

KHURMAN

Apple

Air fruit

Grape

Fruit of science

Kiwi

Exotic fruit

Fresh tomato

Natural antioxidant

Feijoa

A delicacy from Brazil

Pomegranate

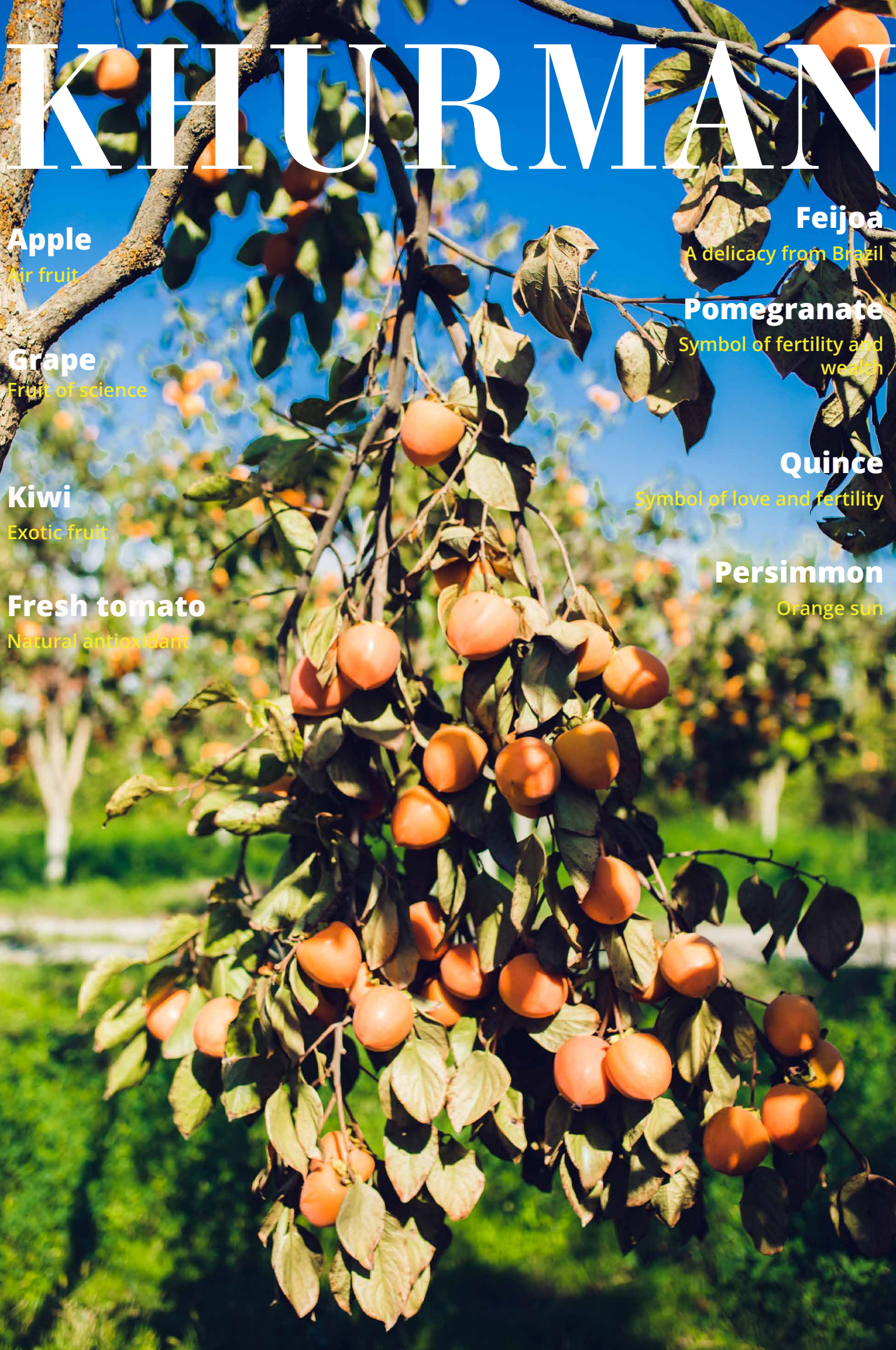
Symbol of fertility and wealth

Quince

Symbol of love and fertility

Persimmon

Orange sun



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Shipments

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

- Grapes - **600.000 kg**
- Apple - **600.000 kg**
- Pomegranate - **200.000 kg**
- Kiwi - **300.000 kg**
- Tomato - **300.000 kg**
- Quince - **200.000 kg**
- Persimmon - **1000.000 kg**



From the Editor

Dear Our Readers,

Welcome to the new November issue **AGRO RETEMS** magazine.

This material was prepared by our team, in order to acquaint you with successive cultures representing autumn positions this month. We hope that our recommendations will be useful for you and stock up on these natural vitamin bombs in anticipation of a harsh winter! We wish all our readers productive and interesting reading!

See you on the pages of the magazine!



AGRO RETEMS







ANNOUNCEMENT FOR DECEMBER

In December 2022, AGRO RETEMS offers:

Apple

Volume for December: 500 000 kg

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

Shipping period: 48-52 weeks



Виноград

Volume for December: 100.000 kg

Sort: Merlot

Shipping period: 48-52 weeks



Хурма

Volume for December: 1500.000 kg

Sorts: Kruqlaya, Bichye Serdce

Shipping period: 48-52 weeks



Айва

Volume for December: 300 000 kg

Sort: Yashma

Shipping period: 48-52 weeks



Гранат

Volume for December: 150.000 kg

Sorts: Mina Shirin, Gulovshe

Shipping period: 48-52 weeks



Томат

Sorts: Round, Branch, Pink

Volume for December: 200 000 kg

Shipping period: 48-52 weeks



Киви (Иран)

Volume for December: 300 000 kg

Sort: Hayward

Shipping period: 48-52 weeks





Species and Varieties

Fresh Tomato

Tomatoes, aka tomatoes, are juicy fruits, usually red in color and round in shape. In botany they are in botany they are commonly thought of as berries, but in general and in duties to the trade they are called vegetables. In this article we will stick to the second version

The interesting thing about tomatoes is that they were originally yellow, then they were brought to Europe, and already there, in a couple of hundred years, they have acquired all the familiar red color. By today in the world there are about 10 thousand varieties varying in size, shape and color



For example, everyone knows the smallest variety - cherry tomatoes. small, neat and pretty tomatoes are used as a decoration for many dishes: canapes, tartlets, snack kebabs, sandwiches, salads, meat and fish dishes. Have rich taste and aroma

Curious fact...

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 maturation

The exact opposite of cherry is the bull's-heart variety. These are large fruits, sometimes up to 15 centimeters in diameter. Dense, fleshy and very beautiful. They are excellent for burgers, sandwiches, and pizzas-anywhere you need nice big thin tomato circles.

Regular in size but unusual in shape plum-shaped varieties, with their flesh containing less moisture than other varieties, are good for for making sauces, and for curing and pickling

Benefit and harm

Due to its low calorie content, almost the absence of fat and the presence of fiber, tomatoes can be included in your diet when losing weight. Fruits help to establish the process of metabolism. AT tomato contains a rare component - lycopene, which helps keep the body young and healthy for many years. This is indeed substance reduces the risk of heart disease and cancer

During heat treatment, the beneficial properties of tomatoes only improve





How to choose and store tomatoes

When buying tomatoes, the first thing is pay attention to the smell fruit, not cuttings. Choose tomatoes without dents and especially cracks - bacteria accumulate in them. The fruit should be firm, but not solid, otherwise there is a risk of buying an unripe vegetable

When it comes to tomatoes, planned to be eaten in the next few days, it is best to arrange them on the table or window sill flat side down. But from refrigerator should be discarded, otherwise the product may lose its aroma and taste. However, for longer storage, you can resort to the refrigerator - so the tomatoes will remain fresh up to two weeks

If you want to keep fresh tomatoes for several months, then needs to be thought out in advance storage room - the temperature in it should not be higher than 10-12 degrees. In a house it can be a cellar, and in an apartment it can be a balcony. In this case, the tomatoes can be put in a box or basket, laying each layer of vegetables with a layer of sawdust or burlap



Canned tomatoes can be stored in closed jars for up to 6 months, and in open jars for up to a week

Here are some more general tips to keep tomatoes fresh for as long as possible:

- it is necessary to carefully dry the fruits;
- be sure to remove the cuttings;
- store ripe and unripe fruits separately;
- you can treat vegetables with a solution of boric acid (0.3%) or a weak solution of potassium permanganate

Advice...

Fully ripened fruits cannot be stored for a long time in any case, it is advisable to eat them or preserve them for 1-2 days.

Green tomatoes keep much longer. Process their maturation continues.

At room temperature, they will lie for up to 30 days, in the cold - up to two months.

Composition and calories

Tomato is rich in fructose, lycopene, potassium, magnesium, phosphorus, copper, vitamins A, C, K, B6, B9. Calorie content - 20 kcal per 100 gr

Offer from AGRO RETEMS

Variety: Ordinary, on a branch, pink

Caliber: 56mm+, 45+mm

Volume for November: 200 tons

Origin: Azerbaijan

Shipment period: from 44 to 48 weeks

Container: plastic box, 30x40x14

Average net weight: 6 kg

Temperature regime of transportation and storage:
2°C

Shelf life: 21 days

Apple

The apple is the fruit of the tree of the same name, a popular horticultural crop all over the world. The appearance is characterized by a spherical shape and a thin smooth skin, which, depending on the variety, turns into various shades of yellow, red and green when ripe. For culinary purposes, the pulp is used with an intense astringent sweet and sour taste and a characteristic aroma



Features of storing apples

The most optimal place where you can store apples is the cellar, which every self-respecting gardener tries to equip in his summer cottage. But the lack of such a room is not at all an unsolvable problem, apples can be perfectly stored in the refrigerator, if certain rules are followed:

- not all varieties of apples are suitable for long-term storage in the refrigerator, only late varieties are suitable for this, early ones should either be processed or eaten quickly enough;
- it is not recommended to mix apples of different varieties for long-term storage, since each of them has different characteristics, respectively, and the conditions should be different;

• it is strictly forbidden to wash the fruits before placing them in storage, so as not to disturb the natural protective layer, which will lead to rapid deterioration of the products

The refrigerator is a convenient place for long-term storage, but only if you do not have a rich harvest. Then you should seriously think about arranging a cellar or doing fruit processing on a global scale

Beneficial features

In addition to the excellent taste and aroma, apples are distinguished by the presence of a mass of useful properties. These fruits are recommended in the treatment and prevention of a huge number of diseases, ranging from hypertension to urolithiasis.

Apple juice contributes to the normalization of the functioning of the organs of the cardiovascular, digestive and genitourinary systems, and also perfectly tones the body, while quenching thirst



A close-up photograph of several bright green apples in a woven basket. The basket is made of light-colored wicker and is filled with apples. The background is a soft-focus green field. The apples are round and have a small stem at the top. The lighting is bright, highlighting the texture of the apples' skin.

Offer from AGRO RETEMS

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

Caliber: 65mm+; 70mm+;

Volume for November: 500 tons

Origin: Azerbaijan

Shipment period: from 44 to 48 weeks

Container: plastic box / cardboard box, 60x40x18

Average net weight: 12.5kg

Temperature regime of transportation and storage:

2°C

Shelf life: 30 days

Picking apples

There are two degrees of fruit ripeness: removable (botanical) and consumer (edible).

The removable maturity of the fruit coincides with the completion of growth processes and the accumulation of nutrients in the pulp of apples. The fruit no longer grows in size and is easily removed from the branch.

The consumer maturity of the fruit is determined by the moment of manifestation in the apple of the aroma, taste and color inherent in this particular variety. These two degrees of maturity occur simultaneously in summer varieties. In autumn and winter varieties, removable maturity is ahead of consumer maturity by a month or more

Selection and storage

A ripe apple, in the process of growing which was done without the use of nitrates, has a pronounced aroma. The color of the fruit also matters: the apple should not be "colored" uniformly. If the surface of the apple (peel) feels slippery, sticky, or feels wet, this is a sign that the fruit has been treated with chemicals.

When buying, you also need to sort out apples with small brown spots. A soft peel that easily leaves dents or partially wrinkled peel indicates that the fruit is beginning to wither and lose juiciness: the taste characteristics of such fruits have already deteriorated significantly

Fresh apples are stored in the refrigerator. At room temperature, the fruits can also last long enough if you put them in a plastic bag and periodically (once every 7 days) sprinkle with water.

Summer varieties, under the most optimal storage conditions, remain fresh for about 3 weeks. Shelf life of autumn and winter varieties - from 60 days to six months

Compound...

The chemical composition of an apple is characterized by a high content of carbohydrates, fiber, pectin, fats, organic acids, ash, as well as a number of vitamins and minerals

Calories...

100 grams of apples contain about 52 kcal



Interesting Facts...

Why don't apples sink in water? An apple is 25% air, so it floats to the surface when thrown into water

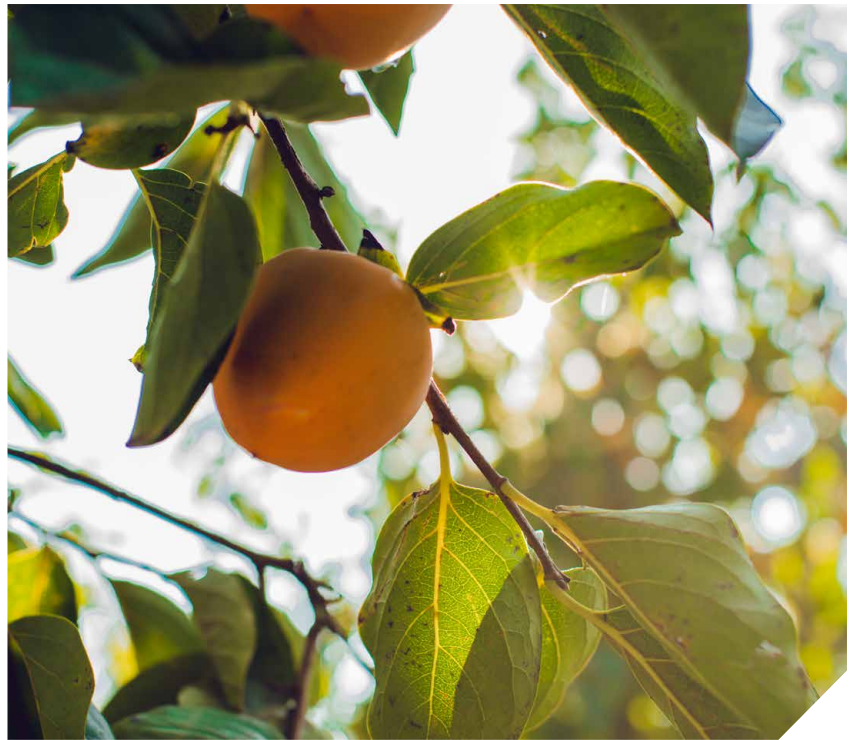


Persimmon

Persimmon - fruit trees or shrubs of the Eben family. There are up to 700 species, most of which are edible

Some trees live up to 500 years. The plant is native to Indochina. Starting from the Far East, it gradually spread throughout South Asia

It withstands frosts down to -18, but prefers a climate with warm winters, since persimmon begins to bloom and bear fruit from October. Fruits - fleshy juicy berries of bright orange color, have a sweet bright taste. Unripe fruits can be astringent in taste. In order for the fruits to become truly tasty, they need to lie down for some time, ripen



Then the viscosity disappears, the pulp becomes dark and juicy. Viscosity is absent from the variety Korolek, which is actually Japanese and is called Hyakume

Persimmon is used fresh and processed

Beneficial features

Persimmon contains many useful substances and is successfully used in medicine and clinical nutrition. With regular use (1 fruit per day), persimmon prevents coronary heart disease, serves to prevent heart attack and stroke, strengthens the vascular and circulatory systems, and stabilizes blood pressure. Supports the functioning of the genitourinary system. Helps fight stress and improves mood. It is recommended for diseases of the thyroid gland and the endocrine system. Prevents oral bleeding and dental disease. Pectin, which is found in persimmon fruits, suppresses E. coli and staphylococcus aureus. Regular consumption of fruits helps to get rid of parasites.

These bright juicy fruits are very useful for women's health - they alleviate menopausal manifestations and heavy menstruation and are recommended for food in the treatment of infertility.

Helps to cope with hair loss, delamination and brittle nails. As a mask, it is used to give the skin tone and elasticity.





How to choose and store

The first impression of a persimmon can be deceptive: attractive-looking fruits may turn out to be sweet, but completely inedible. The fact is that while the fruits of persimmon ripen, they contain tannins - they provide a specific «astringent» effect. Guaranteed sweet, tender, non-astringent can only be a fully ripe persimmon

Here are some ways to help persimmons ripen

1. Put it in one plastic bag with apples or tomatoes: these fruits emit ethylene gas, which will make the persimmon ripen faster
2. Keep the persimmon in warm (30-40 degrees) water for 10-12 hours - the tannins, and therefore the astringent taste, will go away
3. Prick hard fruits with a needle dipped in alcohol
4. Astringent persimmon can be frozen, wilted or dried. Dried persimmons do not knit at all, however, if they get wet, the tart unpleasant taste can be restored

You can store persimmons in the freezer. Quick freezing allows you to save all the beneficial properties of persimmons. And with this method of storage, all the astringent astringency of the fruits goes away, they become much tastier and are stored for about six months. You can freeze persimmons in sugar syrup by placing the fruits in jars. Defrost persimmons at room temperature. However, the pulp of a defrosted persimmon becomes too soft, so you have to eat it with a spoon



Composition and calories...

Persimmon contains B vitamins, vitamins A and C. Minerals: iodine, iron, calcium, magnesium, sodium, phosphorus and potassium.
Calorie content - 62 kcal per 100 g of product

Season...

The persimmon season starts at the end of October and continues until December. The latest seasonal persimmon fruits can be bought in early January. During these months, persimmons are mainly supplied to Russia from Azerbaijan

Offer from **AGRO RETEMS**

Variety: Round, Bull's Heart (Shish Burun)

Caliber: 55mm+; 65mm+; 75mm+

Volume for November: 2500 tons

Origin: Azerbaijan

Shipment period: from 44 to 48 weeks

Container: plastic box, 60x40x10

Average net weight: 7.5kg

Temperature regime of transportation and storage:
2°C

Shelf life: 30 days



Grape

Merlot is a juicy dark blue variety that is productive and early maturing. Its juice has an exuberant fruity taste, and can be either sultry or almost sweet. This type of grape has a not very thick skin and a relatively low sugar content



Growing season

Grapes are harvested in late September - early October. The growth of shoots of medium and higher strength. By the time of the onset of autumn frosts, the vine matures by 90-95%.

The yield is high and stable. Fruitful shoots in the bush 52.8%, the average number of clusters on a developed shoot is 0.6, on a fruitful shoot 1.2



Sustainability

There is a relative resistance of the variety to mildew, rotting of berries, frost and a strong susceptibility to oidium. Sometimes there is a green pea of berries. Merlot is moderately resistant to drought. This variety is quite sensitive to winter and spring frosts (early bud break). Substitute, dormant and angular eyes are not fertile

Description of bushes

The Merlot bush is medium or vigorous. shoots yellow-brown with dark knots.

The flower is bisexual. The leaves are rounded, medium in size and dissected, five-lobed. The color of the leaves is dark green with a slight bronze tint, in autumn the leaves turn yellow with red patches

Description of berries

The Merlot bunch has a cylindrical-conical shape, sometimes there are clusters with a wing. The size is average, the length of the bunch is about 12-17 cm, the width is 7-12 cm. Weight is 110-150 g

Merlot grapes are also medium in size. The length of the grape is 13-14 mm, the width is 12-13 mm. Fruit shape is round. The color is black with a rich blue wax coating. The mass of the berry is 1-2 g. The peel is dense, the pulp is juicy with clear juice, it has a harmonious taste with a hint of nightshade. Inside the berries there are from 1 to 3 seeds



Offer from **AGRO RETEMS**

Variety: Merlot

Caliber: 16mm+;

Volume for November: 200 tons

Origin: Azerbaijan

Shipment period: from 44 to 48 weeks

Container: plastic box, 30x40x14

Average net weight: 6 kg

Temperature regime of transportation and storage:
2°C

Shelf life: 21 days





Quince

Quince is a fruit, the fruit of the common quince tree (it is also an oblong quince), similar at the same time to an apple and a pear. And at the same time, it cannot boast of either the glossy beauty of the first, or the juicy sweetness of the second. It is one of the few fruits that can hardly be eaten raw. Quince, as a rule, requires culinary processing: they make jams, marmalades and chutneys from it, cook compotes, add it to meat dishes, put it in pies



True, in some places in the southern regions there are sweet varieties of quince, which do not have to be baked or stewed. And in the Middle East, they also eat the usual, astringent-sour, fresh. But these are rather exceptions



Beneficial features

Quince is widely used in folk medicine, due to its beneficial properties. Among them, the antioxidant properties of the fruit can be distinguished, which contribute to the removal of free radicals from the body and prevent cancer. Quince is a useful product for people who suffer from stomach ulcers. Fruit juice has a tonic, firming effect and is an excellent diuretic

Regular consumption of quince improves digestion and lowers cholesterol levels. The presence of potassium in the composition of the fruit helps to control blood pressure. The viscosity and diuretic properties of the fruit make it useful for cystitis, and the tannins and high pectin content make it an excellent hemostatic and anti-inflammatory agent



Curious fact...

There is a dance in Azerbaijan named after fetus - ayvagyuli

How to choose the right quince

Quince fruits, despite their good density, are very easy to damage. When choosing, pay attention to the following indicators:

- *nice smell;*
- *uniform yellow color, without green spots. Quality fruits have a deep yellow skin color;*
- *the skin should be free of dents, damage and traces of parasites;*
- *good fruit is firm but not stone;*
- *there should be no film, strong gloss and sticky coating on the peel;*
- *the presence of a small coating on the surface of the fetus, similar to fluff*

You should not buy quince, which is characterized by the following features:

- *uneven green spots on the peel indicate that the fruit is not ripe.*
- *pulp with dark spots, the fruit is overripe and begins to deteriorate;*
- *lack of characteristic saturated aroma;*
- *aroma with extraneous odors - a sign of the onset of decay and improper storage;*
- *sticky coating on the fruits indicates that they have been processed. It is better not to risk your health and not eat such quince*



How and how much to store

Quince keeps well in the refrigerator in the fruit section for about a week

Another way to preserve fruits is to wrap them in wax paper, put them in a wooden box and put them in a cool place. In such conditions, quince can be stored for up to nine months

Offer from AGRO RETEMS

Variety: Yashma

Caliber: 80mm+; 85mm+

Volume for November: 300 tons

Origin: Azerbaijan

Shipment period: from 44 to 48 weeks

Container: plastic box, 50x30x10

Average net weight: 5.5kg

Temperature regime of transportation and storage:
2°C

Shelf life: 30 days



Species and Varieties

Pomegranate

Pomegranate has long been called the king of all fruits, most likely because of the original shape of the sepals, which forms a «crown». It is believed that the birthplace of the pomegranate is Persia. It is one of the oldest fruits known to man. By the way, it is believed that it is the pomegranate that is the very apple that Eve was tempted to in paradise. In many languages, the pomegranate is called "apple"



Calories and nutritional value of pomegranate...

Calorie pomegranate - 72 kcal.

Pomegranate nutritional value: proteins - 0.7 g, fats - 0.6 g, carbohydrates - 14.5 g

Beneficial features

Pomegranate contains almost all vitamins: A, C, PP, E, B vitamins. It also contains organic acids (citric, malic, tartaric, boric, succinic, oxalic) and trace elements (calcium, potassium, magnesium, phosphorus, sodium, iron)

Contraindications

Pomegranate peel contains alkaloids, so never exceed the dosage when treating with decoctions! The organic acids in pomegranate juice can erode tooth enamel, so dilute the juice with water. With gastritis with high acidity of gastric juice, pomegranate is contraindicated

Pomegranate in Azerbaijan

Do you know that our country is the only one in the world where absolutely all varieties of pomegranate grow? And there are more than 70 of them! Therefore, it is even surprising that the pomegranate holiday appeared in Azerbaijan relatively recently - only in 2006. Since then, every year at the end of October, when the harvest is completed, the Pomegranate Festival is celebrated. It takes place in Goychay, the pomegranate capital of our country, where gardens with royal fruits are spread over 4,000 hectares. By the way, at the end of last year, the Pomegranate Festival was included in the UNESCO cultural heritage list



Offer from AGRO RETEMS

Varieties: Mina Shirin; Gulovshe

Caliber: 75mm+; 84mm+

Volume for November: 200 tons

Origin: Azerbaijan

Shipment period: from 44 to 48 weeks

Container: plastic box, 50x30x10

Average net weight: 4.5kg

Temperature regime of transportation and storage:

2°C

Shelf life: 30 days

Species and Varieties

Feijoa

Feijoa is a valuable fruit crop, belongs to the evergreen plants of the Myrtle family. Grows in tropical and subtropical climates. In the wild, it is found in the tropical forests of South America, cultivated in the Mediterranean countries, Australia, New Zealand and the USA. In Russia, feijoa is grown on the Black Sea coast and in the Transcaucasus. It grows as a shrub or a small tree, it can reach a height of up to 4 meters. The leaves are dark green, oval and rigid, the flowers are white, pink closer to the center



Composition and calories...

Feijoa contains a large amount of vitamin C and iodine, B vitamins, vitamin PP. Minerals: iron, calcium, magnesium, sodium, copper, zinc, phosphorus, potassium and manganese.

Calorie content - 49 kcal per 100 g of product

The fruits are large fleshy berries of dark green color, elongated or rounded, about 1.5-4 cm in size. The aroma and taste are described as a mixture of kiwi, strawberries and pineapple. The fruits are eaten both fresh and processed

Beneficial features

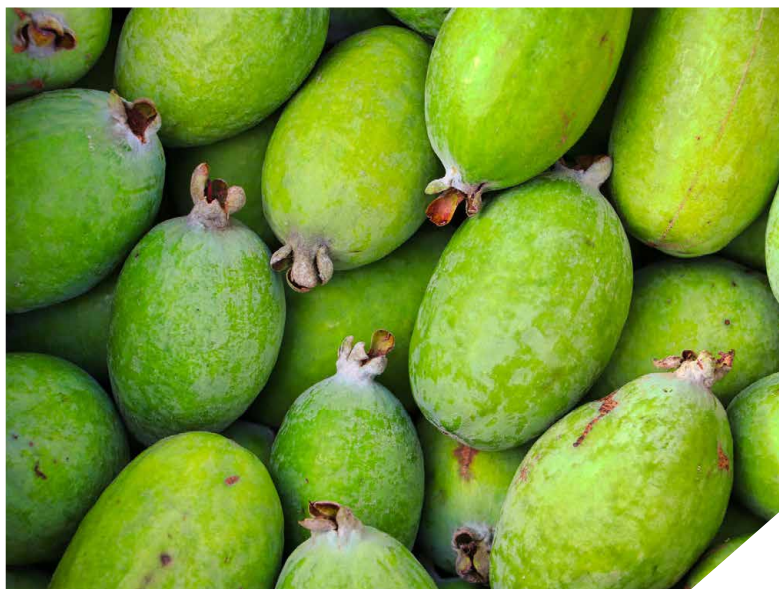
Feijoa is considered an extremely useful fruit, it is used in medicine and cosmetology

The combination of vitamin C and iron helps to strengthen the immune system and increases the body's resistance to various infections. The high content of iodine allows the use of berries for the prevention of thyroid diseases. It is used for cardiovascular diseases, some diseases of the gastrointestinal tract, bleeding gums and toothache, for healing wounds and ulcers. Feijoa helps with bronchitis, SARS and flu

Contraindications

Usually feijoa berries do not cause allergies, but perhaps their individual intolerance.

It is not recommended to abuse delicious fruits for diabetes, obesity, gastritis



Offer from AGRO RETEMS

Caliber: 30mm+

Volume for November: 100 tons

Origin: Azerbaijan

Shipment period: from 44 to 48 weeks

Container: plastic box, 30x40x14

Average net weight: 6 kg

Temperature regime of transportation and storage:

2°C

Shelf life: 21 days

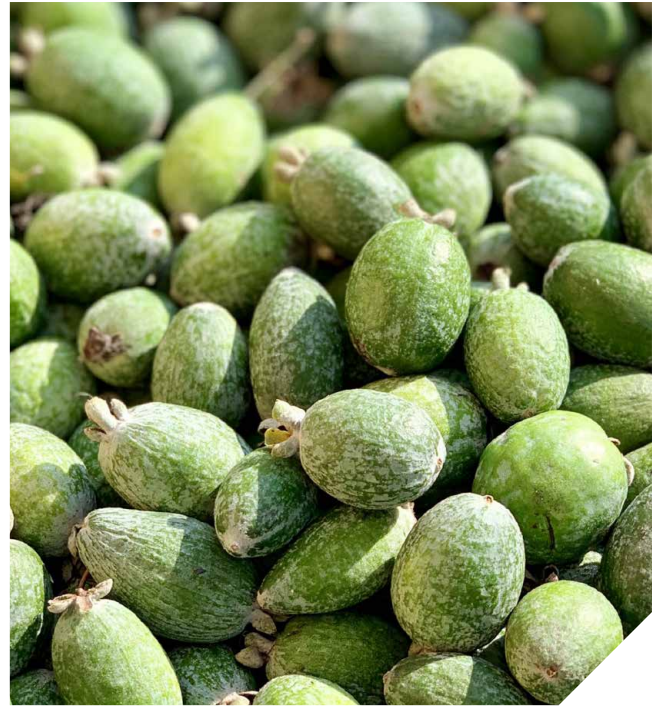


How to choose feijoa

Feijoa appears on the shelves of Russian markets and shops at the end of October. Since ripe berries are difficult to transport, they are often picked unripe. They ripen during the journey, on the shelves. When buying unripe berries, gently let them lie down for several days in a cool place.

When buying berries, you should pay attention to the following points:

- appearance — absence of spots, presence of “noble wrinkles”;
- inside - jelly-like homogeneous transparent pulp. The shape, size of the fruit does not matter for its taste and degree of usefulness. To compensate for iodine deficiency, it is better to purchase fruits grown near the sea



Feijoa benefits

The ripe fruit has a juicy jelly-like transparent pulp with small oval seeds. The taste of feijoa berries is compared with kiwi, strawberries, banana, pineapple

The peel has a slight aftertaste of «cologne», which, however, does not prevent fruit lovers from eating it unpeeled. In addition, in the skin contains powerful antioxidants - kahetins, leukoanthocyanins, which are used to prevent cancer

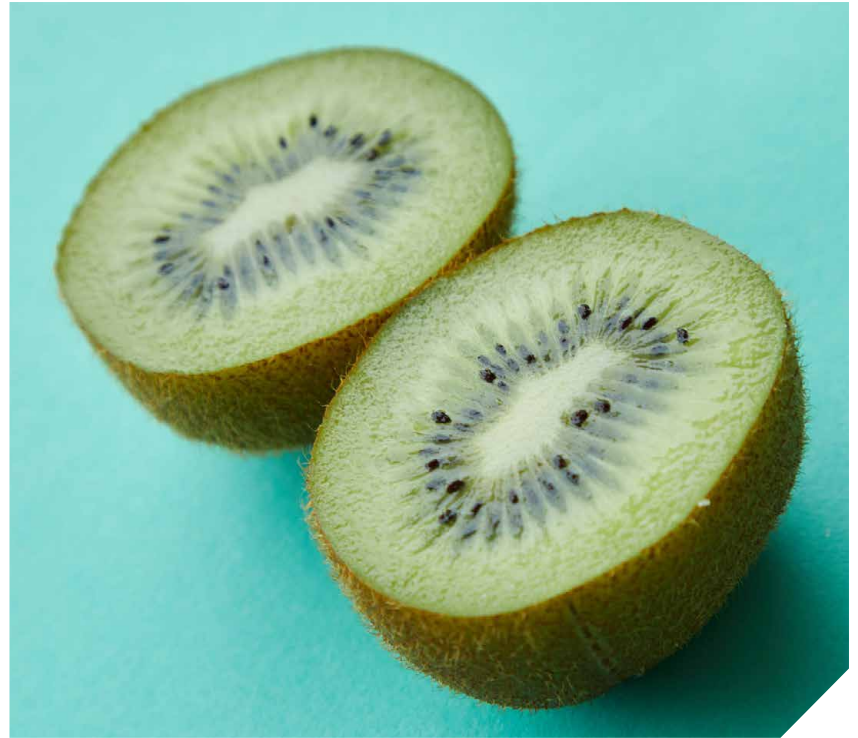
The main quality of feijoa fruits is the high content of water-soluble iodine compounds (as in seafood), which are completely absorbed by the body. A pair of ripe berries is enough to get a daily supply of iodine in order to prevent iodine deficiency or in the presence of iodine deficiency diseases

Feijoa fruits, bark and leaves are also a good anti-inflammatory agent. Masks from berries will help get rid of acne, and decoctions of leaves and bark can be used as antiseptic and disinfectant for the treatment of ulcers, wounds, bleeding gums

Feijoa essential oil is an ingredient in many dermatological products. Also, the fruits, leaves, bark of the plant are used in cosmetology - shampoos, soaps, gels, creams







Kiwi Hayward

(Iranian Hayward Kiwifruit (Green Iranian Hayward Kiwifruit is rich in vitamins such as potassium and copper. Potassium largely regulates the health and function of our body's cells by regulating important body fluids, and is even important for heart rate and blood pressure as it controls the levels blood pressure in our body. Hayward's green kiwi has different shapes such as big kiwi, flat kiwi and green kiwi

Green kiwi is also used for medicinal purposes (vitamin C, zinc), for health (shampoo, conditioner, hairdresser, etc.). This type of kiwi has a strong composition and is widely used in the country, green kiwi is very popular in local markets. Hayward kiwi fruit is also used to make fruit juices, ice cream, soda juices, and even candies, gels, and cakes

Kiwi's benefit

Kiwi contains the enzyme actinidin. It breaks down proteins, making food easier to digest

In addition to actinidin, kiwi acids help digestion. This is especially important with insufficient production of hydrochloric acid in the stomach. In Chinese medicine, kiwi is used specifically to improve digestion, as well as to reduce the likelihood of kidney stones





Offer from AGRO RETEMS

Variety: Hayward

Caliber: 70 gr+

Volume for November: 200 tons

Origin: Azerbaijan

Shipment period: from 44 to 48 weeks

Container: plastic box, 35x23x13

Average net weight: 4.5kg

Temperature regime of transportation and storage:
2°C

Shelf life: 30 days

Kiwi is the record holder for the presence of vitamin C, he lost the palm only to blackcurrant. Just 100 grams of fresh kiwi contains four times the daily human need for vitamin C. It strengthens the immune system, helps fight colds. Also, when consuming kiwi, blood thinning is observed, which means that the risk of thrombosis will be less. Potassium in these fruits lowers blood pressure, controls hypertension

Kiwi is useful not only for nutrition. Impact organic acids from kiwi fruit on the skin is such that pigmentation becomes less, and the skin itself pulls up. Reduces wrinkles and skin flaking

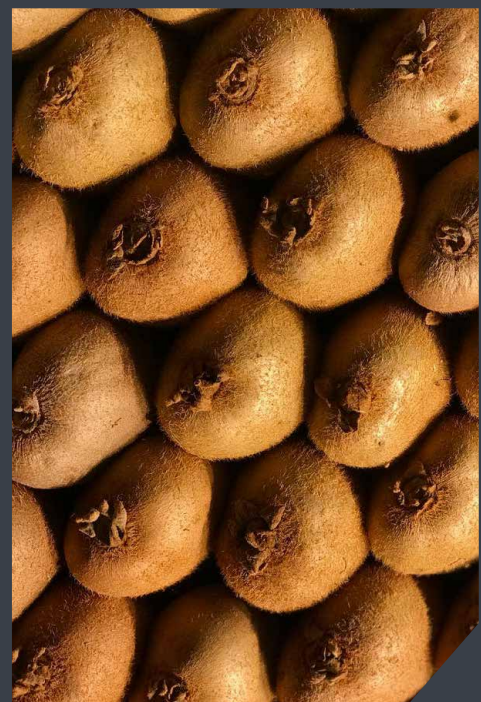
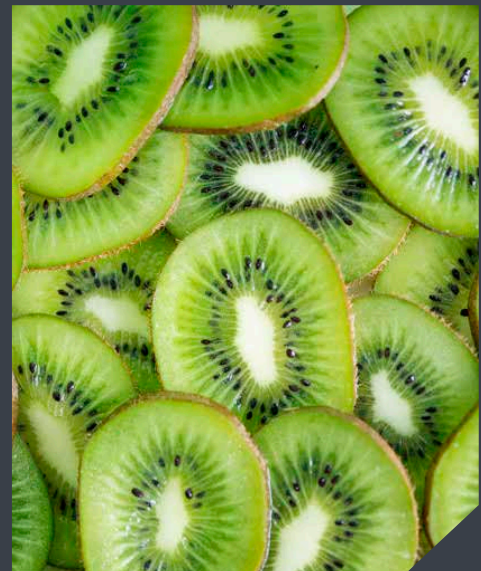
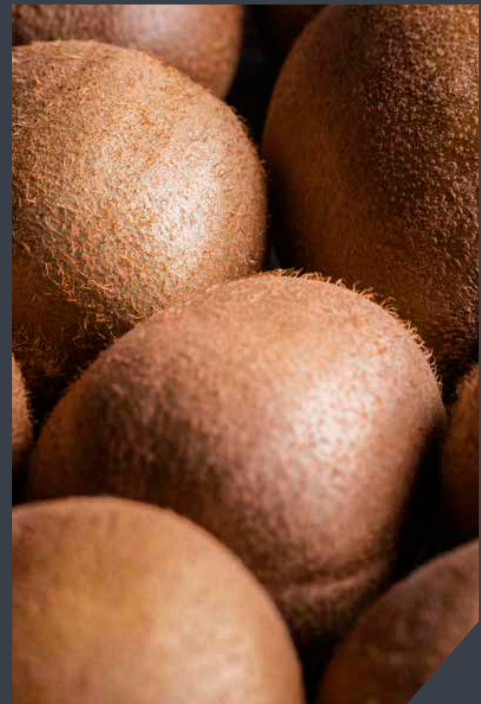
How to choose and store kiwi

Ripe kiwi is firm but soft, the skin is not wrinkled and without cracks. If the fruit is too soft, there are wet spots, then the kiwi is overripe and has begun to deteriorate.

Hard fruit, on the other hand, is not yet ripe. At this stage, it is sour and tasteless

Kiwi is not a long-term fruit. At room temperature, ripe kiwifruit can go bad in as little as 5 days. You can extend the shelf life in the refrigerator. Before this, the fruits do not need to be washed, then they will lie for about 2 weeks

You can buy more green kiwi - they will not spoil a couple of months in the refrigerator. And before use, you can let them ripen - wrap them in a paper bag along with apples or bananas and leave them in the room for several days. Ethylene released by other fruits will speed up ripening



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