

KHURMAN

Tomato

Powerful source of lycopene

Carrot

Healer in orange coat

Peach

Elixir of longevity

Apricot

General tonic

Plum

Secret of youth

Nectarine

Imperial fruit



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Shipments

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

Potato - **585.500 kg**
 Tomato - **270.000 kg**
 Apricot - **100.000 kg**
 Carrot - **585.000 kg**
 Beet - **195.500 kg**

From the Editor

Dear readers, we are glad to introduce you to the July issue of AGRO RETEMS magazine.

July – is the time of holidays, bright events and, of course, a variety of seasonal fruits and vegetables. The middle of summer – is a great time to saturate your body with vitamins, with which are so rich the seasonal fruits and vegetables. Cooking jams, pickling vegetables or preparing delicious dishes with vitamins – we can use seasonal products in any way we like

Nutrition experts have been saying for a long time that when choosing fruits and vegetables, give preference to seasonal products. These fruits, vegetables and berries are grown in natural conditions, so they have more vitamins and the taste of such products is different from greenhouse ones. In addition, the price of seasonal products is lower

The July issue of AGRO RETEMS summer season will introduce you to six different positions: tomato, carrot, apricot, peach, nectarine, plum

We wish you interesting and productive reading!



AGRO RETEMS







ANNOUNCEMENT FOR AUGUST

In August 2022, AGRO RETEMS offers:

Apricot

Volume for August: 300.000 kg
Shipping period: 31 – 35 weeks



Grape

Volume for August: 300.000 kg
Sorts: «Arctic», «Red Globe», «Victoria»
Shipping period: 31 – 35 weeks



Nectarine

Volume for August: 800.000 kg
Sorts: "Round", "Flat"
Shipping period: 31 – 35 weeks

Peach

Volume for August: 500.000 kg
Sorts: "Round", "Flat"
Shipping period: 31 – 35 weeks



Plum

Volume for August: 300.000 kg
Sorts: «Angelika», «Black Splendor», «Black Amber», «President»
Shipping period: 31 – 35 weeks

Tomato

Tomatoes – are one of the most widely grown vegetables in the world. They are consumed raw, pickled and subjected to all kinds of culinary processing. Green tomatoes are canned, fried in corn bread or used in salsa. Ripe tomatoes are used much more widely: they are used to make juices, sauces, marinades, add to soups, salads, stews, pizza. Spanish cold soup “Gazpacho” is made from tomatoes, and tomato juice is an indispensable ingredient in the “Bloody Mary” cocktail. Due to their rather high acid content, tomatoes are great with meat dishes as a marinade, sauce or side dish



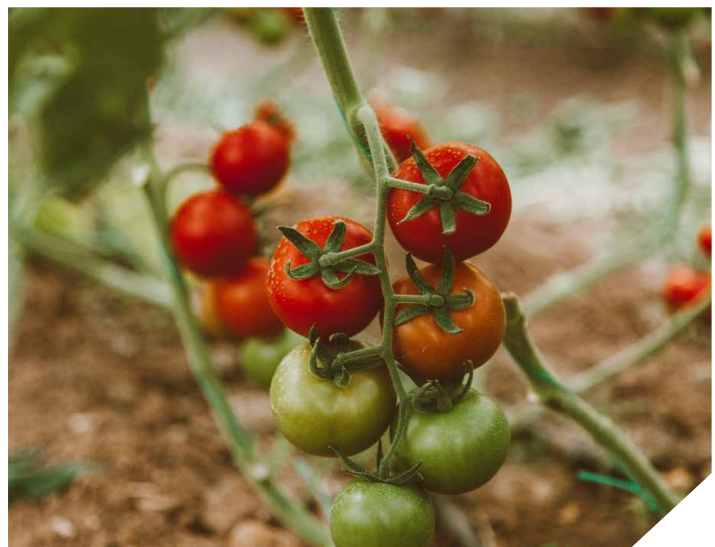
The homeland of tomatoes is South America, from where they spread throughout Europe, Asia and the entire globe thanks to the Spanish conquistadors. The first cultivated tomatoes had small yellow fruits, no larger than today's cherry tomatoes. It was these tomatoes that were brought to Europe by Columbus or Cortes (historians have not yet figured out who exactly to thank for these vegetables). The first written mention of tomatoes in European sources dates back to 1544



In the 17th century, tomatoes took their place in the cuisines of the Mediterranean and were especially fond of in Spain. However, until the 18th century, in many European countries, tomatoes were exclusively ornamental plants. In Russia, tomatoes were not recognized for a very long time, until the agronomist A.T. Bolotov did not convince the public of their safety. There are about 10 000 varieties of tomatoes in the world today

Beneficial features

The secret of the popularity of tomatoes lies not only in their taste properties, but also in the benefits that they bring to the body. Tomatoes contain large amounts of sugars, fiber, pectins, beta-carotene, vitamins B1, B2, B5, B6, B9, C, K, H and PP, as well as minerals necessary for the human body: potassium, calcium, magnesium, zinc, iron, chlorine, sulfur, iodine, phosphorus, folic acid









Tomato has in its composition a set of elements that have a beneficial effect on the cardiovascular system and help cleanse the body. Tomato is an important source of lycopene (a powerful antioxidant that has immunostimulatory and antitumor effects, slows down the aging of the body) and glutathione (a substance that protects cells from toxic free radicals)



Thanks to these properties, tomato is an indispensable food in any balanced diet, as well as in a low-fat diet, anti-cancer diet, etc.

Species and varieties...

There are at least 10 000 varieties of tomatoes. The smallest tomato is less than 2 centimeters in diameter, while the largest reaches a weight of almost 1.5 kilograms.

In July season AGRO RETEMS offers its customers such popular varieties as: «Regular Tomato», «Tomato on a Branch», «Plum Tomato»



Interesting fact...

One glass of tomato juice contains half of the daily intake of vitamin C and provitamin A, which actively support the immune system



Offer from AGRO RETEMS

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

Caliber: 47 mm+; 56 mm+

Volume for July: 150 tons

Origin: Azerbaijan

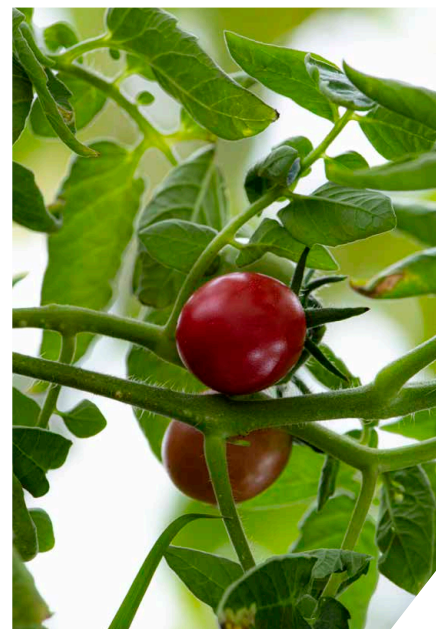
Shipment period: from 27th to 30th week

Container: cardboard box, dimensions 30x40x14

Average net weight: 6 kg

Temperature condition of transportation and storage: 6 °C – 8 °C

Shelf life: 15 days





Carrot

*Carrot – is one of the oldest vegetable crops, consumed by people since the Neolithic times. Presumably, carrot was first cultivated in Afghanistan, where the largest number of different species of *Daucus carota* still grows. The closest wild species is the wild carrot: cultivars have been developed from it through breeding*



Initially, wild carrot was purple, but over time, being a victim of gardening experiments, it became pale white, red, and finally, in the 1700s, thanks to the Dutch, according to other versions, the Danes, the French – bright orange. The orange color comes from carotene, which, among other benefits, is what makes carrot so long-lived



Wild carrot is found in many countries of Europe (including Russia), Asia and North Africa. In appearance, it is very similar to cultivated species, but has thin, less juicy root crops. It is believed that carrot was introduced into the culture 4000 years ago as a medicinal plant. Much later, its thickened taproots were used as food

In addition to taste, the beneficial properties of carrot have long been known. Therefore, carrot has long deservedly become one of the favorite vegetables on our table. It has very few calories, but it brings significant benefits to the human body

Beneficial features

Carrot – is a very useful vegetable for the body. Useful and medicinal properties of carrot are explained by its rich composition. Carrot contains vitamins B, PP, C, E, K, it contains carotene – a substance that in the human body turns into vitamin A



Carrot contains 1.3% proteins, 7% carbohydrates. There are a lot of minerals in carrot that are necessary for the human body: potassium, iron, phosphorus, magnesium, cobalt, copper, iodine, zinc, chromium, nickel, fluorine, etc. Carrot contains essential oils that cause its peculiar smell

- Carrot contains beta-carotene, which improves lung function. Beta-carotene is a precursor of vitamin A. Once in the human body, carotene is converted into vitamin A



- Also, the healing properties of carrot are associated with strengthening the retina. For people suffering from myopia, conjunctivitis, blepharitis, night blindness and fatigue, eating this product is highly desirable.

- Boiled carrot helps treat malignant tumors, intestinal dysbacteriosis, nephritis. This vegetable also has antimicrobial properties

- Raw carrot juice is a natural healer for ulcers and cancers. It increases the body's resistance to infections, effectively acts on the pancreas, increases the resistance of the lymphatic glands, sinuses of the facial skull and respiratory organs. Carrot juice strengthens the nervous system and is unparalleled in increasing the energy and strength of the body



Interesting fact...

Carrot Festival is held in California. It lasts one week in February. During this period, participants need to choose a "carrot queen". A parade is held and various dishes are prepared from the hero of the occasion.



Species and varieties...

There are hundreds of varieties of carrots. Many varieties are grouped according to ripening time, root size, taste properties and keeping quality in storage. AGRO RETEMS offers its customers a well-known carrot variety – "Soprano"

Offer from AGRO RETEMS

Sort: "Soprano"

Caliber: 12 sm+

Volume for July: 100 tons

Origin: Azerbaijan

Shipment period: from 27th to 30th week

Container: plastic bag

Average net weight: 15 kg

Temperature condition of transportation and storage: 4 °C

Shelf life: 30 days



Apricot



Apricot – is a fruit tree of the Plum genus, the Pink family. Apricot is also called the fruits of the common apricot, as well as other types of apricot. The apricot tree grows for a long time, in a warm climate up to 100 years; abundant fruiting begins from three to five years and lasts up to 30-40 years

China is considered to be the homeland of the tree, where it can be seen in the mountainous regions in the wild even today. A little later, apricot trees were brought to the Caucasus, where its modern history began. Now apricots are distributed almost everywhere – where there is a hot and dry summer

People planted entire apricot orchards. But there are places where this plant can be found in the wild, for example, in China or in the mountainous regions of Central Asia, from the western to the eastern Tien Shan and in Dagestan

The fruit can be consumed both fresh and dried. From the apricot, a wonderful sweet juice is obtained, which contains a large amount of vitamins. In cooking, apricots can be used in a variety of ways. This sweet fruit goes well with a variety of foods. In some national cuisines, this fruit is used as a side dish for meat and meat dishes. From apricots, you can cook very tasty treats, for example, jams (both with and without seeds), marmalades, confitures and also prepare a variety of sauces



Beneficial features

Apricot – is a very healthy fruit rich in vitamins and minerals. Apricots contain such useful substances as: choline, potassium, beta-carotene, magnesium, iron, phosphorus, sodium, iodine, pectin, dietary fiber, starch, inulin. Also, vitamins A, B3, B2, B5, B6, B9, vitamin C, E, H and vitamin PP. Natural acids such as citric acid, malic acid and tartaric acid

- Apricot favorably affects the increase in hemoglobin in the blood
- Strengthens the immune system and is a preventive measure against thyroid diseases, cardiovascular diseases, improves the functioning of the heart muscle
- Apricot lowers cholesterol levels and prevents the formation of cholesterol plaques on the walls of our blood vessels, removes toxins from the body







- Apricot has a good effect on brain activity, contributing to its increase, improves memory, so apricot is shown to everyone who is engaged in intellectual work
- Apricot also works great as an antimicrobial and bactericidal agent
- Apricot kernels are often used as an expectorant and sedative for coughs and bronchitis
- Apricot is a dietary fruit that can be an excellent companion in the ordinary fasting day and as a sweet snack during a diet. The calorie content of apricot is 41 kcal per 100 grams



Offer from AGRO RETEMS

Caliber: 35 mm+

Volume for July: 200 tons

Origin: Azerbaijan

Shipment period: from 27th to 30th week

Container: plastic box, dimensions 30x40x18

Average net weight: 6-7 kg

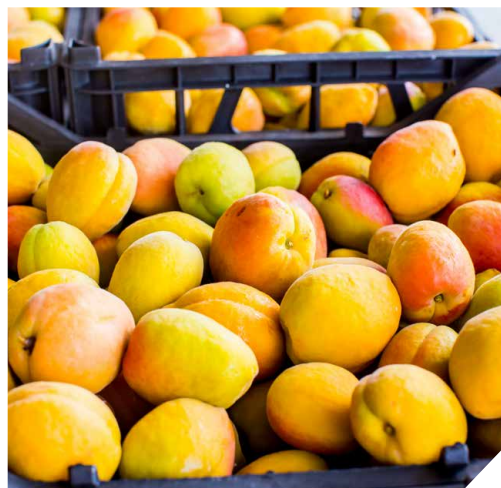
Temperature condition of transportation and storage: 2 °C

Shelf life: 21 days



Species and varieties...

There are many varieties of apricots in the world. All of them differ in shades of peel, shape and taste. Also, the difference may be in the sugar content and the flavor of the apricot



Interesting fact...

In ancient China very beautiful figurines and bones for gambling were made from apricot pits

Peach

Peaches – are one of the most delicious and healthy summer fruits. Like any seasonal fruit, peaches are rich in vitamins and useful elements necessary for the human body. Moreover, not only fruits, but also seeds, from which oil is extracted with a pleasant smell, vaguely reminiscent of the smell of almonds, bring benefits

An elixir of longevity that grants immortality – in the past the peach was a sacred fruit, which was credited with not just useful properties. The pulp of the fruit was used to treat diseases and peach seed oil was used in cooking



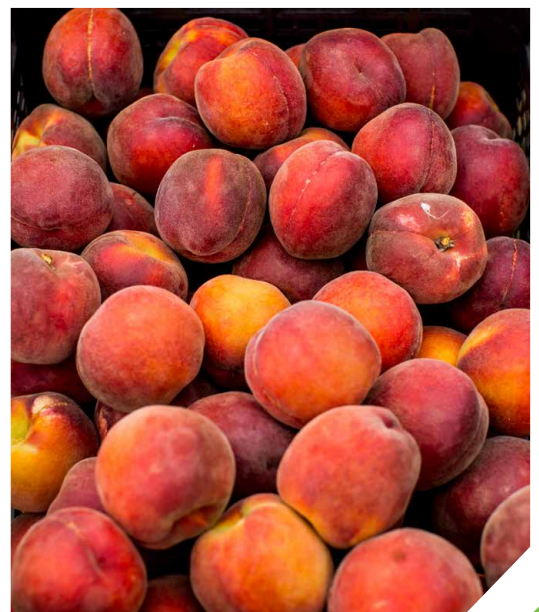
The first mention of peach can be found in ancient Chinese chronicles. On the territory of Europe, it appeared later thanks to the Persian nomads. Europeans began to actively cultivate the fruit. It immediately began to be grown in large volumes: it took the third place in terms of fruit yield. On the first and second were apples and pears



The peach vitamin-mineral complex is rich and varied, the fruits contain: beta-carotene, vitamins B, C, E, K, H and PP, as well as potassium, magnesium, zinc, selenium, copper, manganese, iron, phosphorus, sodium, pectins. Peach contains organic acids: tartaric, malic, citric

How to choose peach?

- *Elasticity and velvety are the main features of a ripe peach*
- *The peel of the peach should be smooth, without spots, wrinkles or depressions*
- *Peach peel color should be as natural as possible (too bright fruits may be the result of chemical processing, and yellow-red fruits are considered the most delicious peaches)*
- *Flat varieties of peaches are often less juicy than classic ones (they are not inferior to each other in taste, but have some differences)*
- *The flesh of a peach can be not only yellow, but also white with pinkish streaks (and the second option will be much sweeter than the first)*







Species and varieties...

Currently, breeders have bred many varieties of peach that differ in ripening time, taste, frost resistance and shape. AGRO RETEMS offers its customers "flat" and "round" varieties of peach



Interesting fact...

Peach has very good moisturizing properties, so it is useful for skin renewal. It is often used in cosmetics



Offer from AGRO RETEMS

Sorts: "Flat", "Round"

Caliber: 55 mm+

Volume for July: 500 tons, 300 tons

Origin: Azerbaijan

Shipment period: from 27th to 30th week

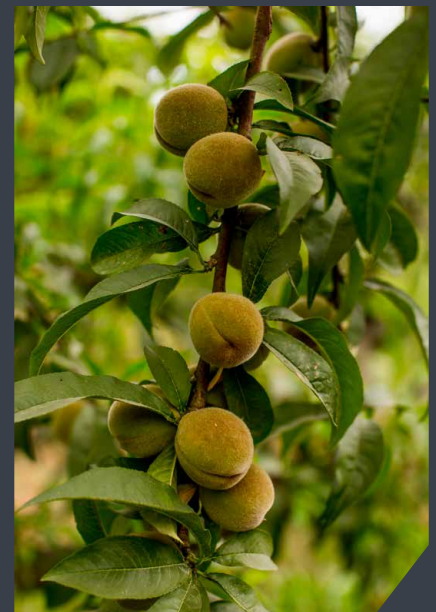
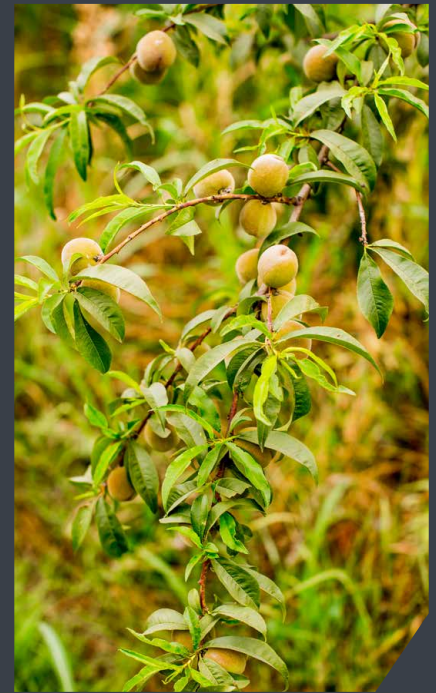
Container: plastic box, dimensions 30x40x14, 30x40x18

Average net weight: 6 kg, 8 kg

Temperature condition of transportation and storage:

2 °C

Shelf life: 21 days







Nectarine

Nectarine – is a peach hybrid with smooth peel. In color, due to the lack of a velvety fluff, nectarines seem brighter and more riper than peaches. China is considered the homeland of the nectarine. There is an opinion that nectarine is a hybrid of peach and plum, but in fact this fruit is the result of selection

The first written mention of a nectarine dates back to 1616, in an English book. It tells how, as a result of unusual environmental conditions, fruits with a smooth peel appeared on some peach trees. Having tasted a new form of peach, people began to graft it to other peach trees and grow it separately

Nectarine can be consumed almost in any form. Even dried and baked fruits retain their beneficial properties, but fresh fruit is the best option. Nectarines can be added to yoghurts, consumed with meat, added to baked goods or chilled desserts. It is easy to make juice from fruits, as they contain a large amount of moisture. They go well with berries and other fruits, and they also go well with meat, contributing to its rapid absorption



Beneficial features

Nectarines contain beta-carotene, vitamins B, A, C, H and PP, as well as essential minerals: potassium, calcium, iron, sulfur, phosphorus, sodium, pectin, natural sugars, dietary fiber, which gently cleanse the body of unnecessary waste and toxins. Nectarine is useful to use to strengthen tooth enamel, improve the condition of the skin, hair and nails. It is useful for those who have problems with the cardiovascular system, because it strengthens the heart muscle. The fruit has a beneficial effect on the digestive processes. It is also indicated for anemia, as it helps to increase the level of hemoglobin in the blood, participates in hematopoiesis. Nectarine has several other useful properties:

- *Retains moisture in skin cells*
- *Accelerates the body's metabolic processes*
- *Stabilizes the nervous system*
- *Strengthens the immune system*
- *It is a source of energy*
- *Promotes weight loss*
- *It is a prophylactic against the occurrence of kidney stones*



Species and varieties...

There are many varieties of nectarines. On sale there are many sorts of this amazing delicacy, each of which has something special. AGRO RETEMS offers "flat" and "round" varieties of nectarines



Interesting fact...

In dried nectarines useful properties are preserved almost completely



Offer from AGRO RETEMS

Sorts: "Flat", "Round"

Caliber: 55 mm+

Volume for July: 100 tons, 800 tons

Origin: Azerbaijan

Shipment period: from 27th to 30th week

Container: plastic box, dimensions 30x40x14, 30x40x18

Average net weight: 6 kg, 7 kg

Temperature condition of transportation and storage:
2 °C

Shelf life: 21 days







Plum

Plum – is a popular fruit tree. Man has been growing plums in his garden for over 2000 years. As known, the world production of plums is 3 million tons, which indicates the scale of the popularity of the fruit. Many dishes are prepared from plums, both desserts and side dishes. In addition, the fruit is widely used in traditional medicine

The exact version of the origin of the plant has not yet been established. Scientists believe that the plum comes from ancient Rome. Before the beginning of the new era, the Syrians learned how to make prunes, they managed to sell the product even in other countries. It is assumed that plum arose as a result of crossing alycha and blackthorn



Plums contain glucose, fructose and sucrose, vitamins A, B1, B2, C, H and PP, as well as essential minerals: potassium, calcium, magnesium, zinc, copper and manganese, iron, chromium, boron and nickel, phosphorus and sodium. The main useful property of plums is a gentle cleansing of the stomach and normalization of the activity of the gastrointestinal tract. Plum has the ability to excite appetite and increase intestinal motility, is useful for atherosclerosis, reduces cholesterol deposits on the walls of blood vessels. It is a weak diuretic, helps cleanse the kidneys, as well as the whole body from slags and toxins



Plum contains a lot of potassium, which strengthens the heart muscle and vascular walls, which is useful for diseases of the cardiovascular system and hypertension

How to choose plum?

- *Plums must not show signs of mechanical damage*
- *The surface of the plum must be smooth, without dents or dark spots*
- *Plum aroma can be felt through the peel, but it should not be tart or resemble an alcoholic drink*
- *The plum should not be soft or excessively hard, the ripe fruit is always elastic (there are exceptions that are distinguished by a firm fruit throughout the ripening process)*
- *The surface of plum must be free of cracks*
- *In a ripe plum, the stalk is dry, brown (may fall off as a result of drying)*
- *Plum color should be steady*
- *Peel sheen is acceptable for many varieties of plums*
- *If a thin layer of plaque is preserved on the peel of the plum, then this is confirmation that it was picked recently*



Species and varieties...

Plums can vary in size, color and taste. Their shape can also be different. Some varieties are distinguished by round fruits, others – elongated or oval

In July, AGRO RETEMS offers its customers such varieties of plums as: "Hybrid", "Moon Globe", "Golden Globe", "Vengerka"



Interesting fact...

Plum in China – is a sign of the country, and flower petals symbolize peace and good luck. The flowering of culture reminds the Chinese of the revival of life, therefore, in these places, the plum is considered a plant that brings prosperity



Offer from AGRO RETEMS

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

Caliber: 40 mm+

Volume for July: 500 tons

Origin: Azerbaijan

Shipment period: from 27th to 30th week

Container: plastic box, dimensions 30x40x18

Average net weight: 8 kg

Temperature condition of transportation and storage:

2 °C

Shelf life: 21 days



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