

# KHURMAN

## Quince

Iron fruit

## Kiwi (from Iran)

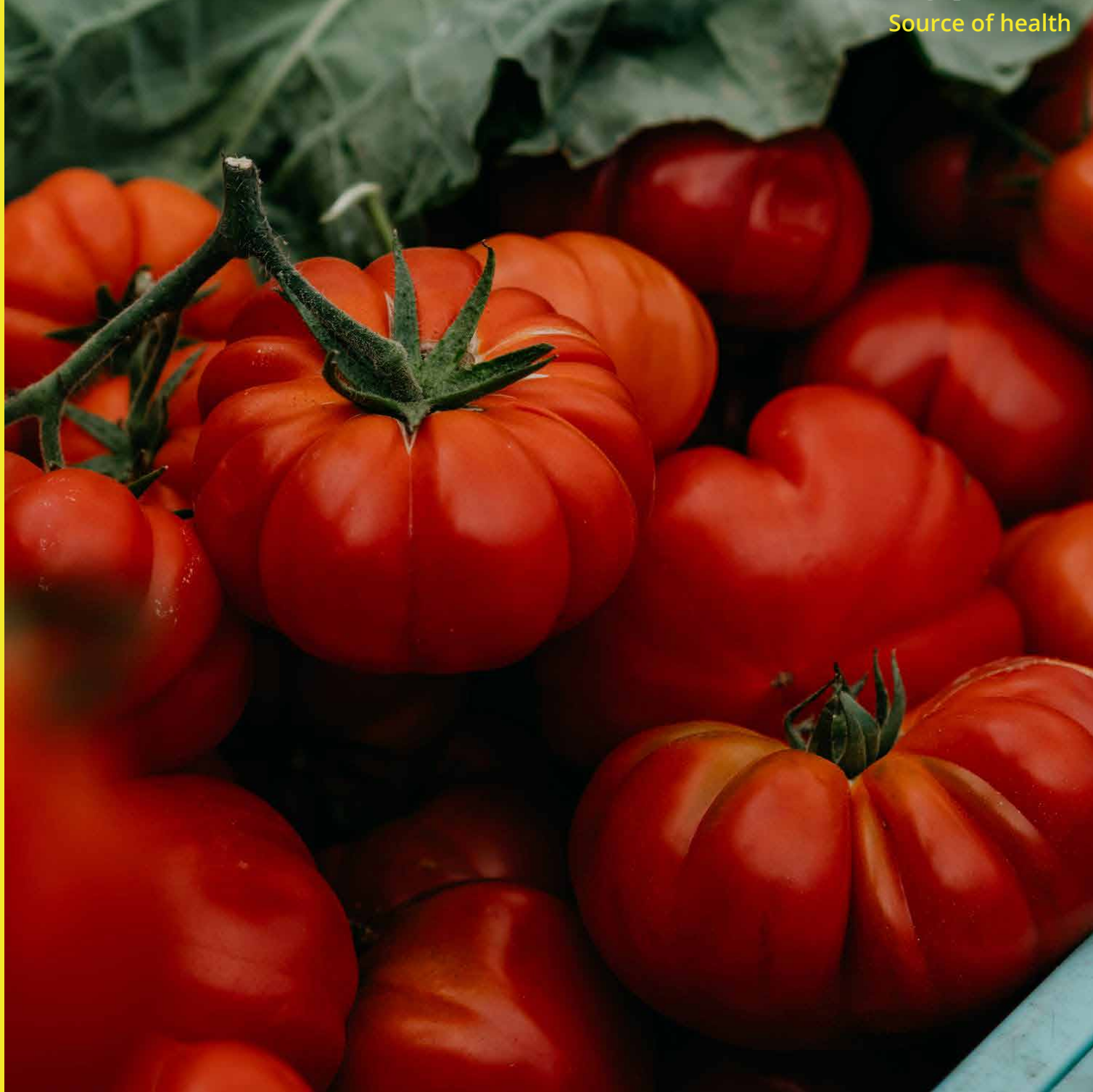
Storehouse of vitamins

## Tomato

Golden Apple

## Young potato

Source of health



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## Shipments

### Brief overview of **AGRO RETEMS** shipments for February:

Apple - **270.000 kg**

Quince - **144.000 kg**

Tomato - **180.000 kg**

Kiwi - **740.000 kg**

### *From the Editor*

Dear readers, here is the new March issue of AGRO RETEMS magazine.

March is the month when the spring season opens: temperatures are finally rising and we are leaving the winter frosts behind. The sun begins to heat up a little more and the plants begin to bloom again. March is a kind of bridge from winter to spring. In March, it is important to replenish the lack of vitamins in order to support a weakened body and at the same time energize it. This can be done with a balanced diet, which includes seasonal fruits and vegetables. After all, it is the calendar spring that opens a new season of wholesome food with a maximum concentration of vitamins and microelements.

In the March season, AGRO RETEMS offers you various crops rich in vitamins and minerals, among which are quince, tomato, kiwi and young potato.

Enjoy reading!



**AGRO RETEMS**



# ANNOUNCEMENT FOR APRIL

**In April 2022 AGRO RETEMS offers:**

## ***Kiwi (from Iran)***

**Volume for April:** 100.000 kg

**Sort:** "Hayward"

**Shipping period:** 14 – 17 weeks



## **Tomato**

**Volume for April:** 200.000 kg

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

**Shipping period:** 14 – 17 weeks



## ***Young potato***

**Volume for April:** 100.000 kg

**Sort:** "Telman"

**Shipping period:** 14 – 17 weeks



## Species and Varieties

# Quince

*Quince – is a small tree or shrub of the Rosaceae family. The scientific name of quince comes from the city of Sidon (now Chania) in Crete, where it has been bred since ancient times. Quince leaves are similar to apple tree leaves, and the flowers – large, pink or white – are often sold as ornamentals. The quince fruit is greenish-yellow or golden, resembling a cross between an apple and a pear (by the way, they are distant relatives). Quince fruits are firm and sour when fresh, but when cooked they have soft, pink, sweetish flesh with a pear-like granular texture*



*In Greek mythology, the quince is known as the golden apple presented by Paris to Aphrodite, the goddess of love. Since ancient times, the fruit has been a symbol of love, marriage and fertility, and in medieval Europe, giving a quince as a gift was considered a manifestation of great love. Today, quince is widely distributed in the culture of many countries of the world. It appeared in its natural habitat 4 thousand years ago. Wild quince grows in Russia mainly in the east of the country. It is cultivated in the Caucasus, in the Crimea and Moldova, in Central Asia.*

### Interesting fact

*Quince is considered one of the most ancient fruit crops, which man began to grow about 4 thousand years ago*

## Beneficial features:

*Quince has tonic, hemostatic, antiseptic, diuretic and astringent properties. It is used for anemia, cardiovascular diseases, diseases of the gastrointestinal tract, respiratory tract, asthma*

*Quince has a positive effect on the psyche – it invigorates, improves mood.*

*Quince fruits are very useful, first of all, for their rich content of nutrients and vitamins, which are very necessary for the human body. There is a lot of vitamin C and iron in quince, which is why it is often called the «iron» fruit. Having eaten one fruit, a person receives the daily norm of copper and iron*





## Offer from AGRO RETEMS

**Sort:** "Yashma"

**Caliber:** 75 mm+; 80 mm+; 85 mm+

**Volume for March:** 100 tons

**Origin:** Azerbaijan

**Shipment period:** from 9 to 13 weeks

**Container:** plastic box, dimensions 50x30x10

**Average net weight:** 4,5 kg

**Temperature condition of transportation and storage:**

2 °C

**Shelf life:** 30 days



## The fruit has many more positive qualities:

- *Quince is useful for the prevention and treatment of anemia;*
- *The peel of the fruit is rich in essential oils, which give it a special flavor. Raw fruits are very hard and tough due to the high content of tannins in the pulp, which are destroyed during heat treatment;*



- *A decoction made from fruits is used for diseases of the gastrointestinal tract, diseases of the biliary tract;*
- *Regular consumption of fruit reduces blood cholesterol levels;*

- *In folk medicine, quince is an effective medicine for anemia, diabetes, bronchial asthma, has diuretic and choleric properties;*
- *The fruits contain a lot of pectin, it envelops the walls of the intestines and stomach, is an absorbent of chemical and toxic substances, removes toxins and microbes from the body. Therefore, for poisoning and intestinal infections, this fruit is highly recommended;*
- *Quince is great as a dietary product. With a low calorie content of 48 kcal per 100 grams, the fruit saturates the body well and improves digestion.*



- *Quince seeds are of great value. In medicine, their mucus and extract are used, which are used in the treatment of bronchitis and inflammation, wounds and burns;*



## Species and varieties

Currently, several dozen varieties of quince have been identified, which differ in the structure of flowers, leaves and fruits, the time of flowering and fruiting, as well as a number of other biological features. Depending on the variety, the quince may be round or pear-shaped, with a yellow skin and a sweetish-tart flavor. Among the variety of quince varieties, AGRO RETEMS offers the "Yashma" variety



# Tomato



*Tomato – is one of the most popular vegetables in the world. It is especially loved in the Mediterranean: among Spanish, Italian or southern French dishes it is difficult to find a recipe that would not contain tomatoes. Their homeland is Latin America, from where the Spaniards brought yellow tomatoes in the 16th century (and red ones appeared in Europe two centuries later).*

*The homeland of tomatoes is the highlands of modern Peru. From Peru, they came to Mexico, where they began to be cultivated many centuries before the Europeans arrived on the continent. The modern word “tomato” comes from the Aztec word “tomatl” (“bloating fruit”), and the French then remade it into “tomate”*

***The Spanish conquistador Fernando Cortes was the first to bring tomatoes to Europe. The earliest mention of tomatoes in Europe was made by the Italian physician and botanist Pietro Andrea Mattioli in 1544. In his work, Mattioli called the tomato pomo d’oro, or “golden apple”. And in Russian, “pomo d’oro” was made into “pomidor” (which means “tomato”). For a long time, it was believed that tomatoes are poisonous. And it took time in many countries, including Russia, to believe otherwise***



## ***Beneficial features:***

Tomatoes are high in vitamin A and vitamin K, as well as significant amounts of B vitamins, folic acid and thiamine. One tomato provides about 40% of the daily requirement for vitamin C. Tomatoes are also a good source of iron, potassium, manganese, magnesium, phosphorus and copper. Especially important is the presence of a number of organic compounds in the composition of tomatoes, for example, lycopene, a pigment responsible for the bright color of these vegetables







## Offer from AGRO RETEMS

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

**Caliber:** 47 mm+; 56 mm+

**Volume for March:** 150 tons

**Origin:** Azerbaijan

**Shipment period:** from 9 to 13 weeks

**Container:** cardboard box, dimensions 30x40x14

**Average net weight:** 6 kg

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

**Shelf life:** 15 days

- The carotenoid lycopene is a powerful antioxidant that can prevent damage to the body's systems by free radicals. Lycopene stops the oxidation of lipids in the blood serum, thereby protecting against cardiovascular diseases



- Regular consumption of tomatoes or tomato juice can lower blood levels of «bad» cholesterol and triglycerides, which can be the main culprits of cardiovascular disease and can lead to fat deposits on the walls of blood vessels



- The combination of iron, potassium and vitamin K in it, which help maintain normal blood circulation, normalize blood pressure and blood quality, also makes this vegetable good for the heart. Potassium is able to reduce tension in the blood vessels and arteries, thereby increasing blood circulation and reducing the workload on the heart. Vitamin K, among other things, is necessary for blood clotting and bleeding control
- Vitamin A, present in high amounts in tomatoes, can help improve eyesight and prevent night blindness

### Species and varieties

To date, manufacturers offer different varieties of tomatoes for every taste. Now you can easily find red, pink, yellow, black and even green tomatoes, and different varieties can be both undersized and suitable for growing in open ground, and tall and intended for sowing in a greenhouse. Among the wide variety of tomato sorts, AGRO RETEMS offers such common sorts as: «Regular Tomato», «Tomato on a Branch», «Plum Tomato»

- Tomatoes are also essential for intestinal health, as they contain a lot of fiber. They can keep the digestive system healthy, stimulate peristaltic movements in smooth digestive muscles, and release gastric and digestive juices. It improves overall digestive health and protects against health problems



- Local application of tomato juice, as known, treats severe sunburns. Daily consumption of tomatoes can protect the skin from harmful UV rays and produce a rejuvenating effect by stimulating collagen production

### Interesting fact:

It turns out that the highest amount of nutrients is found in dried tomatoes. It should be noted that, to get 1 kg of dried vegetables, you need about 10 kg of fresh tomatoes.



## Kiwi (from Iran)

*Kiwi – is an exotic fruit with “magic” properties, a champion in vitamin C content, a storehouse of enzymes and antioxidants and at the same time – one of the most dietary fruits*

*Kiwi fruits have a unique composition. One fruit contains the daily requirement of vitamin C, as well as nicotinic acid, vitamins A, E, PP, B group vitamins, potassium, calcium, iron and magnesium. At the same time, it has a low-calorie content – 100 g of the fruit contains about 15 g of sugar. Nutritionists highly value kiwi fruit for its antioxidants and unique enzymes. Kiwi fruits contain the antioxidants zeaxanthin and lutein, which are necessary for the retina of the eye*



Thanks to the enzyme actinidin, kiwi helps digest protein foods, for this reason it is used to marinate meat. And fibre and organic acids in kiwi contribute to normal intestinal motility.

Kiwi is useful not only for nutrition. The effect of organic acids from kiwi on the skin is such that pigmentation becomes less, and the skin itself is tightened. Reduces wrinkles and flaking of the skin.

Also, during consuming kiwi, blood thinning is observed, which means that the risk of thrombosis will be less. Potassium in the composition of these fruits reduces blood pressure, controls hypertension



## Offer from AGRO RETEMS

**Sort:** "Hayward"

**Caliber:** 70 gr+; 75 gr+

**Volume for March:** 200 tons

**Origin:** Iran

**Shipment period:** from 9 to 13 weeks

**Container:** plastic box, dimensions 35x23x13

**Average net weight:** 4 kg

**Temperature condition of transportation and storage:** 2 °C - 4 °C

**Shelf life:** 30 days

# How to choose kiwi?

## Method №1

*Like most subtropical fruits, kiwi should be chosen, paying attention primarily to the degree of softness (hardness) of the fruit. The fruit should be moderately soft, capable of slight bursting when lightly pressed. Excessive hardness or softness will indicate, respectively, immaturity and depravity*

## Method №2

*Buy kiwi with a pleasant, mild fruity aroma – this is an indicator of quality. The ripe fruit gives a slight hint of citrus, strawberry and banana. Fresh, unspoiled fruit should not smell like fermentation (wine)*

## Method №3

*To choose high-quality and ripe kiwi fruits, you should carefully examine them. Pay attention to the hairs – they should be hard, but at the same time peel off without much effort. Exclude the presence of dark spots – a sign of fruit disease*

## Method №5

*Often on the shelves of shops you can see fruits packaged in containers or bags. It is necessary to examine such fruits with special attention. If there are accumulations resembling dust at the bottom of the container, then buying such kiwi is not recommended. In addition, there should be no condensation on the walls of the bag or container. Such a sign indicates a breach of storage conditions or the beginning of the process of fruit decay*



## Method №4

Take a closer look at the place where the stalk of the fruit was – there should not be moisture there. Even when you press on this place, not a single drop should stand out. Otherwise, the fruit was damaged during transportation or storage and may have already been spoiled



## Species and varieties

There are many varieties of kiwi. This subtropical fruit can have a different skin color, shape and differ in some taste qualities. Some characteristics of kiwi apply to all fruits, regardless of variety. AGRO RETEMS offers the most famous kiwi variety in the world – “Hayward”

## Interesting fact:

New Zealand breeder Alexander Ellison named the fruit «kiwi» because of its resemblance to the bird of the same name, which is the national pride of New Zealand



Potato has long been recognized as one of the most valuable and healthy vegetables in the world. Due to its excellent taste and nutritional characteristics, it is widely used in the culinary traditions of many countries. In this case, young potato is especially popular. Rumors about especially tasty young potato spread first among culinary specialists, and then among the population. And since then, young potato has been held in high esteem by residents not only of Russia. In Europe, they also loved young potato for its delicate taste



The size of the tubers depends on the variety and the soil in which the potato is grown. In addition, root crops may differ in the color of the skin, which is very thin in young potatoes. A feature of young potato is the fact that during cleaning, the juice that stands out stains the skin of the hands in a dark color

Young potato, like all fresh vegetables, is rich in bioflavonoids. It contains vitamins A, B1, B2, B5, B6, C, E, K, niacin, choline, folic acid. Young potatoes contain three times more vitamin C than those that have survived the winter. In young potatoes, there are few simple sugars, practically no fats and no cholesterol at all, but there are organic acids and fiber that are useful for digestion. Young potato is a complete source of protein. In addition, it contains a number of essential minerals, such as: potassium, calcium, magnesium, sodium, phosphorus, iodine and sulfur

## Beneficial features

Speaking about the benefits of young potato, it should first of all be noted the low starch content compared to mature potato, which allows you to quickly feel full. This is a reason to include it in the menu when losing weight. The content of useful substances has a beneficial effect on the functioning of the cardiovascular system, lowers blood pressure and cholesterol deposition in the vessels. Strengthens the immune system and enhances protective abilities of the body. Stabilizes the nervous system and increases stress resistance



- Young potato contains the strongest antioxidants. They prolong youth and health, prevent the development of tumors, protect blood vessels and strengthen cell walls.
- Young potato contains a large amount of ascorbic acid (vitamin C), which helps to strengthen the immune system.
- Potassium, which is part of the young potato, helps to remove excess fluid from the body, which makes it useful for people prone to edema.



- Potato juice can be used to treat gastrointestinal diseases as well as skin diseases such as burns, scratches and cuts, as the juice has enveloping and wound healing properties

## Species and varieties...

There are about four thousand varieties of potatoes in the world. This number is increasing every year. World selection is stepping forward and new species are appearing that are more resistant to diseases, able to fructify well under adverse environmental conditions

AGRO RETEMS offers its customers a well-known variety of locally produced young potato – “Telman”, which is distinguished by high yield and quality

## Offer from AGRO RETEMS

Sort: **“Telman”**  
 Caliber: **40 mm+**  
 Volume for March: **100 tons**  
 Origin: **Azerbaijan**  
 Shipment period: **from 9 to 13 weeks**  
 Container: **cardboard box, dimensions 30x40x14**  
 Average net weight: **7 kg**  
 Temperature condition of transportation and storage: **2 °C**  
 Shelf life: **30 days**

- With an excellent set of vitamins and minerals, young potato is an ideal product for those who are trying to adhere to a balanced healthy diet. Moreover, young potato contains a minimum amount of calories, and therefore, it can be successfully used in dietary nutrition



## Interesting fact:

Potatoes contain more potassium than bananas, more vitamin C than oranges and more fiber than apples

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