

KHURMAN

Apple
Treasury of vitamins

Grape
Symbol of abundance

Kiwi
A storehouse of vitamins

Feijoa
Fruit of tranquility

Pomegranate
National fruit of Azerbaijan

Quince
Fruit of love

Persimmon
Chief Autumn
Fruit «AGRO RETEMS»



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Shipments

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

Grape - **370.000 kg**

Apple - **277.500 kg**

Nectarine - **92.500 kg**

Plum - **37.500 kg**

Apricot - **37.000 kg**



From the Editor

The fall season is rich in various fruits and vegetables. There is no better time to enjoy the healthiest fruits for our body and increase our immunity before the cold winter. In the October season **AGRO RETEMS** offers you a variety of cultures rich in vitamins and minerals, including feijoa, persimmon, pomegranate, quince, apple, grape and kiwi



AGRO RETEMS







ANNOUNCEMENT FOR NOVEMBER

In November 2022 AGRO RETEMS offers:

Apple

Volume for November: 500 000 kg

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

Shipping period: 44-48 weeks



Grape

Volume for November: 150.000 kg

Sort: Merlot

Shipping period: 44-48 weeks



Persimmon

Volume for November: 1500.000 kg

Sorts: Round, Bovine Heart

Shipping period: 44-48 weeks



Quince

Volume for November: 300 000 kg

Sort: Heshme

Shipping period: 44-48 weeks



Pomegranate

Volume for November: 300.000 kg

Sorts: Mina Shirin, Gulovshe

Shipping period: 44-48 weeks



Feijoa

Volume for November: 200 000 kg

Shipping period: 44-47 weeks



Kiwi (Iran)

Volume for November: 300 000 kg

Sort: Hayward

Shipping period: 44-48 weeks



Tomate

Sorts: Round, On a branch, Pink

Volume for November: 200 000 kg

Shipping period: 44-48 weeks





Apple

The Golden apple has a rounded-conical fruit shape, and its distinctive feature is its greenish and later almost yellow color. These apples are considered one of the most frequently imported

Caloric value of Golden apple

There are 53 kcal in 100 grams of Golden apples



Composition of Golden apples

Although the Golden apple is more than 50 percent water, the fruit contains a variety of nutrients and vitamins. The apple is a source of iron, iodine, potassium, calcium, magnesium, manganese, copper, sodium, phosphorus, fluorine, zinc as well as vitamins A, B5, B6, B9, C and PP. In addition, the Golden apple contains carotene, which is beneficial for Hair and nail health, as well as being important for vision and bone growth. Vitamin C, which is apples contain in large quantities, helps strengthen the immune system and protects your body from infections and viruses. In addition, Iodine contained in apple pips is necessary for the body in case of thyroid problems

Interesting fact...

Apples have a low density, and about 20% of their mass is due to the air contained in their pulp. That is why these apples do not sink, but float on the surface of the water. You don't have to dive for an apple to get it out of the water. If the apple has sunk, it means that it has gone bad and started to rot, so it is not recommended to eat it





Benefits and harms of the Golden apple

The Golden apple is a familiar and favorite fruit for many. In addition to its sweet taste, the Golden apple also has the advantage that it can be found on store shelves at almost any time of the year. Regular consumption of apples lowers blood cholesterol levels, which prevents blood vessels from clogging and greatly reduces the risk of developing cardiovascular diseases cardiovascular system

Golden apples also contain high amounts of antioxidants, and malic acid stimulates the flow of to the gums, which plaque is eliminated. In addition, these apples store well

Doctors recommend eating apples for a variety of ailments, including Heart, liver and kidney diseases



Thanks to insoluble fiber, apples prevent constipation. In addition, these fruits help to cope with edema, as they have a diuretic effect. Iron, which is found in large quantities in these apples, increases hemoglobin, which not only helps in the fight against anemia, but is also an ideal prevention of leukemia. And apple tea helps to relieve stress and calm the nerves



But we must remember that there has to be a measure for everything. Apples in large quantities can be dangerous for people who suffer from gastritis or duodenal ulcers. Also, Golden apples can be harmful if you are individually intolerant to this product. And you should not eat more than 5 apple pips a day because they contain hydrocyanic acid, which is is poisonous in large quantities to the human body



Предложение от AGRO RETEMS

Сорта: Голден, Гала, Роял Гала, Розе Глоб, Ред Чиф, Фуджи, Гренни Смит

Калибр: 65 мм+; 70 мм+

Объем на октябрь: 500 тонн

Происхождение: Азербайджан

Период отгрузки: с 39 по 43 неделю

Тара: пластиковый ящик / картонная коробка, размеры 60x40x18

Средний вес нетто: 12.5 кг

Температурный режим перевозки и хранения: 2 °С

Срок хранения: 30 дней



Grape

Merlot, from merle (French for «blackbird») is a French technical grape variety, widespread on the Mediterranean coast, in Algeria, in the south of Russia. It belongs to the ecological and geographical group of Western European grape varieties. The crown of a young shoot is gray with pink spots. The foliage is dense, felted. Leaves are green with a slight bronze tint.

One-year-old mature shoot yellowish-brown, with darker nodes. The Merlot leaf is medium-sized, rounded, medium-serrated, five-lobed, funnel-shaped curved



Upper notches of medium depth, mainly closed, with elliptical lumen. At the bottom of notch often tooth is observed. Petiolar notch is open, lyre-shaped or lancet-shaped. Teeth at the ends of the blades triangular with slightly convex sides. Teeth on margin triangular. Drooping on lower surface of leaf is sparse, sparsely pubescent. of the lower surface of the leaf is sparse, cobwebby. The flower is monopolar. The bunch of grapes is medium-sized. bunch is medium-sized (12-17 cm long and 7-12 cm wide), Cylindrical-conical, sometimes winged, medium-dense. The weight of the bunch is 113-150 g. The stem of the bunch is of medium length. The berry is medium-sized (13-14 mm long and 12-13 mm wide), rounded, Black with abundant wax coating. The flesh is juicy, with colorless juice. The skin is firm. The taste is harmonious, with a taste of Solanaceae. Average weight of 100 berries 100-140 g. Seeds in berries 1-3

Leading attributes

Leading characteristics of the Merlot variety: funnel-shaped, Dark green five-lobed leaves with closed oval lateral notches, often with a denticle at the bottom; cylindrical-conical bunches with dark blue berries; nightshade flavor.

Merlot seedlings with spreading shoots. Their leaves are dark green, rounded, medium deep, with open upper lateral notches. The autumn coloring of the leaves is yellow with red spots





Предложение от AGRO RETEMS

Сорта: Ред Глоб, Мерло

Калибр: 17 мм+; 22 мм+

Объём на октябрь: 400 тонн

Происхождение: Азербайджан

Период отгрузки: с 39 по 43 неделю

Тара: пластиковый ящик, 30x40x14

Средний вес нетто: 6 кг

Температурный режим перевозки и хранения: 2°C

Срок хранения: 21 дней

Vegetation period

Ripening of the grapes: medium-ripening, 2 and a half weeks after Shasla. From the beginning of budding to the technical maturity of the harvest of grapes intended for the preparation of table wines is 152 days, and 164 days for dessert grapes.

The sum of active temperatures during this period reaches 3000-3300 ° C. Grapes are harvested at the end of September or beginning of October. The growth of shoots of medium and above-average strength. By the time of autumn frosts vines mature on 90-95%.

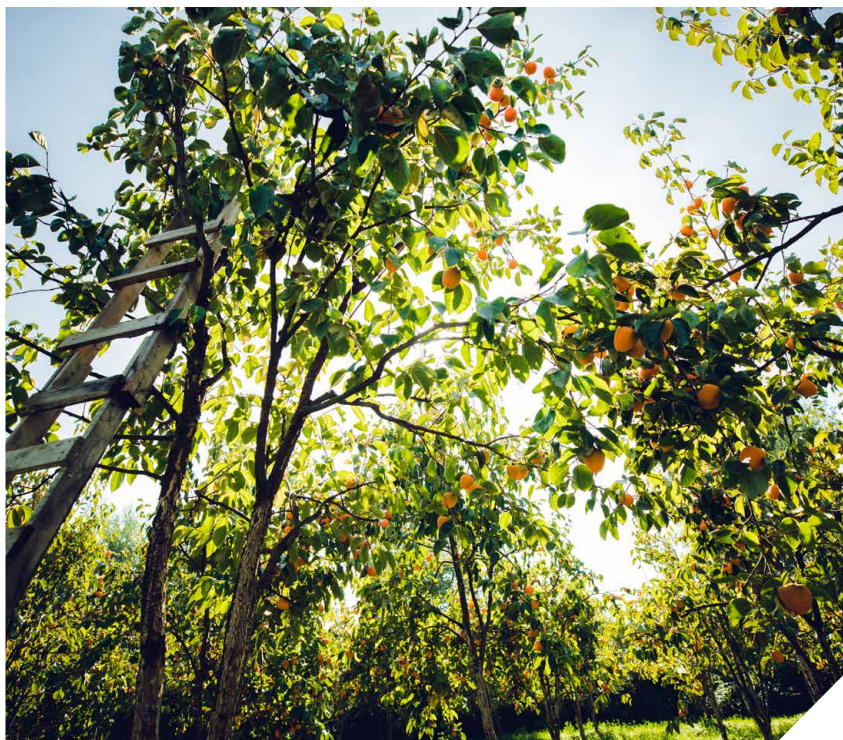
Yields are high and stable. Fruiting shoots in the bush 52.8%, the average number of bunches on the developed shoot 0.6, on the fruiting 1.2



Sustainability...

There is a relative resistance of the variety to Mildew, berry rot, frost, and strong susceptibility to oidium. Sometimes green peeling of berries appears. The Merlot variety is moderately resistant to drought. This variety is quite sensitive to winter and spring frosts (early bud blossoming). Replacement, dormant and angular eyeballs are not very fruitful





Persimmon

Bull's Heart persimmon is a variety on frost-resistant rootstock. It is suitable for cultivation in temperate climates. Culture light-loving, unpretentious in care, with good resistance to diseases and pests

Dessert variety, large-fruited, with a high tasting score. Persimmon contains a lot of vitamins and useful elements for the body.

The plant blossoms on the 3rd-4th year after planting in May, and the cycle lasts until June

Bull's heart belongs to large-fruited, dessert varieties, with the following characteristic:

- the shape is heart-shaped, rounded, tapered at the bottom;
- rind thin, glossy, uniform, smooth, bright orange; flesh sweet, juicy, fibrous, orange at the stage of technical ripeness,
- light brown at maturity;
- no seeds;
- fruit weight varies

On a single tree there are specimens weighing from 200 to 500 g, with an average diameter of 8 cm.

Bull's heart belongs to the medium-ripening varieties. Fruits ripen from the middle to the end of October. The persimmon bears fruit on the shoots of the current season. To ensure intense flowering and enough light for the plant, the tree is rejuvenated by pruning at least once every five years. Old branches and shoots growing inwards are removed. On this measure depends on the rate of fruiting.

According to the varietal characteristics, Bull's Heart is an early maturing variety. Persimmon yields its first crop at three years of age. Full yields reach five years old. With timely feeding, watering and treatment against possible pests, 60-80 kg of fruit can be harvested from a mature tree.

The variety is grafted on a frost-resistant rootstock. According to the varietal characteristics without Losses resist frosts -25-300 C. These indicators are characteristic of the plant of reproductive age. Seedlings after planting and in the next two years must be protected from cold in autumn





Beneficial features

1. Persimmon is a natural antidepressant. It promotes the production of endorphins and raises the mood. Just what you need in the fall and winter!
2. It is an indispensable helper for people suffering from anemia and anemia, because it increases hemoglobin in the blood.
3. purifies the body, having a strong diuretic effect and removing sodium salts from it.
4. Leads to normalization of arterial blood pressure.
5. Thanks to its polymeric phenolic compounds that have the power to produce «healthy cholesterol», cleanses blood vessels of plaque and prevents the formation of blood clots

6. Positive effect on blood vessels and heart muscle
7. Due to the significant content of beta-carotene it has a beneficial effect on vision, prevents the appearance of wrinkles and slows the aging process of cells
8. It has a restorative effect on the body, forms its resistance to infections
9. With regular use blocks the appearance of malignant formations
10. Nourishes and satiates, eliminating feelings of hunger. The energy value per 100 grams of fruit is 53-60 kcal

Contraindications...

1. Because of its high content of easily digestible sugars, persimmon should be used with caution by people suffering from diabetes
2. Those who have intestinal disorders, for a while (until the problem is solved) it is better to refrain from this The treat, since it may also lead to intestinal obstruction (due to the high content of fiber)



Interesting fact...

Have you ever wondered if persimmons taste a bit like dates? Well, the Russian name «persimmon came about precisely because of this similarity, because in some Iranian and Iraqi dialects refer to the fruit of the date palm as a persimmon!

Well, you got it! This dainty was not only tasty, but also very useful and interesting. Persimmon to everyone!

Предложение от AGRO RETEMS

Сорта: Круглая, Бычье Сердце (Шиш Бурун)

Калибр: 55 мм+; 65 мм+; 75 мм+

Объём на октябрь: 600 тонн

Происхождение: Азербайджан

Период отгрузки: с 42 по 43 неделю

Тара: пластиковый ящик, 60x40x10

Средний вес нетто: 7.5 кг

Температурный режим перевозки и хранения:
2 °С

Срок хранения: 30 дней

Quince

The quince is a small tree or shrub of the rose-flowered family. The scientific name quince comes from the town of Sidon (now Chania) in Crete, where it has been cultivated since ancient times. Quince leaves resemble those of an apple tree, and the flowers, large, pink or white, are often sold as ornamental. The quince fruit is greenish-yellow or golden, resembling something between an apple and a pear (they are distantly related, by the way). When fresh, quince fruits are hard and sour, but when cooked have soft pink sweet 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 malic, citric, tartaric acid and pectin substances. Quinces contain a large carbohydrates, most of them fructose. fructose. In addition, quince contains tannins, amino acids, catechins, essential oil

Contraindications

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

Quince picking season

Quince is one of the last fruits of the year: except that persimmon sales may start later in the year. Early quince varieties are harvested in late August to early September. Medium and late varieties are harvested in October





Предложение от AGRO RETEMS

Сорт: Яшма

Калибр: 80 мм+; 85 мм+

Объём на октябрь: 200 тонн

Происхождение: Азербайджан

Период отгрузки: с 39 по 43 неделю

Тара: пластиковый ящик, 50x30x10

Средний вес нетто: 5.5 кг

Температурный режим перевозки и хранения:
2 °С

Срок хранения: 30 дней

Early quinces are immediately suitable for use (accordingly, they appear on the market at the end of August). For later varieties, technological ripeness comes after 20-40 days: during this time, quinces ripen, gradually improving taste, texture, color and aroma. Interestingly, two weeks after storage, quince fruit have the highest percentage of accumulated sugars, which then gradually decreases; the same happens with acids and pectins



How to choose and store quinces

Choose quince fruits that are more yellow in color. A green hue may indicate immaturity. The coloring should be uniform, without spots or dents

The quality of a quince fruit can be determined by its hardness, density, and odor

The hardness is moderate (the fruit should not be rocky): it decreases as it ripens. The ripe fruit should emit a pleasant aroma

Although they may seem firm, quinces are quite sensitive to mechanical damage

A dent or spot from a blow can cause the fruit to spoil quickly. Therefore, it is important not only to choose the right quince fruit, but also to bring it home without damaging

Farmers store quinces like apples - in a cool place (such as a cellar) in crates, the bottom of which are lined with straw (or better yet, if all the fruits are separated by shavings)



At home, the best place for quinces is the refrigerator. There quince will keep in good condition for two months if you wrap it in a bag (preferably a paper bag). In ideal storage conditions (0-4 degrees), the storage period can be extended up to 4 months. Quince does not like moisture. Make sure the fruit is dry.

A slightly unripe quince fruit can ripen at home if it lays around for a while. This will happen even if the quince is stored in the refrigerator



Pomegranate

The pomegranate is a whole vitamin and mineral complex. In the juice of the pomegranate, has been found to contain amino acids that only meat has yet to contain, and they're indispensable for The human body (so if you're a vegetarian and eat only plant and dairy foods, then pomegranate should always be on your table)

It also contains four major vitamins: C, P, B6 and B12: vitamin C strengthens the immune system, P strengthens blood vessels, B6 strengthens the nervous system and vitamin B12 improves blood circulation. In addition, pomegranates are ideal for days of dieting, because 100 grams of pulp contains 62-79 kcal, while 100 ml of pomegranate juice contains 42-65 kcal. Pomegranates are also Rich in minerals such as iodine, potassium, calcium, iron, silicon



This miracle fruit has a disinfecting effect, thanks to the tannins it contains. Most of these substances are not in the pulp, but in the bark: it can be used for infectious diseases as a plant antiseptic. Pomegranate juice improves appetite and normalizes the gastrointestinal tract. And decoction of its peel will even help get rid of intestinal dysbacteriosis

It is believed that regular consumption of pomegranates reduces the risk of breast cancer in women. It is also very useful for various heart diseases. Fresh fruits are effective for coughs, colds and Malaria, they are prescribed as a general tonic for exhaustion, anemia and atherosclerosis. In addition, pomegranates have a positive effect on eyesight. Anthocyanins help synthesize the light-sensitive pigment that it contains. The light-sensitive pigment rhodopsin, which significantly improves eye adaptation to darkness





Offer from AGRO RETEMS

Sorts: Mina Shirin; Gulovshe

Caliber: 75 mm+; 84 mm+

Volume for October: 300 tons

Origin: Azerbaijan

Shipment period: from 39th to 43th week

Container: plastic box, dimensions 50x30x10

Average net weight: 4.5 kg

Temperature condition of transportation and storage: 2°C

Shelf life: 30 days

How to choose and store

The pomegranate must be ripe: fruits that have been removed prematurely will not ripen at home. Unfortunately, picking a ripe pomegranate without opening it is more difficult than many other fruits. There is even an opinion that this process is akin to a lottery, to be lucky or unlucky. And yet, some signs and regularities do exist



In the East, they say that the pomegranate should be dry on the outside and juicy on the inside. This means that the ripe fruit has a slightly dried out crust and (attention!) as if it were covering the grains. This is important because the pomegranate can dry out even if it has been left for a long time, but then it won't have that tightening effect because the seeds dry out along with the skin. If the peel is smooth and not dried, it means that the pomegranate was picked before it had time to ripen. Its seeds may already be red, but red in this case does not mean sweet



One more important point. Look at the place where the pomegranate had a flower: nothing green should be there when the fruit is ripe

A quality pomegranate should be firm to the touch. If it is soft then it must have been damaged, beaten, frost-bitten or rotten

Whole pomegranates can be kept in a cool, dry and well-ventilated place for one to two months.

Pomegranate kernels can be frozen, but without the peel and film. This is done by putting the peeled grains in a clean bag, tying it up and putting it in the freezer and it can be stored for a year

Fresh pomegranate juice can be kept in the fridge for two to three days



Season...

In the Northern Hemisphere, the pomegranate season runs from September to January. Early-ripening varieties ripen in the second half of September in southern countries (e.g., Egypt). Early-ripening varieties can be harvested in early October in Central Asia and the Caucasus



Carefully...

- **Concentrated pomegranate juice destroys tooth enamel**
- **Pomegranate rinds contain alkaloids, which are organic compounds that work in large quantities as strong poisons for the human body. So be careful when using pomegranate bark powders and decoctions because if Dizziness, vision problems, increased blood pressure and seizures are possible, Increased blood pressure and cramps**

Feijoa

Feijoa is a valuable fruit crop, belongs to the evergreen plants of the Myrtle family. It grows in tropical and subtropical climates.

Wild is found in tropical forests of South America, cultivated in Mediterranean countries, Australia, New Zealand and USA. In Russia feijoa is cultivated on the Black Sea coast. Black Sea coast and Transcaucasia. It grows as Shrub or small tree, can reach a height of up to four meters. Up to 4 meters high



Feijoa season...

The time of active fruiting of feijoa is November-December. In the markets feijoa appear as early as the end of October and lie until early next year

The leaves are dark green, oval and stiff, the flowers white, pink closer to the center. Fruits are large, fleshy, dark green berries, elongated or rounded, about 1.5-4 cm in size

The aroma and flavor are described as a mixture of kiwi, strawberry, and pineapple. The fruit is eaten both fresh or processed

Beneficial features

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

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

Feijoa helps with bronchitis, SARS and flu. Thanks to the antifungal and antibacterial effect is great for skin diseases. Reduces blood pressure

It helps with inflammation of the joints

In cosmetology, the fruits of feijoa are used as a rejuvenating and firming agent. It is also good for relieving inflammation on the skin



Offer from AGRO RETEMS

Caliber: 30 mm+

Volume for October: 100 tons

Origin: Azerbaijan

Shipment period: from 42th to 43th week

Container: plastic box, dimensions 30x40x14

Average net weight: 6 kg

Temperature condition of transportation and storage: 2°C

Shelf life: 21 days

The harm

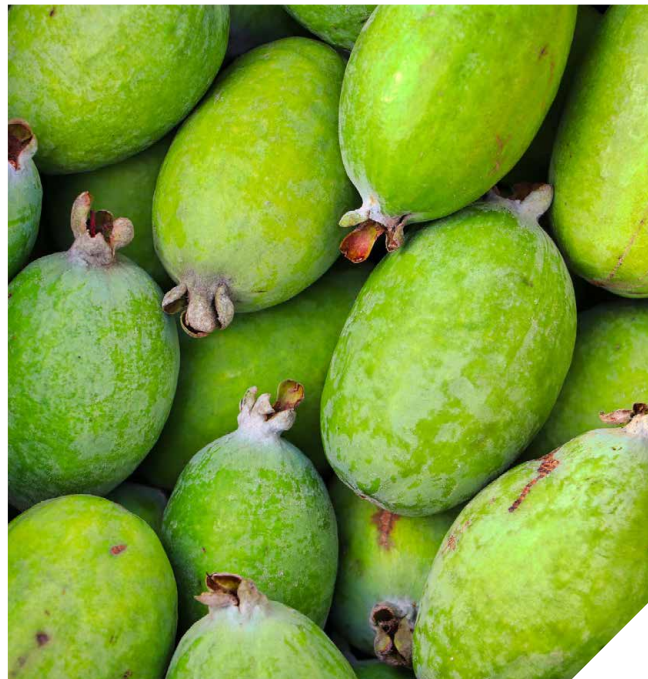
Feijoa should not be eaten in large quantities - no more than 2-3 berries a day.

The use of feijoa is contraindicated:

- *At any exacerbations of gastrointestinal diseases;*
- *Hypertheriosis, teriotoksikozo and any disease in which iodine is contraindicated;*
- *At gestational diabetes;*
- *Obesity;*
- *People prone to allergic reactions.*

Also with caution should be used by children under 3 years of age, pregnant and lactating women.

It is believed that its fruit should not be consumed with milk and dairy products



How to choose and store Feijoa

When ripe, feijoa fruits are very tasty and fragrant, and their smell resembles a mixture of strawberries and pineapple. In order for this taste and aroma to manifest itself fully, the fruits must be ripe, and ripe fruits are impossible to transport. But if you buy feijoa not in Krasnodar Krai, but in the more northern regions of Russia, this parameter is not worth considering: feijoa ripens perfectly in storage

If you bought hard fruits, patiently wait until they become soft to the touch. Then the flesh of feijoa will look like jelly and get a real taste and aroma

And the useful properties of the «artificial» ripening, according to experts, do not are not lost

If the temperature is too high the fruit will turn brown and rot after a few days, although you won't notice it at all on the outside. In a cool place and in the refrigerator the fruit will keep for a month or more

Feijoa can be frozen: in the freezer fruit will be stored for at least six months. Dried feijoa is well kept in a dry room. Well, the most popular way to preserve the useful fruit until spring is to rub it with sugar

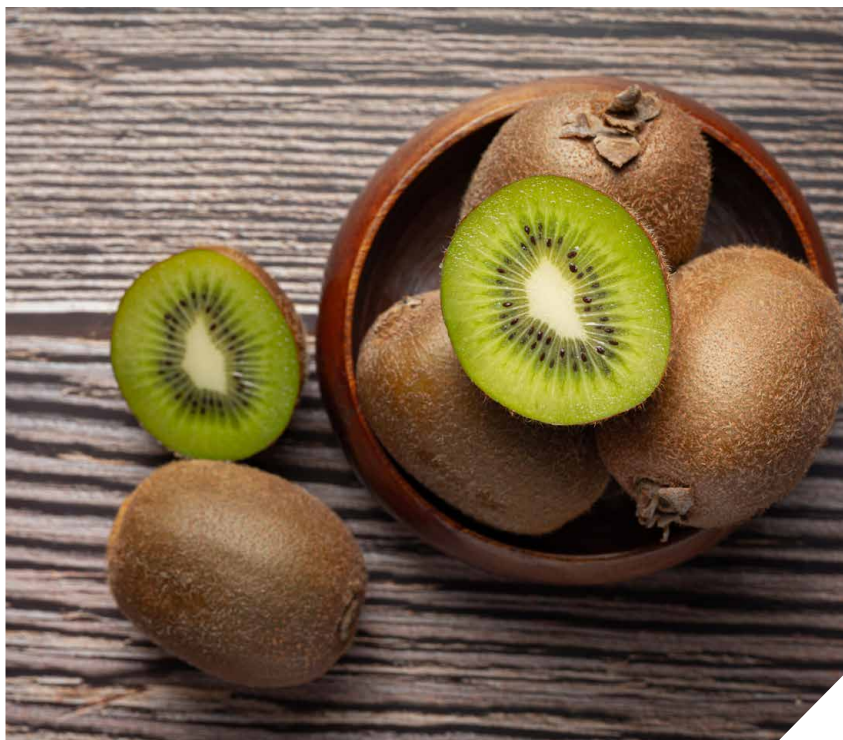


Composition and calories

Feijoa contains large amounts of vitamin C and iodine, B vitamins, vitamin PP.

Minerals: iron, calcium, magnesium, sodium, copper, zinc, phosphorus, potassium and manganese.

Caloric value - 49 kcal per 100 grams of product



Kiwi from Iran

The kiwi is wild and one of a kind

It grows in temperate regions of southern China. It can only be grown under certain climatic conditions

One of the most important conditions for growth is the availability of suitable soil. The soil required for kiwifruit growth must have sufficient moisture

In addition, it needs certain climatic conditions in order to have a high quality. Moderate temperature and high humidity are the main reasons for these conditions

Naturally, warm conditions and temperate temperatures, such as those of the tropics, are important factors for fruiting

The northern provinces of Iran, due to all conditions, are some of the best geographical places to grow kiwis. This is how Iranian kiwifruit today is one of the best exporters of kiwis in Asia

Naturally, kiwifruit is produced with good quality in coastal conditions. Therefore, the three coastal provinces of northern Iran, Gilan, Mazandaran and Golestan are now the centers of kiwifruit cultivation in the Asian region

Iranian kiwifruit is one of the best examples of this fruit in the world in terms of taste, color and size. In addition, because of the huge investment in this sector, these fruits are exported to large parts of the world with standard conditions and modern packaging and storage technologies

Iranian kiwis have unique taste, color and size and are among the best in the world and Kiwi Hayward is one such product.

These qualities, in addition to the affordable price of Iranian kiwis, have made Iranian kiwifruit exporters one of the most popular options for fruit and vegetable traders





Offer from AGRO RETEMS

Sorts: Hayward

Caliber: 70 gr+

Volume for October: 200 tons

Origin: Iran

Shipment period: from 41th to 43th week

Container: plastic box, dimensions 35x23x13

Average net weight: 4.5 kg

Temperature condition of transportation and storage: 2°C

Shelf life: 30 days

Beneficial features

Kiwis contain almost all known vitamins: A, B1, B2, B6, B9, C, E, PP. In addition, kiwifruit contains organic acids, starch, dietary fiber, macronutrients (calcium, magnesium, sodium, potassium, phosphorus, chlorine, sulfur) and many micronutrients (iron, iodine, copper, manganese, fluorine, etc.). All these substances make kiwifruit very useful fruit

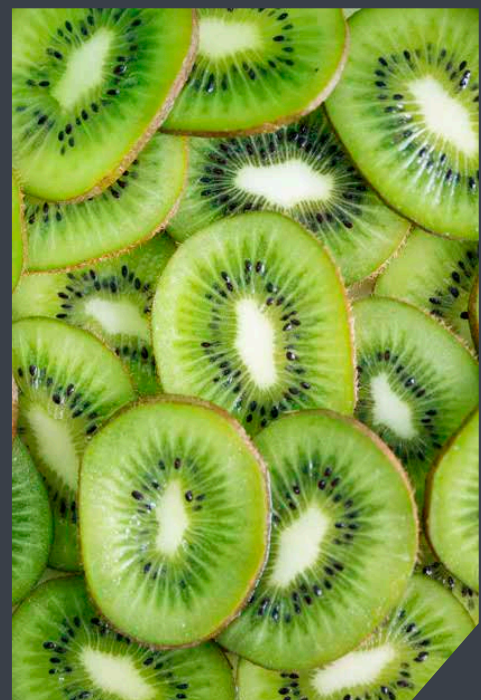


Contraindications...

Kiwis should not be eaten with hyperacidity gastric juice. In addition, kiwi is quite a strong allergen



Kiwis are one of the most popular and sought-after fruits around the world. AGRO RETEMS, as one of the largest suppliers and exporters of kiwifruit from Iran, sorts and packs Iranian kiwifruit using state-of-the-art sorting equipment, as well as quality and affordable kiwis to countries such as Russia, Uzbekistan, Turkey and also exports to Arab countries



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