

KHURMAN

Tomato

Storehouse of vitamins and minerals

Carrot

Natural antiseptic

Beet

Valuable source of iron

Peach

Symbol of longevity

Nectarine

Key to youthful skin

Apricot

Low-calorie fruit

Young potato (unwashed)

Second bread

Sweet cherry

Vitamin boom of summer

Plum

Source of antioxidants



<i>Shipments</i>	1
<i>From Editor</i>	1
<i>Announcement for July</i>	4

Species and varieties

Tomato	5
<i>How to choose tomato?</i>	5
<i>Interesting fact</i>	8
<i>Offer from AGRO RETEMS</i>	8
Young potato	9
<i>Beneficial features</i>	9
<i>Offer from AGRO RETEMS</i>	10
<i>Interesting fact</i>	10
Carrot	11
<i>How to choose carrot?</i>	11
<i>Interesting fact</i>	12
<i>Offer from AGRO RETEMS</i>	12
Beet	13
<i>How to choose beet?</i>	13
<i>Interesting fact</i>	14
<i>Offer from AGRO RETEMS</i>	14
Apricot	15
<i>How to choose apricot?</i>	15
<i>Offer from AGRO RETEMS</i>	16
<i>Interesting fact</i>	16
Sweet cherry	17
<i>Interesting fact</i>	17
<i>Beneficial features</i>	17
<i>Offer from AGRO RETEMS</i>	19
Peach	19
<i>Beneficial features</i>	19
<i>Interesting fact</i>	20
<i>Offer from AGRO RETEMS</i>	20
Nectarine	21
<i>Beneficial features</i>	21
<i>Interesting fact</i>	24
<i>Offer from AGRO RETEMS</i>	24
Plum	25
<i>Interesting fact</i>	25
<i>Beneficial features</i>	25
<i>Offer from AGRO RETEMS</i>	28

Shipments

Brief overview of AGRO RETEMS shipments for May:

Apple - **333.000 kg**
 Potato - **292.500 kg**
 Tomato - **185.000 kg**
 Kiwi - **407.000 kg**
 Carrot - **195.000 kg**
 Beet - **92.500 kg**

From the Editor

All winter and spring, we dream of tasting vegetable ragout, eating delicious cherries and drinking it all after with a fruit and berry cocktail. And now, on the threshold – June with its first harvest!

June – is the first month of summer when everyone's favorite stone fruits ripen. Undoubtedly, the arrival of summer – is a heavenly time for lovers of fruits and vegetables, and the season of delicious stone fruits is one of the most anticipated! It is during this season that you can see a huge variety of delicious plant products.

It may seem to someone that this is banal, but the body cannot do without fruits and vegetables. In all our issues, we try to acquaint you in more detail with the beneficial properties of the gifts of nature. Fruits and vegetables are able to stop many pathologies of the body due to the high content of vitamins, macro- and microelements in them.

In June issue, we offer the following items: tomato, young potato (unwashed), carrot, beet, apricot, sweet cherry, peach, nectarine, plum.

We wish you an exciting reading!



AGRO RETEMS







ANNOUNCEMENT FOR JULY

In July 2022 AGRO RETEMS offers:

Apricot

Volume for July: 800.000 kg
Shipping period: 26 – 30 weeks



Carrot

Volume for July: 200.000 kg
Sort: "Soprano"
Shipping period: 26 – 30 weeks



Tomato

Volume for July: 200.000 kg
Sorts: "Regular tomato", "Tomato on a branch", "Pink tomato"
Shipping period: 26 – 30 weeks



Peach

Volume for July: 800.000 kg
Sorts: "Round", "Flat"
Shipping period: 26 – 30 weeks



Nectarine

Volume for July: 800.000 kg
Sorts: "Round", "Flat"
Shipping period: 26 – 30 weeks



Plum

Volume for July: 500.000 kg
Sorts: "Hybrid", "Moon Globe", "Golden Globe", "Black Amber"
Shipping period: 26 – 30 weeks



Tomato

*Tomatoes are an almost irreplaceable vegetable on our tables. Tomato (*Solanum lycopersicum*) – is a plant from the nightshade family, originally from South America. Ripe tomatoes are red, but there are also pink, yellow, orange, green, purple and even black tomatoes. Different varieties of tomatoes differ in taste and composition of nutrients*



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 and sulfur, iodine, phosphorus, folic acid. According to the content of ascorbic acid, tomatoes are on a par with citrus fruits and black currants

How to choose tomato?

Method №1

Be sure to try it by touch. A good, healthy tomato should be ripe and grown without excessive amounts of nitrates. If it is very soft, then it is overripe, and if it is hard, it is unripe. With a thick skin – probably grown using nitrates



Method №2

Smell – is a good indicator of freshness and maturity. A ripe tomato always smells, and the tastier and juicier the aroma, the better. Unripe tomatoes may not smell at all or have a faint aroma

Method №3

Delicious tomatoes can be any color. But, as a rule, the pink and yellow varieties are the sweetest and most fleshy. Most red tomatoes are slightly sour









Species and varieties ...

There are about 10 thousand varieties of tomatoes in the world. Not all of them have the classic round shape and red color. There are yellow, orange, pink, purple and even black tomatoes

Among the wide variety of tomato sorts, AGRO RETEMS offers such widespread sorts as: "Regular Tomato", "Tomato on a Branch", "Plum Tomato"



Interesting fact...

When tomatoes were brought to Europe in the middle of the 16th century, they were long considered unfit for food and even poisonous. Gardeners grew them as an ornamental plant brought from distant countries. The first recipe for a European dish using tomatoes was published in 1692 in Naples

Offer from AGRO RETEMS

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

Caliber: 47 mm+; 56 mm+

Volume for June: 600 tons

Origin: Azerbaijan

Shipment period: from 22nd to 26th week

Container: cardboard box, dimensions 30x40x14

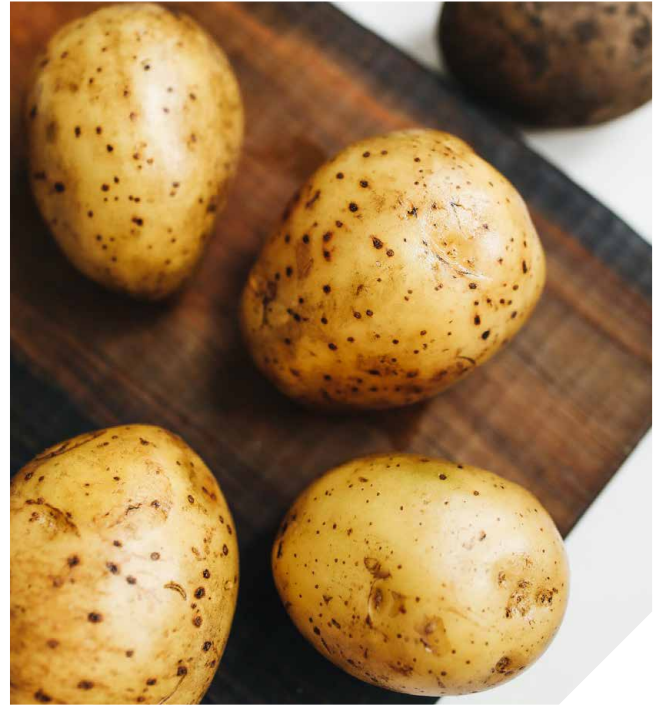
Average net weight: 6 kg

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

Shelf life: 15 days

Young potato (unwashed)

Today it is difficult to imagine such a feast that would do without potato. Potato – is a real lifesaver for housewives. This vegetable will always help when you need to cook something quickly. No wonder potatoes are often called our second bread. But for the first time potatoes appeared on our continent more than four centuries ago



At first, it was not eaten at all, but simply used as an ornamental plant. Fortunately, today much is known not only about the excellent taste of the underground part of this plant, but also about the benefits it brings to our body. Young tubers are especially useful. Today we will tell you about the beneficial properties of young potatoes

Beneficial features

Let's start the description of useful properties, as expected, with the composition. Like any other vegetable, young potato contains a considerable amount of bioflavonoids. It contains many vitamins, including A, B, C, E, etc. Separately, it is worth mentioning about vitamin C. There is about three times more of it in young potatoes than in potatoes that have already lain for several months. Also, young potatoes contain potassium, phosphorus, iron, calcium, magnesium, sodium, iodine and sulfur

- *Increases the tonus of the body – potato proteins contain essential carbohydrates, thereby replenishing the necessary daily supply*
- *Reduces the deposition of cholesterol on the walls of blood vessels*
- *Increases immunity and normalizes the production of hemoglobin due to the content of magnesium, potassium, iron, chromium, phosphorus salts and vitamin C*





- Provides fast saturation, as the composition of amino acids is ideally balanced and they are easily absorbed
- Helps lower blood pressure as coco amines form when cooked or steamed
- Has a protective effect on the digestive tract
- Accelerates metabolic processes, neutralizes excess acids
- Supports renal function

Species and varieties...

More than 5,000 varieties of potatoes are known, which differ in yield, frost resistance, tuber size, resistance to pests and other parameters. AGRO RETEMS offers its customers an unwashed variety – “Kemerov”

Offer from AGRO RETEMS

Sort: “Kemerov”

Caliber: 40 mm+

Volume for June: 1000 tons

Origin: Azerbaijan

Shipment period: from 22nd to 26th week

Container: cardboard box, dimensions 30x40x14; paper bag

Average net weight: 7 kg; 20-25 kg

Temperature condition of transportation and storage: 2 °C

Shelf life: 30 days



Interesting fact...

The most expensive potato in the world is “La Bonnotte”, grown on the island of Noirmoutier. It is very tender and delicious. A kilogram of such potatoes costs about 500 euros

Species and varieties...



Carrot

Carrot – is a universal vegetable that contains a lot of useful substances. Afghanistan is considered the homeland of the plant. There, carrots began to be cultivated four thousand years ago. Carrot (lat. Daucus) – is a genus of plants of the Umbelliferae family. This is a biennial plant (rarely one or perennial), in the first year of life it forms a rosette of leaves and a root crop, in the second year of life – a seed bush and seeds



Carrots have a very rich composition: carotene, vitamins PP, A, B1, B2, B5, B6, B9, C, E, H and K, ascorbic acid, minerals – iron, zinc, iodine, copper, manganese, selenium, chromium, fluorine, molybdenum, boron, vanadium, cobalt, lithium, aluminum, nickel, calcium, magnesium, sodium, potassium, phosphorus, chlorine and sulfur. Carrot seeds contain an essential oil that is unique in its beneficial properties



In folk medicine, carrots are used for hypo- and avitaminosis. Promotes epithelialization, activates intracellular redox processes, regulates carbohydrate metabolism. Carrots are also used to treat cardiovascular, intestinal diseases, colds, tonsillitis and other pathologies of the body

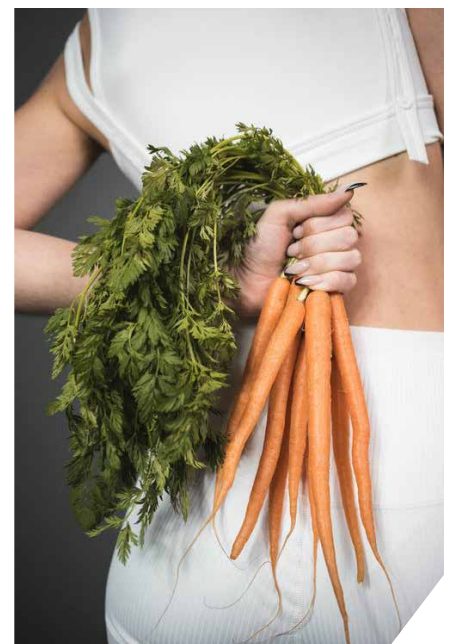
How to choose carrot?

- Unlike many vegetables and fruits, the external attractiveness of which may be a sign of the presence of nitrates, carrots are primarily evaluated for their beauty and brightness – the brighter the root crop, the more useful vitamins it contains
- The surface of the carrot must be smooth, not deformed, and free from damage or cracks
- Carrots must be firm

- *The area between the tops and roots should have a rich green color*
- *There is no difference between washed or unwashed carrots, but the washed version may have a slightly shorter shelf life than the unwashed one*



There are hundreds of varieties and hybrids of carrots. They differ in taste and sugar content, juiciness, color (yellow, orange, burgundy). AGRO RETEMS offers its customers a popular variety of carrot – «Soprano»



Interesting fact...

Freshly squeezed carrot juice is very rich in antiseptics, and with regular use, it significantly reduces the risk of heart attack

Offer from AGRO RETEMS

Sort: «Soprano»

Caliber: 12 sm+

Volume for June: 200 tons

Origin: Azerbaijan

Shipment period: from 22nd to 26th week

Container: plastic bag

Average net weight: 15 kg

Temperature condition of transportation and storage:
4 °C

Shelf life: 30 days



Species and varieties...



Beet

Beet – is the most useful root crop with a long history. Archaeological finds confirm that its healing properties were already known in the time of Hippocrates. And even to this day, a legend has come down, according to which it was this vegetable that in the deep Middle Ages saved Eastern Europe and the Balkans from a terrible plague epidemic. Whether it was really so is now difficult to say, but the benefits of beet for human health are undeniable



Beet contains many vitamins and minerals. This vegetable holds the record for the concentration of boron and manganese. In terms of iron content, beets are second only to garlic. These microelements activate the work of hematopoiesis and regulate metabolism. The betaine contained in this vegetable is involved in the formation of choline, which improves liver function



Beet is extremely useful for problems of the gastrointestinal tract. This vegetable is useful for the prevention of avitaminosis and scurvy, as it has a high concentration of ascorbic acid and carotene. Beet is also rich in organic acids: malic, citric and tartaric

How to choose beet?

- Good beet should be thin-skinned, firm to the touch and undamaged
- Its color should be dark red
- It will be good if you can see the beet in a section. You will be able to verify the even tone of its color. There should be no white core or inclusions as this is a sign of nitrate growth
- It is best to purchase beets with leafy greens. Firstly, they will show how long it has been stored, and secondly, the leaves also have nutrients

Species and varieties...

Varieties and hybrids of beets differ in the shape of the root crop (rounded, flattened, cylindrical, narrowed, conical) and in the color of the pulp. The color of peel can vary from dark red to black-violet



Interesting fact...

The ancient doctors Paracelsus and Avicenna wrote entire books on the medicinal properties of beet



Offer from AGRO RETEMS

Caliber: 60 mm+

Volume for June: 200 tons

Origin: Azerbaijan

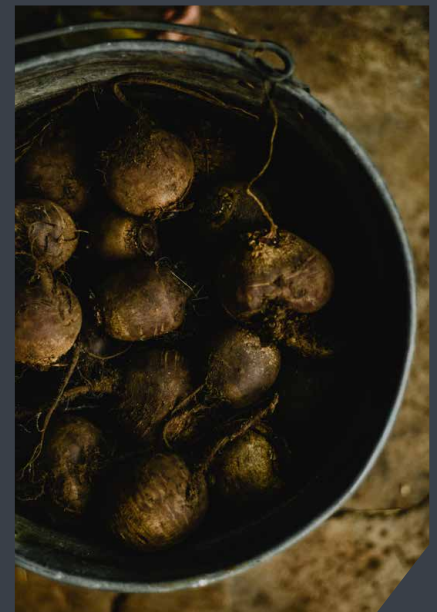
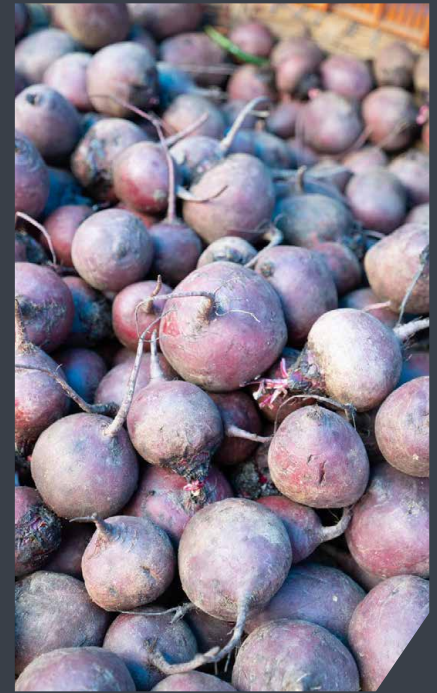
Shipment period: from 22nd to 26th week

Container: plastic box, dimensions 30x50x22

Average net weight: 15 kg

Temperature condition of transportation and storage:
4°C

Shelf life: 30 days





Apricot

Apricot – is undoubtedly one of the healthiest and most delicious fruits. Apricots are rich in various useful substances. They contain vitamins (A, C, E, H, K, group B), carotenes, flavonoids, phytosterols, phytoestrogen, antioxidants, organic acids (citric, malic, succinic, tartaric, caffeic), carbohydrates (glucose, sucrose, fructose, starch), tannins, pectins, amino acids, micro and macro elements, fiber

Thanks to the minerals included in the composition, the benefits of apricot for the health of all body systems are noticeable:

- *magnesium regulates the functioning of the gastrointestinal tract, normalizes gastric acidity*
- *calcium strengthens bones and teeth, is responsible for the ability of blood to clot*
- *potassium restores the electrolyte level, strengthens the heart muscle, promotes the removal of excess fluid and the absorption of calcium*
- *iron increases the number of red blood cells, increases hemoglobin, prevents anemia*
- *iodine normalizes the functioning of the thyroid gland*
- *strontium serves to prevent caries and osteoporosis*



Fresh fruits have a low calorie content (44 kilocalories) and high nutritional value due to the increased concentration (more than 10%) of carbohydrates, due to which they saturate the body without adding extra pounds. The calorie content of the dried product, known as dried apricots, increases greatly and reaches 240 kilocalories

How to choose apricot?

- A ripe apricot is even in color without any spots or dots (reddish or yellowish areas are allowed)
- The ripeness of an apricot can be judged by the presence of a characteristic aroma that is noticeable even through the peel
- The surface of the apricot must be absolutely dry without the slightest sign of moisture
- The brighter the color of the apricot, the higher the level of its maturity (except for fruits that are too bright, in this case the use of dyes or an excessive amount of chemicals is not excluded)
- When pressing on the peel, the apricot should not be deformed, its surface should have sufficient elasticity



Species and varieties...

A large number of varieties of apricots, adapted to different growing conditions, have their own distinctive features. In the description of apricots of different types, a characteristic common to all varieties is noted: a special aroma and unforgettable taste of fruits inherent in this particular fruit crop



Offer from AGRO RETEMS

Caliber: 35 mm+

Volume for June: 200 tons

Origin: Azerbaijan

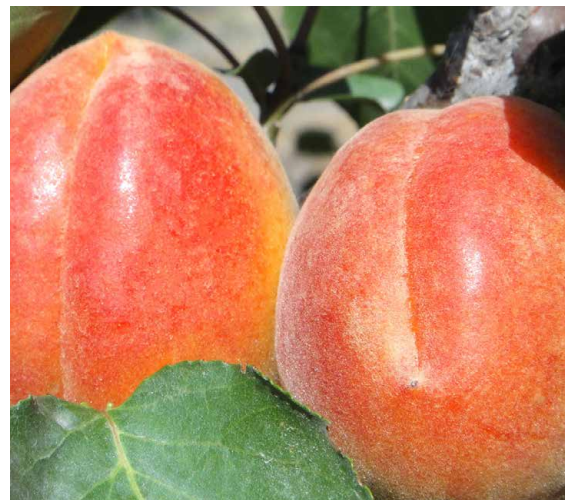
Shipment period: from 22nd to 26th week

Container: plastic box, dimensions 30x40x18

Average net weight: 6-7 kg

Temperature condition of transportation and storage: 2 °C

Shelf life: 21 days



Interesting fact...

Apricot pit may well serve as a substitute for bitter almonds. It is even used as a raw material for the production of marzipan



Sweet cherry

Sweet cherry – is one of the most favorite berries for people of all ages. It is with her that the “vitamin boom” of summer begins, which the body is looking forward to after a long and cold winter that depletes the body. It is a woody plant of the Rosaceae family. It is characterized by rapid growth, especially at a young age. Cherry is not only tasty, but also extremely useful for the body, while it has a low calorie content. This bright berry – is a real symbol of summer!



Sweet cherry became known at least 8000 BC in Europe. The origin of the name is related to the Romans. They discovered a sweet cherry near the city of Kerasunt, and called the berry “kerasunt fruit” – “cerasi”. Other languages then developed similar-sounding derivatives, including the English «cherry» and the Russian «chereshnya»

The seeds of this berry contain an oil that is used in industry, and the essential oil is used in the manufacture of liqueurs and perfume compositions. The bark and roots of the tree were used to dye cloth and wool, and to tan leather. Cherry pipes and mouthpieces are popular

Interesting fact...

Sweet cherry seeds contain essential oil, which is used in the production of perfumes and some alcoholic beverages

Beneficial features

Sweet cherry – is an incredibly healthy berry. 100 g of this product contains 20% of the daily value of vitamin C! It is rich in B vitamins, vitamin A, E, PP, many nutrients and useful elements that have a positive effect on human health

- *High content of beta-carotene improves vision. Sweet cherries have even more of it than blueberries*
- *The berry has a lot of potassium, so it normalizes the work of the cardiovascular system. Recommended for people with high blood pressure, useful for the prevention of thrombosis*



- *Fiber, which is enough in sweet cherries, has a beneficial effect on the digestive system*
- *A large amount of antioxidants is good for the skin, as it removes toxins and slags, helping with rashes, as well as eczema and psoriasis*
- *Anthocyanins in sweet cherries improve brain function. Dark berries also contain polyphenols, which slow down its aging*
- *The berry is useful for people who have trouble sleeping because it contains melatonin – a substance that regulates human biorhythms*



Species and varieties...

There is a wide variety of sorts of sweet cherries, which differ in the structure of the pulp, in the color of the berries, and in the time of ripening. When choosing a type of tree, it must be taken into account such a factor as its height: short, medium, tall



Offer from AGRO RETEMS

Caliber: 22 mm+

Volume for June: 600 tons

Origin: Azerbaijan

Shipment period: from 22nd to 26th week

Container: plastic box, dimensions 30x40x14

Average net weight: 5,5 kg

Temperature condition of transportation and storage: 2°C

Shelf life: 15 days



Peach

Peach – is the fruit of the peach tree, plant of the Rosaceae family, genus Plum, subgenus Almond. Usually peaches have a velvety peel, smooth fruits – nectarines – this is a subspecies of peach



Although the name of the peach is associated with Persia, homeland of this plant is China, where it was cultivated at 11th century BC. Peach in ancient China was considered an imperial fruit and a symbol of longevity

Gradually, peaches spread to India and other Asian countries, up to Persia, from where, thanks to Alexander the Great, they came to Southern Europe. In France, Britain and the United States, peaches appeared only in the 17th century. Today, peaches are grown in many places with hot tropical climate



Beneficial features

Peaches are very high in sugars and fiber, what makes them a valuable source of energy. Peaches contain a lot of potassium, iron, phosphorus, magnesium, fluorine, vitamins A, C, B, E, K, PP, antioxidants, pectins and organic acids. In season, it is recommended to include as many fresh peaches as possible in your diet

- Peaches well satisfy hunger and promote digestion
- Due to the high content of potassium and magnesium, peaches are useful for anemia, heart disease and stress
- Peaches and their juice are recommended when recovering from a serious illness
- Peaches help keep the skin youthful, preventing the appearance of wrinkles and age spots
- Scientists have found that the substances contained in peaches can slow down the growth of cancer cells

- Peach leaves and flowers also have medicinal properties. Their decoction is used as an anti-inflammatory and laxative
- Infusion of peach stones can be used as a diaphoretic for the treatment of colds and respiratory diseases



Interesting fact...

In China, peaches are grown with each fruit wrapped in a paper bag. This prevents defects and evens out the color of the peel and flesh of the peaches



Species and varieties...

Today there are many varieties of peach. Its fruits differ in size, shape, taste, aroma, color, as well as the texture of the skin and pulp. AGRO RETEMS offers its customers «flat» and «round» varieties of peach



Offer from AGRO RETEMS

Sorts: "Flat", "Round"

Caliber: 55 mm+

Volume for June: 200 tons

Origin: Azerbaijan

Shipment period: from 22nd to 26th 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

Species and Varieties

Nectarine

Nectarine – is the fruit of peach trees, and it was not bred by artificial selection, but created by nature itself. Unlike peaches, nectarines have a smooth peel

In Europe, they learned about them back in the Middle Ages thanks to sailors who brought both the fruits themselves and their seeds for breeding. In America, this fruit appeared about 2000 years ago. China is considered the homeland of nectarines, and this name was given after comparing it with nectar – the drink of the gods



Nectarines appeared from a natural mutation in which nature participated, without human intervention. Even now, as a result of cross-pollination, nectarines can be found on peach trees and vice versa. Over time, gardeners learned to grow nectarines without waiting for nature to work again



Nectarines are successfully used in medicine and cooking. They are rich in vitamins, have a pleasant taste and relatively low calorie content. It is believed that nectarines preserve not only health, but also beauty

Beneficial features

Nectarines contain a large amount of vitamin A, C, iron, potassium, phosphorus, magnesium, calcium, vitamins B, D, E. These elements have a positive effect on human immunity and digestive processes. The composition of fruits includes natural sugars – sucrose, fructose, glucose. In addition, nectarines have pectin compounds that prevent the development of harmful organisms. These fruits have a relatively low-calorie content, which allows them to be added to the diet of losing weight





Offer from AGRO RETEMS

Caliber: 55 mm+

Volume for June: 200 tons

Origin: Azerbaijan

Shipment period: from 22nd to 26th week

Container: plastic box, dimensions 30x40x18

Average net weight: 7 kg

Temperature condition of transportation and storage: 2 °C

Shelf life: 21 days

- *Nectarines cleanse the body from toxins, normalize the work of the heart, gastrointestinal tract, increase immunity*
- *Eating even one fruit a day will enrich the body with vitamins and energize it*
- *Containing vitamins A and E, these juicy fruits help maintain skin smoothness and elasticity, improve the structure of the skin*
- *Nutritious masks are made from the pulp of nectarine, and seed oil is added to creams*



- *It is useful to use nectarines during pregnancy. They help to get rid of toxicosis, or at least significantly weaken its effect on the body*
- *Nectarines help reduce swelling, remove excess fluid from the body, which helps in the process of losing weight*



Species and varieties...

There are many varieties of nectarine in the world. Each of them has its own characteristics: growing conditions, climatic preferences, ripening time

Interesting fact...

Nectarine is named after the ritual drink of the gods of ancient Greece because of its sweetness and delicate taste



Plum

Plum – is a high-yielding stone plant, the origin of which is the result of natural hybridization of alycha and blackthorn, which historically occurred in the Caucasus and Asia Minor regions. Cultivation of plums continued in the Mediterranean and Central Asia. From Mediterranean Italy, the plum penetrated into European countries and firmly took the position of one of the most popular fruit trees in world fruit growing



Interesting fact...

The resin released from the trunk and branches of the plum tree was used in the Middle Ages to produce ink for manuscripts

Plum – is a genus representing the Pink family, subfamily Almond (Plum). Plum fruits have juicy, elastic pulp and a fairly large stone, oblong or round, depending on the variety. The fruit is diverse in shape and color, there are large and small, oval and round plums, yellow, pink, purple and almost black. Often there is a light coating on the fruit, as if the plum is “fogged”

Beneficial features

Plums contain glucose, fructose and sucrose, vitamins A, B1, B2, C, H and PP, as well as fiber and essential minerals: potassium, calcium, magnesium, zinc, copper, manganese, iron, chromium, boron, nickel, phosphorus and sodium. Fresh and dried plums are rich in antioxidants, pectins, organic acids, tannins

Due to its composition, plum has the following useful properties:

- *Improving memory – associated with the neutralization of damaged cells*
- *Protection of blood vessels and their purification from cholesterol plaques – helps prevent the development of atherosclerosis, lower blood pressure*
- *Antipyretic effect – when used dry*
- *Strengthening the immune system – due to the high content of vitamin C*
- *Regulation of water-salt balance – removal of excess fluid from the body*
- *Maintaining eye health and visual acuity, strengthening the mucous membrane*







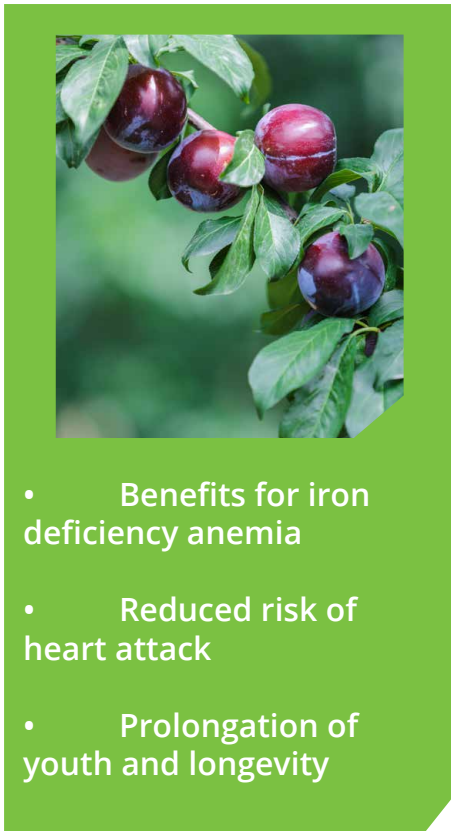
- Prevention of diseases such as arthritis, heart attack, cancer, asthma

- Stimulation of the digestive tract - increased appetite, lowering the level of hydrochloric acid in the stomach

- Protection of the nervous system - normalization of sleep, stress relief

- Plum masks are used for cosmetic purposes. They restore skin elasticity, have a good anti-aging effect

- Wound healing effect when using a decoction



- Benefits for iron deficiency anemia

- Reduced risk of heart attack

- Prolongation of youth and longevity



Species and varieties...

To date, there are several hundred sorts of plums, varying in color from white and yellow to green and purple; by softness from tender and juicy to firm; and taste from very sweet to unbearably tart



Offer from AGRO RETEMS

Caliber: 40 mm+

Volume for June: 200 tons

Origin: Azerbaijan

Shipment period: с 22 по 26 неделю

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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