

KHURMAN



Tomato

Irreplaceable vegetable

Carrot

Source of fiber

Beet

Healing product

Apple

Storehouse of vitamins

Young potato washed / unwashed

Natural protein

Apricot

Dietary fruit

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Shipments

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

Apple - **400.000 kg**

Potato - **100.000 kg**

Tomato - **250.000 kg**

Kiwi - **400.000 kg**

From the Editor

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

May – is the time of appearance of certain types of fruits and vegetables, which must be present in the ration to compensate for the lack of nutrients after a long winter.

Choosing fresh, seasonal products – is one of the best decisions you can make to improve your ration. Discover its benefits to enjoy each one. Each plant has its own ripening period. For this reason, buying seasonal fruits and vegetables, we get the maximum concentration of vitamins, macro- and microelements.

In this edition we offer the following items: tomato, apple, young potato washed / unwashed, carrot, beet, apricot.

Enjoy reading!



AGRO RETEMS





ANNOUNCEMENT FOR JUNE

In June 2022, AGRO RETEMS offers:

Beet

Volume for June: 100.000 kg
Shipping period: 22 – 26 weeks

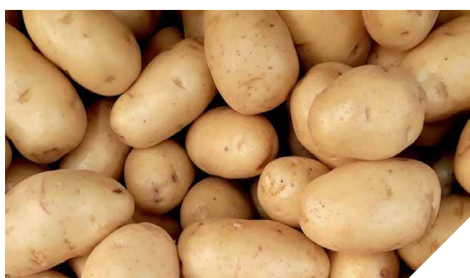


Carrot

Volume for June: 200.000 kg
Sort: "Soprano"
Shipping period: 22 – 26 weeks

Tomato

Volume for June: 300.000 kg
Sorts: "Regular tomato", "Tomato on a branch", "Plum tomato"
Shipping period: 22 – 26 weeks



Young potato

Volume for June: 300.000 kg
Sorts: "Kemerov", "Udacha", "Arizona"
Shipping period: 22 – 26 weeks

Apricot

Volume for June: 300.000 kg
Shipping period: 22 – 26 weeks



Cherry

Volume for June: 1000.000 kg
Sorts: «Napoleon», «Romanovka», «Crimea»
Shipping period: 22 – 26 weeks



Peach

Volume for June: 500.000 kg
Sorts: «Round», «Flat»
Shipping period: 22 – 26 weeks



Nectarine

Volume for June: 500.000 kg
Sorts: «Round», «Flat»
Shipping period: 22 – 26 weeks



Plum

Volume for June: 200.000 kg
Sort: «Hybrid»
Shipping period: 22 – 26 weeks



Tomato

Tomato - is one of the most popular crops in the world due to its valuable nutritional and dietary qualities, a wide variety of sorts and high responsiveness to the cultivation methods used. It is cultivated in open ground, under plastic cover, in hothouses, greenhouses, on balconies and even on windowsills of rooms



Interesting fact ...

According to the Guinness Book of Records, the largest tomato was recorded in 1986 in Oklahoma and weighed 3.5 kg (7.7 lb)

Homeland - South America, where wild and semi-cultivated forms of tomato are still found. In the middle of the 16th century tomato came to Spain, Portugal, and then to Italy, France and other European countries, and in the 18th century to Russia, where it was first cultivated as an ornamental plant. The plant was recognized as a vegetable food crop thanks to the Russian agronomist A. T. Bolotov (1738 - 1833). For a long time, tomatoes were considered inedible and even poisonous. European gardeners bred them as an exotic ornamental plant

Beneficial features

Ripe tomatoes are rich in sugars and vitamin C, contain proteins, starch, organic acids, fiber, pectin, calcium, sodium, magnesium, iron, chlorine, phosphorus, sulfur, silicon, iodine, as well as carotene, lycopene (it determines the red color of vegetable), vitamins of group B, nicotinic and folic acids, vitamin K

- *Regular consumption of tomatoes helps to strengthen the immune system*
- *Tomatoes have a powerful anti-cancer effect, reduce the risk of cancer*
- *Favorably affect the functioning of the cardiovascular system, lower cholesterol, improve blood composition, prevent the formation of blood clots, help protect against heart attacks, strokes and other vascular and heart diseases*





- **Tomatoes improve metabolism, contribute to the normalization of acid-base and water-salt balance**
- **Tomatoes are good for the gastrointestinal tract, help to cope with disorders of the digestive system, improve digestion**
- **Recommended for diabetes**
- **Tomatoes strengthen the nervous system, help fight stress and depression, improve mood**



Species and varieties...

Tomato varieties are characterized according to various criteria: according to the type of bush growth – determinant and indeterminate; by ripening time – early, mid-season, late; according to the method of consumption – table sorts, for conservation, for the production of juice, etc

AGRO RETEMS offers such widespread sorts as: «Regular Tomato», «Tomato on a branch», «Plum Tomato»



Offer from AGRO RETEMS

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

Caliber: 47 mm+; 56 mm+

Volume for May: 200 tons

Origin: Azerbaijan

Shipment period: from 18th to 21st 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



Apple

The second position of the AGRO RETEMS spring season, which we will tell you about today, is an apple. An apple – is truly a unique fruit: almost all year round it is present on our tables, regardless of the season.

The composition of the apple is unique, this fruit contains up to 90% water and about 20% nutrients. The pulp is rich in fiber, organic acids (malic, citric, tartaric, chlorogenic), microelements (potassium, phosphorus, magnesium, sodium, sulfur, aluminum, boron, vanadium, iron, iodine, copper, molybdenum, nickel, fluorine, chromium and zinc) and vitamins A (50% more than in oranges), B1, B3, PP, C. Apple peel contains flavonoids, and seeds contain up to 15% fatty oil



Apples are rich in antioxidants. It is these substances that protect us from cancer, heart and blood vessels diseases and from aging in general. In terms of antioxidant content, apples occupy a leading position among other fruits. And, what is very important, unlike vitamins, antioxidants are not destroyed during storage

How to choose an apple?

The color of apples depends on the variety. If the variety of fruit implies a yellow skin color, then it will never be red. The degree of maturity of an apple can be determined without a testing, knowing the characteristics of a particular variety. Taste qualities are revealed in a similar way. Some types of apples are inherently sour in taste, while others, on the contrary, become sweet after ripening



Offer from AGRO RETEMS

Sorts: "Granny Smith", "Golden", "Cripps Pink", "Fuji"

Caliber: 60 mm+; 65 mm+; 70 mm+

Volume for May: 200 tons

Origin: Azerbaijan

Shipment period: from 18th to 21st week

Container: plastic box / cardboard box, dimensions 40x60x18

Average net weight: 13.5 kg; 18 kg (5 rows)

Temperature condition of transportation and storage: 3 °C

Shelf life: 30 days



Signs of good apples:

- The surface of the fruit has no damage and traces of the presence of parasites;
- There are no dark spots or dents on the apple;
- The aroma of an apple is felt even through the peel;
- The apple should be hard or moderately soft (too soft apples can only be overripe, there is little juice in them, and the taste will be impaired);
- The appearance of apple should be as natural as possible (the color of an apple is very rarely sole-coloured)



Species and varieties...

There are many different varieties of apples. Depending on the variety, apples differ in shape, size, color, etc. A red or yellow peel tone is not always a sign of fruit ripeness. There is, for example, a variety of apples that retains the green color throughout the entire ripening period. AGRO RETEMS offers such varieties as «Granny Smith», «Golden», «Crips Pink», «Fuji»



Interesting fact...

One of President George Washington's favorite hobbies was pruning apple trees in his garden. It is said that it helped him cope with stress

Young potato washed / unwashed

It is no secret that potatoes have long been recognized as one of the most valuable and healthy vegetables in the world. The composition of young potato tubers contains natural valuable protein, starch, sugar, mineral salts and many other useful substances. Young potatoes are also very rich in bioflavonoids – special substances that have a powerful antioxidant capacity



Thanks to an excellent set of vitamins (A, B1, B2, B5, B6, B9, C, E, H and PP), as well as minerals, including magnesium, iron, calcium, potassium, sodium, iodine, sulfur and many others, young potatoes are an ideal product for those who are trying to adhere to a balanced healthy diet. Moreover, young potatoes contain a minimum amount of calories, and therefore it can be successfully used in dietary nutrition

Interesting fact...

The most famous potato monument in the world is located in the city of Minsk, the capital of Belarus

Compared to the potatoes that have lain for several months after harvest, young potatoes contain three times more ascorbic acid in their composition

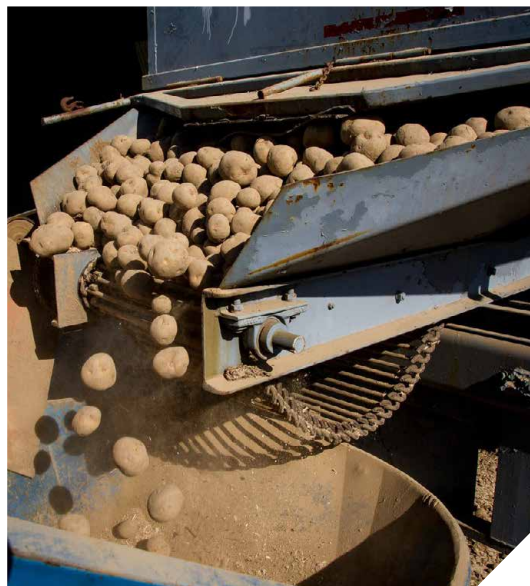
How to choose young potato?

Method №1

The appearance of the root crop directly indicates its beneficial or harmful properties. The fruits must be whole, firm, even, sole-coloured. This is not at all difficult to determine with the naked eye

Method №2

Dark spots on the peel, or even small dots – are a direct sign of phytophthora, a disease that affects tubers from the inside. You should not buy such potatoes, even if there is only one root crop with a defect in the batch. In others, the disease may be latent



Method №3

It is better to buy fruits of medium size. In too large ones – there is a huge amount of nitrates, and too small potatoes are quite inconvenient to peel

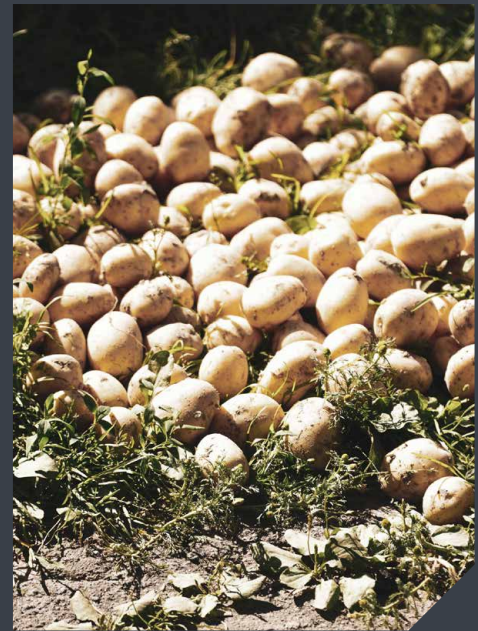
Method №4

Potatoes with green sides are not at all a sign of an unripe fruit. Such fruits should not be categorically eaten, because they contain the toxic substance solanine, which can adversely affect the human nervous system



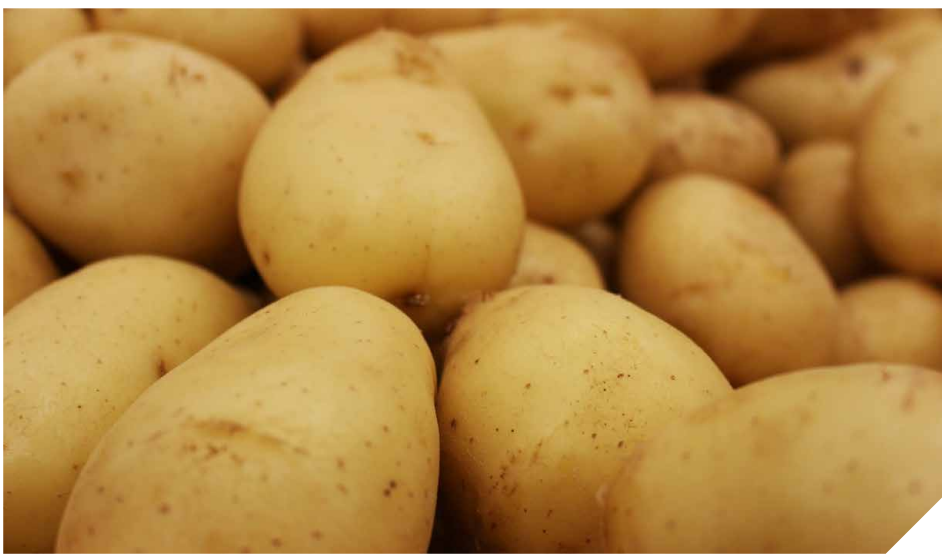
Method №5

Try pressing your fingernail on the potatoes. If water appeared in the hole, then such potatoes were generously fertilized with nitrates



Species and varieties...

There are many varieties of potatoes. This allows to choose the desired variety that will satisfy the customer with its taste. AGRO RETEMS offers its customers such varieties as Telman (washed), Kemerov (unwashed)



Offer from AGRO RETEMS

Sorts: "Telman", "Kemerov"

Caliber: 40 mm+

Volume for May: 600 tons

Origin: Azerbaijan

Shipment period: from 18th to 21st week

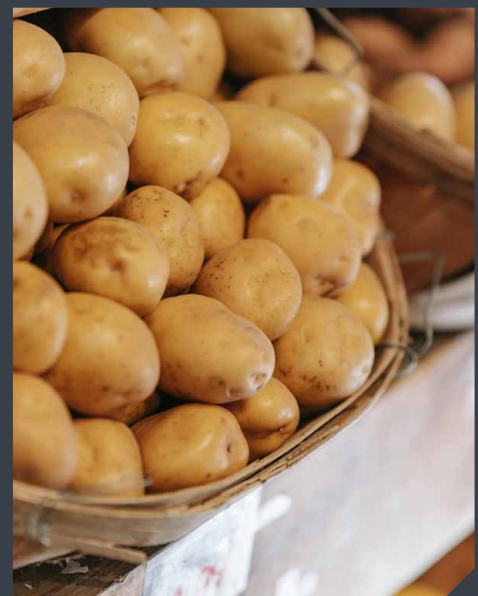
Container: cardboard box, dimensions 30x40x14; paper bag

Average net weight: 7 kg; 20-25 kg

Temperature condition of transportation and storage:

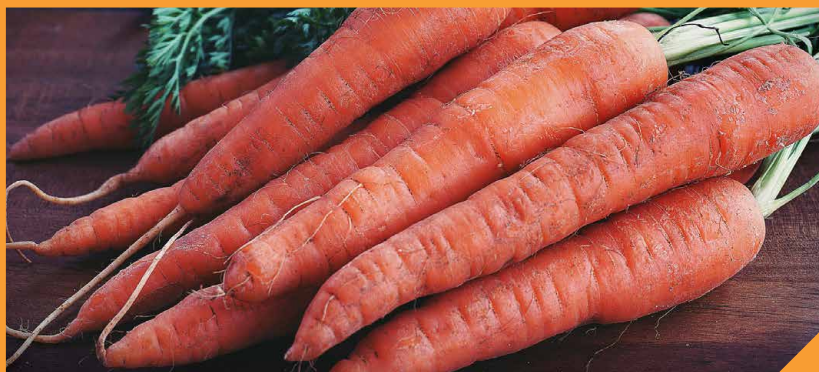
2 °C

Shelf life: 30 days



Carrot

Carrot – is an amazing product that has a huge number of useful properties. The homeland of the common carrot is Southwest Asia, where it began to be grown about 4000 years ago. The first carrot known to mankind was purple and rather bitter, so it was grown like its closest relatives – parsley, dill – for the fragrant seeds and spicy greens



Over time, varieties with a sweeter and less hard root were bred. In the 1st century A.D. red varieties of carrots appeared, and by the 12th century – yellow and white ones. Orange carrots were bred by Dutch breeders in the 17th century. Today, carrots of various shapes and colors are grown on every continent except Antarctica

Beneficial features

First of all, carrot is useful because it contains a large amount of vitamins and minerals. So, carrot contains vitamins PP, A, B1, B2, B5, B6, B9, C, E, H and K, as well as iron, zinc, iodine, copper, manganese, selenium, chromium, fluorine, molybdenum, boron, vanadium, cobalt, lithium, aluminum, nickel, calcium, magnesium, sodium, potassium, phosphorus, chlorine and sulfur





Offer from AGRO RETEMS

Sort: "Soprano"

Caliber: 12 sm+

Volume for May: 300 tons

Origin: Azerbaijan

Shipment period: from 18th to 21st week

Container: plastic bag

Average net weight: 15 kg

Temperature condition of transportation and storage: 4 °C

Shelf life: 30 days

- Carrots are used in folk medicine for the treatment of cardiovascular and intestinal diseases, anemia, polyarthritis
- Carrot juice – the first remedy for the treatment of avitaminosis
- Phytoncides contained in carrots kill microbes, so carrots are an effective remedy for colds and tonsillitis
- Widely known properties of carrots (more precisely, vitamin A) to strengthen the retina, which makes it useful for myopia and eye fatigue
- Components of carrots keep the skin and mucous membranes healthy
- Scientists have found that raw carrots can be used to treat malignant tumors



Interesting fact...

The longest carrot was grown in South Wales, UK. It was entered into the Guinness Book of Records with a record size of 5.84 meters! And the heaviest was a carrot weighing 8.61 kg, grown in 1988 in Alaska



Species and varieties...

There are more than 60 varieties of carrots in different colors – orange, red, black, yellow, white and purple. AGRO RETEMS offers its customers a well-known carrot variety – «Soprano». Root crops are cylindrical with a blunt end, uniformly colored, rich orange with a thin core. They differ in cold resistance and light-loving

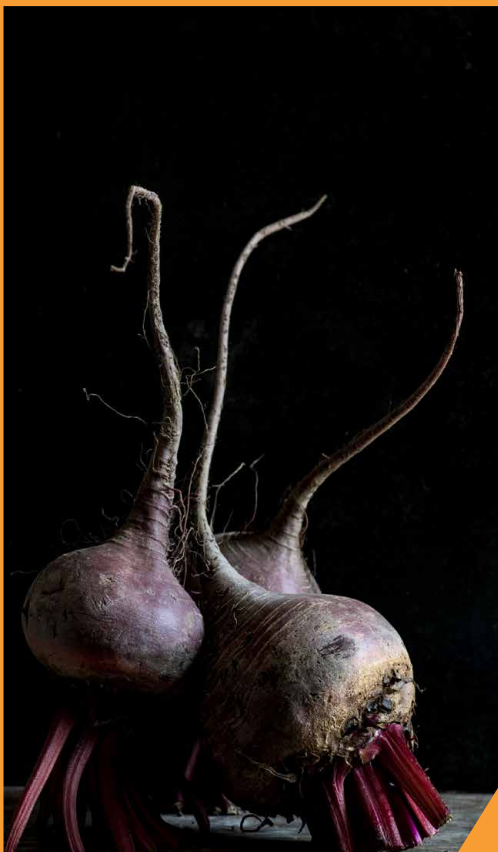




Beet

Beet (Beta vulgaris) – is a large root vegetable of the Amaranth family. It is similar to turnips and radishes, although these plants are not botanically related

There are several varieties of beets, including fodder and wild beets, but the most common in cooking – is with a rich ruby-red color. Native to the Mediterranean, beets are easy to grow and are now cultivated all over the world



All parts of beet are edible – from the root to the leaves. The latter were especially valued by the Greeks, Romans and Egyptians for their medicinal properties. Beet roots are eaten boiled, fried or raw, alone or in combination with any vegetables and meat. It is also used as a natural dye and for making juices

Beneficial features

Due to its beneficial and healing properties, beet has a wide range of applications in traditional medicine. The beneficial properties of beet are due to the presence in the roots of various vitamins (group B, PP, etc.), betaine, minerals (iodine, magnesium, potassium, calcium, iron, etc.), bioflavonoids. It is used as a general tonic, improves digestion and metabolism

Beet is a good source of vitamin C, copper and phosphorus. Beet eliminates toxins in the body. Beet leaves contain a lot of vitamin A, and roots – vitamin C. Eating beet prevents the appearance or growth of malignant tumors

We can talk endlessly about the medicinal properties of table beet

- ***Beet is useful for liver diseases***
- ***Beet contributes to the strengthening of the walls of capillaries***
- ***Substances contained in root crops have a vasodilating, anti-sclerotic and calming effect. They contribute to the release of excess fluid from the body and are necessary for the normal functioning of the heart***



- ***Beet is recommended for the prevention and treatment of hypertension, atherosclerosis and other diseases of the cardiovascular system***
- ***Beet is useful for exhaustion of the body and loss of strength after past illnesses***

Interesting fact...

The sugar content of sugar beet can reach 23%. This variety was brought out only in the middle of the 18th century



Species and varieties...

All sorts of beet – are varieties of the “common beet” plant. Several varieties have been bred in the culture, which are traditionally divided into table, fodder and sugar varieties. Beet sugar is made from sugar varieties, fodder goes to livestock, and table varieties are used in cooking



Offer from AGRO RETEMS

Caliber: 60 mm+

Volume for May: 300 tons

Origin: Azerbaijan

Shipment period: from 18th to 21st 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 a deciduous fruit tree that can reach a height of 12 m. But at the same time, its usual height varies from 3 to 12 m. China, Central Asia is considered its homeland. There are bushy varieties of apricot, large due to the spreading crown

Apricots are considered one of the healthiest fruits, because they contain: beta-carotene, choline, vitamins A, B3, B2, B5, B6, B9, C, E, H and PP, as well as minerals: potassium, magnesium, iron, iodine, phosphorus and sodium, pectins, inulin, dietary fiber, sugars, starch, tannins and acids: malic, citric and tartaric



Beneficial features

- *Eating apricots during the season helps to increase the level of hemoglobin in the blood, strengthen the protective properties of the body, and is a prevention of the onset of thyroid diseases*
- *The presence of magnesium makes the fruit very useful for any disorders of the cardiovascular system due to the normalization of the heart muscle*
- *Apricots help lower blood cholesterol levels, prevent the formation of cholesterol plaques on the walls of blood vessels, participate in metabolic processes, actively influencing the elimination of toxins from the body*
- *Apricots improve memory and increase brain activity, so they should be included in the diet of all those involved in intellectual work*

Interesting fact...

Apricots - are one of the few fruits that practically do not lose their useful and nutritious properties when dried

There are three main groups of apricot varieties depending on the fruit ripening period: early-ripening, mid-ripening, late-ripening



Offer from AGRO RETEMS

Caliber: 35 mm+

Volume for May: 300 tons

Origin: Azerbaijan

Shipment period: from 19th to 21st week

Container: plastic box, dimensions 30x40x18

Average net weight: 6-7 kg

Temperature condition of transportation and storage: 2 °C

Shelf life: 21 days

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