

KHURMAN

Apple

The fruits of selective love

Quince

Символ любви и плодородия

Kiwi

Кладезь витаминов

Tomato

Pearl of vegetable growing
Azerbaijan

Молодой картофель

From Azerbaijan with love



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Shipments

Brief overview of
AGRO RETEMS shipments for February:

Apple - **370.000 kg**

Tomato - **144.000 kg**

Quince - **370.000 kg**

Kiwi - **190.000 kg**

From the Editor

Dear readers, welcome to the April issue of AGRO RETEMS magazine.

There is no need to remind you that good nutrition Nutrition is the key to our health, and the lion's share in it, of course, comes from fruits and vegetables, which provide us with much needed vitamins and minerals. In the spring season it's time to replenish the stores of vitamins, energy and joy that have been used up during the long winter.

The April issue of the spring season of AGRO RETEMS in April brings you five different items, among which tomato, apple, quince, and kiwi can be noted, young potatoes (washed/unwashed). We hope that our recommendations will be useful for you and you will soon stock up these natural gifts of nature, which will help you to find vivacity and a cheerful spring mood

We wish you an interesting reading!



AGRO RETEMS







ANNOUNCEMENT FOR APRIL

In April 2023, AGRO RETEMS offers:

Apple

Volume for april: 100 000 kg

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

Shipping Period: 14-17 weeks



Quince

Volume for april: 40 000 kg

Sort: Yashma

Shipping Period: 14-17 weeks

Tomato

Volume for april: 160.000 kg

Sorts: Round, On a branch, Pink

Shipping Period: 14-17 weeks



Kiwi (Iran)

Volume for april: 40 000 kg

Sort: Hayward

Shipping Period: 14-17 weeks

Young potato

Volume for april: 80.000 kg

Sort: Telman

Shipping Period: 14-17 weeks





Apple

The apple is a plant of the Pink family. It is native to Central Asia, where it can still be found in the wild. There are many varieties of this fruit, which differ in color (almost all variations of green, yellow and red, as well as a mixture of them), size and weight, which can range from 70 to 350 g (see photo). In addition, apples may also differ in shape, aroma and flavor of the fruit. Under the thin skin is the flesh, inside which are inside the pulp are small black seeds



Apple varieties and storage

The varieties of apples are divided into summer, fall, and winter

Summer apple varieties are the fastest ripening and perishable, to be consumed immediately after removal from the tree, the best known: white flower and melba. The most famous varieties of autumn apples, The best known varieties of autumn apples, which generally ripen in August and early September, can ripen after being removed from the branches are, of course, antonovka and apert. Autumn apples are usually larger in size than summer apples, Can be stored for up to 2 months if the fruits are without bumps and deformations. Autumn varieties also Cinnamon, Orlovka striped, and autumn striped

Winter apple varieties are those that ripen in late September or early October, and their flesh is heavy and not as juicy as other varieties. Winter apples tend to retain their appearance and taste for a long time if stored in a cool, dry place or in sawdust. Famous winter varieties are Gold, Lobo, Saffron Pepin, Sinap North, Red deliches

Interesting Facts...

The birthplace of the apple record-breaker was Japan: the fruit weighing 1 kg 849 g was picked in the Land of the Rising Sun in October 2005.

In Ireland the bridegrooms used to tell their future huskies by cutting the skin of an apple and throwing it behind their backs. It was believed that the apple the apple peel would fall to the ground, taking a shape resembling the first letter of her betrothed's name of the betrothed's name



How to choose correctly...

When buying apples, pay attention to the following:

1. The country in which the apples were grown. It is better to buy apples from your own region or country. These apples are less treated with chemicals to increase their shelf life
2. The apple should not be damaged, dented from dropping
3. The peel should not be wrinkled, the apple should be firm and clean

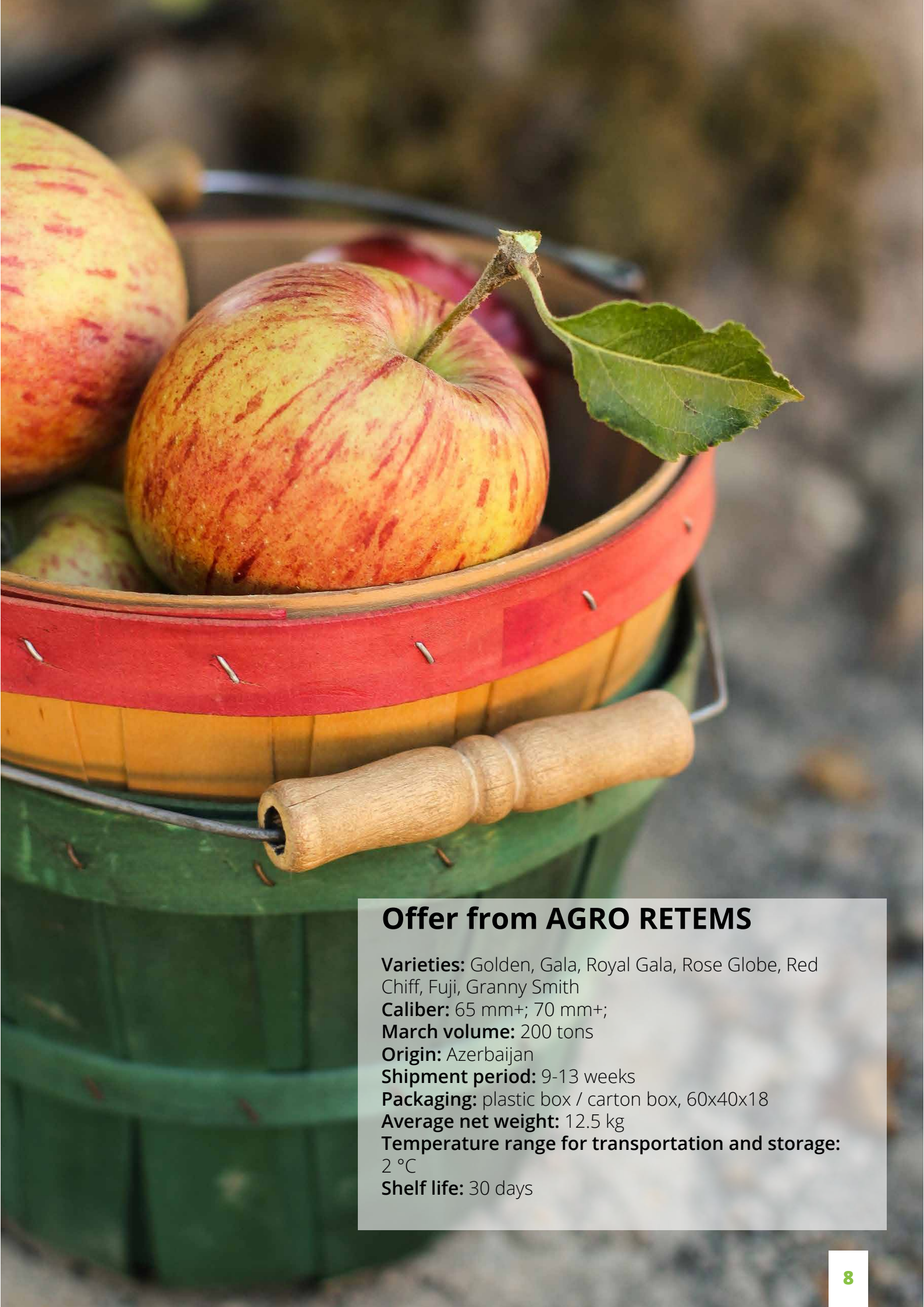
4. If the apple is brightly colored, check to see if it is stained. This can be done by just Look under the label if it is an imported apple

5. 5. Avoid apples that are heavily waxed, which can be hard to wash off and are it will be hard to wash, and it will not be very useful



What are the varieties?...

Certainly the apple contains vitamins C, K, B group, riboflavin, potassium, copper, manganese and magnesium, organic compounds, phytonutrients and flavonoids (such as epicatechin, quercetin and chloridesin). Also apples are an excellent source of polyphenols, antioxidants that protect cells from oxidative stress and prolong youth



Offer from AGRO RETEMS

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

Caliber: 65 mm+; 70 mm+;

March volume: 200 tons

Origin: Azerbaijan

Shipment period: 9-13 weeks

Packaging: plastic box / carton box, 60x40x18

Average net weight: 12.5 kg

Temperature range for transportation and storage:

2 °C

Shelf life: 30 days

Quince

The quince is a small tree or shrub of the rose-flowered family. The scientific name quince comes from the city of Sidon (now Chania) in Crete, where it has been cultivated since ancient times. The leaves of the quince resemble those of an apple tree, and the flowers - large, pink or white - are often marketed as ornamental. The fruit of the quince is greenish yellow or golden in color, resembling something between an apple and a pear (they are distantly related, by the way). Fresh, the quince fruit is hard and sour, but when boiled, they have a soft, pink, sweetish flesh with a granular texture, reminiscent of a pear



Beneficial features

Quince is rich in provitamin A, vitamins C, E, PP, group B, many micro- and macronutrients. Quince contains potassium and sodium, as well as apple acid, citric acid, tartaric acid and pectin substances. Quince contains a lot of carbohydrates, and most of them are fructose. In addition, quince contains tannins, amino acids, catechins, essential oil

Противопоказания

When making a mucilaginous infusion of quince seeds, they should not be crushed - they contain the poisonous glycoside amygdalin

Quince should not be used in cases of pleurisy and constipation. In addition, quince harms the larynx and the voice, it should not be used by teachers and singers

Interesting facts...

- 1/10 of the fruit is sugar;
- In Azerbaijan there is a dance named after of the fruit - aivaghuli;
- Quince trees and shrubs are often used as hedges. With proper care, the plant turns into a beautiful green fence





An elderly man with grey hair and a beard, wearing a blue plaid shirt, is focused on sorting yellow quinces in a white mesh basket. He is standing in an orchard with many trees full of similar fruit in the background. The scene is brightly lit by natural sunlight.

Offer from AGRO RETEMS

Sort: Yashma

Caliber: 80 mm+; 85 mm+

March volume: 60 tons

Origin: Azerbaijan

Shipment period: 9-13 weeks

Packaging: 50x30x10 plastic crate

Average net weight: 5.5 kg

Temperature range for transportation and storage:

2 °C

Shelf life: 30 days

How to choose and store

Quince fruits should be uniformly colored rich yellow color and have a characteristic flavor. You can also choose slightly green ones, since they ripen well at home. Fruit should be hard and undamaged

If they are not, they won't last very long and will rot quickly. They rot quickly



Refrigerator

A favorable temperature for storing quinces is about 0-8 degrees. In the refrigerator, the fruit should not touch each other. This way it will keep up to three to four months

Freezer

Before freezing, the fruits should be peeled and the pips removed. The cut slices are packed in special bags and sent to the freezer. In this form quince can be stored for about a year





Tomato

The tomato is native to the highlands of modern Peru. From Peru they came to Mexico, where they were cultivated many centuries before Europeans arrived on the continent.

The modern word «tomato» comes from the Atztec word «tomatl» («bloated fruit»), but the French later changed it to tomate

The first person to bring tomatoes to Europe was the Spanish conquistador Fernando Cortez. Most likely, exotic tomatoes were part of his booty when he conquered the Aztec city of Tenochtitlan in 1521, where today's Mexico City is located. The earliest mention of tomatoes in Europe was made by 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» has become «tomato. For a long time it was believed that tomato fruits were poisonous. And it took time in many countries, including Russia to believe otherwise.

The tomato contains a lot of fruit sugar, vitamin C and lycopene, a powerful antioxidant.

Benefit and harm

Thanks to their low calorie content, their low fat content, and their high fiber content, tomatoes can be included in your diet. fiber, tomatoes can be included in your diet for weight loss. Fruits Helps to improve the metabolic process. Tomatoes contain a rare component called lycopene. component - lycopene, which helps keep the body young and healthy for many years. The same substance reduces the risk of heart disease and cancer. Cooking them to make them even healthier improved

Offer from AGRO RETEMS

Varieties: Regular, on branch, pink

Caliber: 56 mm+, 45+ mm

March volume: 100 tons

Origin: Azerbaijan

Shipment period: 9-13 weeks

Packaging: 30x40x14 plastic crate

Average net weight: 6 kg

Temperature range for transportation and storage:
2 °C

Shelf life: 21 days

How and how much to store

Tomatoes can last a maximum of 7 days in the refrigerator, and it is best to choose the vegetable compartment. If you wrap each fruit in paper - so it will retain its freshness longer. But plastic bags are contraindicated - condensation collects there and can start rotting



What tomatoes taste like

Depending on the variety, it ranges from sour to almost fruity. Some of the information will be given by the color of the fruit: for example, yellow ones have a more delicate flavor and less acidic content. There is a rule: the brighter the color or the shallower the tomato, the richer the flavor. That's why cherry tomatoes are so tasty. cherry tomatoes. The texture of a fresh tomato is rather watery

Curious Facts

If you put one red ripe tomato or a ripe banana to green unripe tomatoes, they will «reach» in 2-3 days. This is due to the release of ethylene gas, which accelerates ripening

If the tomatoes have been stored in the refrigerator - before Before serving or cooking, take them out a half an hour to an hour before serving or cooking. During this time, their flavor and aroma will unfold





Species and Varieties

Kiwi (country of origin - Iran)

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 the seeds of the «monkey peach» from China as a gift. Within 30 years Allison perfected this plant until the now world-famous exotic fruit. The kiwi derives its name from the New Zealand flightless kiwi bird, which is wingless and covered with brown feathers



The kiwi entered the global market in the 1930s, when port clerk J. McLauchlin decided to change his occupation and began to grow the fruit for sale



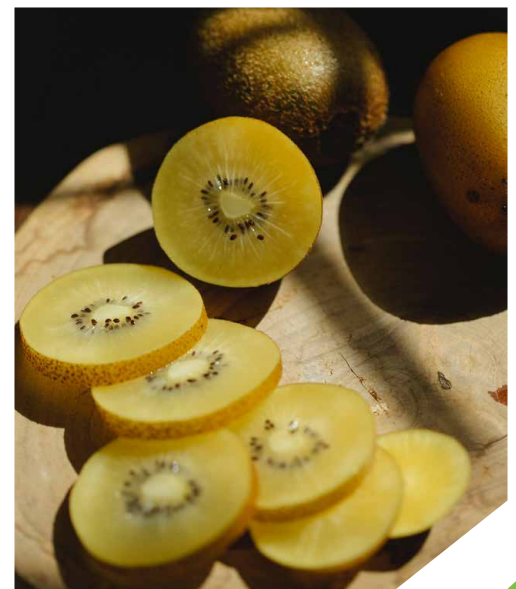
Beneficial features

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

Applications

The skin of the berry has fine hairs, and the flesh can cause an astringent sensation in the mouth if consumed in excess. Kiwis are used to make jams and jellies, add them to drinks and alcoholic cocktails, and use them to fill pies, cakes and desserts. In addition, the berry is often consumed fresh

Meat, baked or fried, Goes well with kiwi sauce. This berry is also used for stuffing meat, giving it an unusual and pleasant taste



The background of the page is a close-up photograph of several slices of kiwifruit. The slices are arranged in a circular pattern, showing the characteristic green flesh with black seeds and a white core. The lighting is bright, highlighting the texture and color of the fruit. The slices are cut into thin, round pieces, and the overall composition is vibrant and fresh.

Offer from AGRO RETEMS

Variety: Hayward

Caliber: 70g+

March volume: 80 tons

Origin: Iran

Shipment period: 9 to 13 weeks

Packaging: 35x23x13 plastic crate

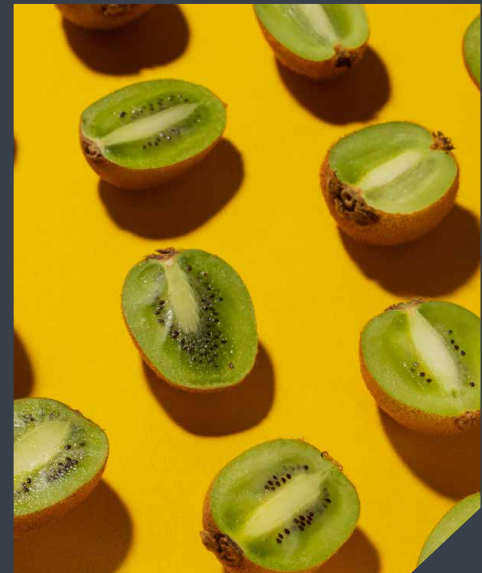
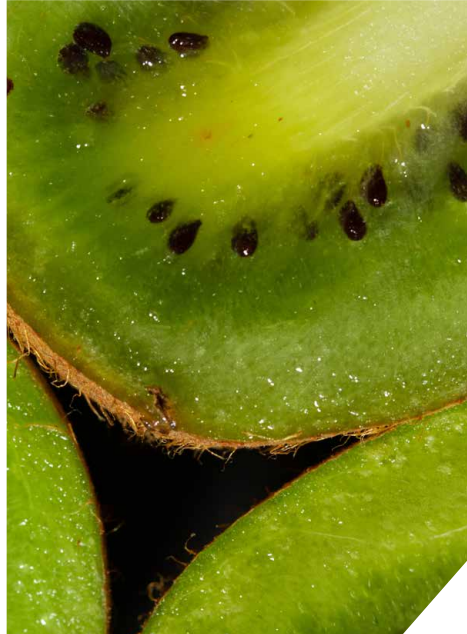
Average net weight: 4.5 kg

Temperature range for transportation and storage:
2 °C

Shelf life: 30 days

Season

Kiwi is sold almost the whole year, but from October to March, the fruit is considered the most delicious. At the same time, in different countries, the peak harvest occurs at different times

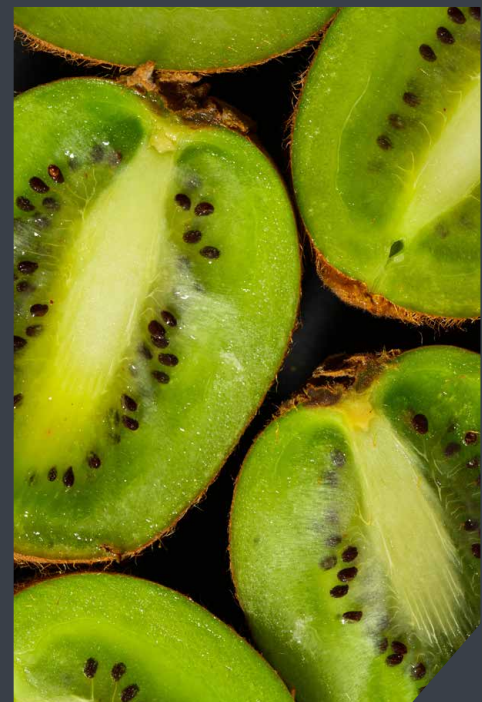


How to choose and store

The ripe kiwi fruit is lightly crushed under your fingers. It should be dry, rough, with an even light brown color. Do not take too soft berries, they may be fermented. Also don't take hard unripe berries, because they are not sweet and ripe enough. Hard unripe fruits are not suitable, as they are not juicy and sweet enough. However, they can ripen at home

There should be no spots or dents on the kiwi. The skin should be evenly fluffy

If the fruit is ripe, it should have a pleasant fruity aroma. A kiwi smells like strawberry, pineapple, banana, and a little melon







Young potato

Young potatoes are Potato tubers that can be eaten between the end of flowering and full maturity. It differs from mature potatoes in thin skin and more delicate flavor, so it is a seasonal vegetable. Peak season is from early to mid-summer

The skin is so thin that it is either left intact and eaten with it or scraped off with a knife. Once cooked, it is easy to separate the skin from the tuber, even with the help of your fingers. When boiled, it gives off a characteristic smell that is characteristic of young potatoes. Any extraneous smell should alert you - most likely it is not a young or low-quality tuber. Also Do not eat potatoes with green spots

Benefit

Speaking about the benefits of young potatoes, we should first note the low starch content compared to mature potatoes, which allows you to quickly feel satiety. This is a reason to include it in the menu when losing weight. The content of useful substances beneficial to the cardiovascular system, reduces blood pressure and deposition of cholesterol in the blood vessels. It strengthens the immune system and increases the body's defenses. It has a diuretic effect, but it does not wash out the necessary body of potassium. It has a mild laxative effect. Stabilizes the nervous system and increases stress resistance



Offer from AGRO RETEMS

Variety: Telman

Caliber: 40 mm+;

March volume: 40 tons

Origin: Azerbaijan

Shipment period: 12 to 13 weeks

Packaging: paper bag

Average net weight: 20 kg

Temperature range for transportation and storage:
3 °C

Shelf life: 30 days



Composition and calories

Young potatoes contain vitamins B, A, C, PP and H. Minerals - iodine, zinc, chromium, fluorine, potassium, calcium, magnesium, sodium, phosphorus, chlorine and sulfur. The caloric value of young potatoes is 71-79 kcal. per 100 grams of product



How to choose and store young potatoes

When selecting potatoes, look carefully to make sure they are firm and without any signs of damage

Young potatoes should not be picked as they do not store well. But if they do, wrap them in parchment and put them in a vegetable compartment. The potatoes will keep this way for three days

Season

Potatoes are sold everywhere all year round. However, the most useful, of course, are seasonal young potatoes

The main season for young potatoes is late June and July. At this time, young potatoes in stores and markets are gradually replacing last year's potatoes. And it has such a thin skin, that to cut it is almost a crime. You can't fry these potatoes. It is impossible to fry such potatoes, but only to boil or bake them

The potato harvest lasts until the end of September (in southern areas, the harvest may take place in October)



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