its useful properties very quickly. 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*



### Limitations...

People with allergies and gastritis should choose only green varieties of apples

People suffering from cardiovascular dystonia should not It is not advisable to eat sweet varieties of apples

Because of their hydrocyanic acid content and Iodine content in apple pips should be limited. Five to six apples per day

### What varieties are there?...

As you know, there are many varieties of apples. They are classified, as a rule, according to the factor of storage time:



summer fruits (they have the shortest shelf life and are usually unsuitable for long transport);

Autumn fruits (such fruits are capable of retaining their freshness throughout the fall after harvesting);



winter apples (this variety is distinguished by the possibility of long-term storage, and the fact that they can easily be transported over long distances)



### Composition...

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



## Offer from AGRO RETEMS

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

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

**February volume:** 300 tons

**Origin:** Azerbaijan

**Shipment period:** 5-9 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

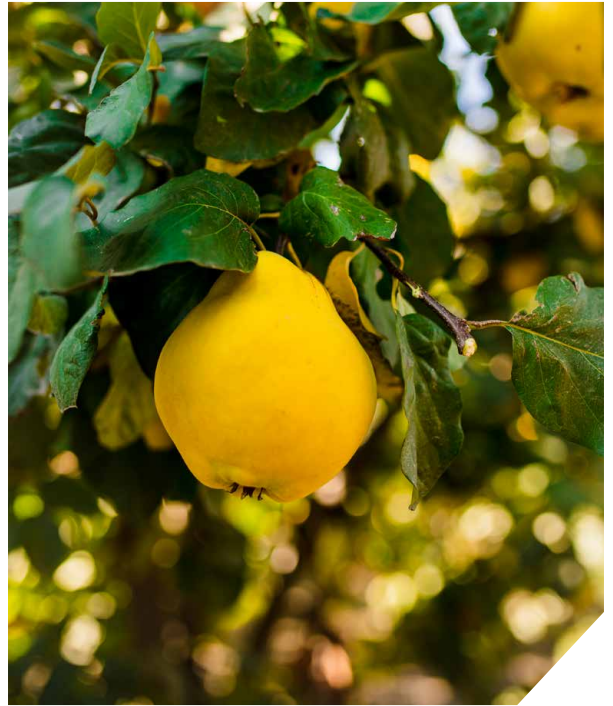


## Quince

The quince is a plant of the Pink family. It is believed that these fruits are among the most ancient crops that have been used by man. Today, quinces are grown practically all over the world.

The fruits are spherical or pear-shaped and are about the size of a large apple (see photo). The color of the fruit depends on the variety, as it can be The color of the fruit varies from light yellow to dark yellow. The dense peel is covered with thick soft villi.

The inside is tough, but the flesh is dry and has a sweet and moist taste. It has a sweetish flavor. The quince is considered a tart fruit. Inside the fruit there are numerous large seeds of brown color



### How to choose and store?

*In order to choose the right quince, you need to Determine what period of time it will be stored. The ripe, which means fully ripe variants are suitable if you plan to eat them or cook them in the near future. These fruits should not be stone to the touch. If quinces will be bought for the future, this principle can not be adhered to. The most important thing in The most important thing in the selection of fruits is to check their integrity. There should be no injuries and no spots on the quince. Its color should be uniform. Pay attention also to the aroma of quince. A ripe fruit will always be aromatic*

*Storing quinces is easy enough. A suitable temperature mode for this ranges from zero to four degrees Celsius. Thus, the refrigerator, or more precisely, its fruit compartment, is suitable for this purpose as best as possible*

*If large quantities of quinces are to be stored, then You can put the fruit in crates and send them to the cellar or basement. The bottom of the box should definitely be The bottom of the crate should always be lined with straw, burlap or newspapers. In addition, each fruit should be wrapped. You can do this with any paper, including newspapers. Between the rows of fruit you should make the same layer as at the bottom of the box*







## Offer from AGRO RETEMS

**Sort:** Yashma

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

**February volume:** 100 tons

**Origin:** Azerbaijan

**Shipment period:** 5-9 weeks

**Packaging:** 50x30x10 plastic crate

**Average net weight:** 5.5 kg

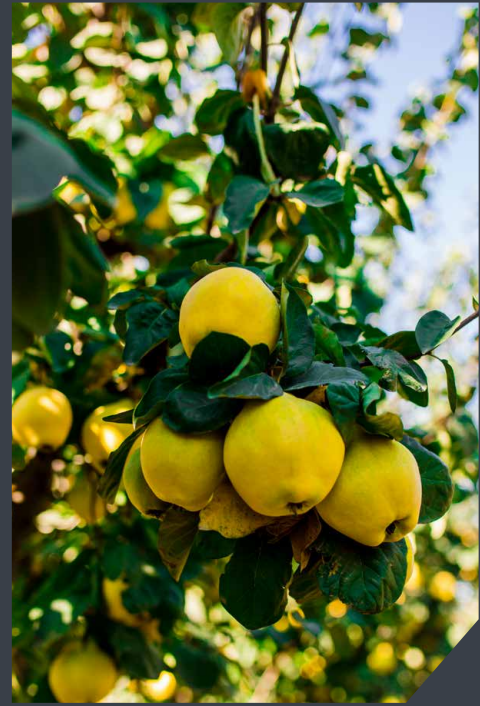
**Temperature ranges for transportation and storage:**  
2°C

**Shelf life:** 30 days

## **Beneficial features**

*Thanks to its rich composition quince is used for prevention and treatment of various diseases. For example, the fruit can be used during activity of viral diseases to reduce the impact of bacteria and viruses on the body. If Regular use can improve your condition in case of high cholesterol, poisoning and various stomach problems*

*Quince contains a large amount of fiber, which has a positive effect on the digestive system. Given this, it can be argued that the fruit is an excellent constipation prevention*



*Due to these properties, it is recommended to eat quince for people who suffer from obesity. The fruit contains a large amount of antioxidants that help improve psychological well-being and nervous tension*

*Quince has a rich composition, which allows it can be used for cosmetic purposes. It has a high content of antioxidants in its pulp. fruit acids are high in its composition Fruit acids, it can be used in masks which have antiseptic and drying properties. drying properties. Infusion of the fruit has an excellent cleansing and toning effect*





## Tomato

*Tomatoes, they are also tomatoes, are juicy fruits, usually having a red color and a round shape*

*In botany, they are commonly referred to as berries, but they are called vegetables by the people and in the collection of trade duties. In this article we will stick to the second version.*

*An interesting fact is that initially tomatoes were yellow, then they were brought to Europe, and there, after a couple of hundred years, they acquired the familiar red color. Today in the world there are about 10 thousand varieties, varying in size, shape and color*

*For example, everyone knows the smallest variety - cherry tomatoes. Small, neat and pretty tomatoes are used as decorations for many dishes: canapes, tartlets, appetizer kebabs, sandwiches, salads, meat and fish dishes. Have rich taste and aroma*

*The complete opposite of cherries is the bull's-heart variety. These are large fruits, sometimes reaching 15 centimeters in diameter. They are thick and fleshy and very beautiful. Great for burgers, sandwiches, and pizzas, anywhere you need  
You want nice, big, thin tomato circles*

*Plum-shaped varieties, while being regular in size but unusual in shape, with their flesh containing less moisture than other varieties, are good for making sauces as well as for curing and pickling*

*Orange, yellow and green varieties are also unusual in color. tomato varieties. The first two are quite sweet, but the green ones have a pleasant sourness. These varieties are perfect for both salads and pickles*

## Offer from **AGRO RETEMS**

**Sorts:** Normal, on branch, pink

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

**February volume:** 160 tons

**Origin:** Azerbaijan

**Shipment period:** 5-9 weeks

**Packaging:** 30x40x14 plastic crate

**Average net weight:** 6 kg

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

**Shelf life:** 21 days



## Benefit

*Tomatoes contain lycopene, a substance that prevents the formation of cancer cells in the body and reduces the risk of mutations in our genes*

*The vitamins it contains support the immune system, the peel is good for clearing the stomach, 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 consume this product if you have 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*

## Composition...

*The tomato is rich in fructose, lycopene, potassium, magnesium, phosphorus, copper, vitamins A, C, K, B6, B9. Caloric value - 20 kcal per 100 gr*





## ***How to choose and store?***

*The fruits of good ripe tomatoes should be evenly colored (unless it is a striped variety), without spots and dents*

*Tomatoes that are too hard are usually not ripe. Too hard tomatoes are usually not ripe, while soft tomatoes are usually overripe.*

*A tomato that is ripe and well-done can also be a good tomato is also recognizable by its pleasant smell; overripe tomatoes have a slightly sourish odor, while the lack of flavor can be a sign of a tomato, that has been lifted from the branch and is too green or a tomato that has been grown with a lot of chemicals*

*Tomatoes that have not fully ripened will «come to maturity» if placed in the sun, such as on a window sill*

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

## Species and Varieties

# Kiwi (country of origin - Iran)

*A kiwi is a small fruit about 4 inches long and weighing about 5 ounces with a bright green body dotted with small black seeds. Its green smooth body almost looks like cream on the body with an invigorating flavor reminiscent of melons, strawberries and bananas, and its distinctive sweet flavor. The kiwi is an excellent source of vitamin C and An excellent source of dietary fiber. In addition, kiwifruit Is a source of the antioxidant vitamin E. It is also a pleasant source of the minerals magnesium, potassium and copper. Because of these valuable properties, kiwi exports have always been of interest to exporters in Iran and around the world*



## How and how much to store?

*It is better to store this berry at a temperature of up to +10 ° C, you can in the refrigerator. This way the kiwi keeps its freshness up to 1.5-2 months*



## Benefits and harms

*Kiwi is high in fiber, calcium, potassium, and magnesium. It supports the immune system and helps with digestion. Despite the benefits of kiwi, you should not eat more than 2-3 berries a day. Also People with allergies and digestive problems should avoid kiwifruit. Allergies, digestive problems, and kidney problems*

## Curious Facts

*The name «kiwi» originated in New Zealand. Zealand. It was coined because of the fruit's resemblance to the bird of the same name, which is a symbol of this country. New Zealanders gave the «Chinese gooseberry» not only the name, but also a sweeter taste. They achieved it through breeding. Before that, the kiwi was more sour and not so juicy*

*There, in New Zealand, they also bred the «golden kiwi» - it has yellow flesh. It is popular in the country, but they don't export it much because the final cost is too high*





## **Offer from AGRO RETEMS**

**Sort:** Hayward

**Caliber:** 70g+

**February volume:** 100 tons

**Origin:** Iran

**Shipment period:** 5-9 weeks

**Packaging:** 35x23x13 plastic crate

**Average net weight:** 4.5kg

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

**Shelf life:** 30 days

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