

KHURMAN

Apple
Fruit of eternal life

Grape
Symbol of abundance

Plum
Source of energy

Peach
Fruit of peace

Nectarine
Natural antidepressant



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Shipments

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

Apricot - **370.000 kg**

Peach- **277.500 kg**

Nectarine - **925.000 kg**

Plum - **277.500 kg**

From the Editor

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

The calendar summer is over and autumn has officially come into its own. It is a mistake to believe that only in summer there is an abundance of vegetables and fruits. September can rightly be called the most fruitful month. The choice of fruit on the shelves in shops and markets surprises with its diversity

The first month of autumn can be considered not only the warmest, but also the most generous for seasonal products of all twelve. Seasonal products have many advantages: they are varied, inexpensive, and easy to buy and prepare. Autumn vegetables and fruits contain vitamins and antioxidants that slow down aging and help reduce the risk of diseases - from the common cold to diseases of the cardiovascular system and oncology

In autumn, you want to remain as energetic and healthy as in summer, with pleasure to walk and do your favorite things. We will tell you about products that will help support immunity in the autumn season

In September AGRO RETEMS offers the following positions: apple, grape, plum, peach, nectarine

We wish you an interesting reading!



AGRO RETEMS







ANNOUNCEMENT FOR OCTOBER

In October 2022 AGRO RETEMS offers:

Apple

Volume for October: 500 000 kg

Sorts: «Golden», «Gala», «Royal Gala», «Granny Smith», «Fuji», «Rose Pink»

Shipping period: 40 – 43 weeks



Persimmon

Volume for October: 1000 000 kg

Sorts: «Round», «Bovine Heart»

Shipping period: 42 – 43 weeks



Pomegranate

Volume for October: 200.000 kg

Sort: «Mina Shirin»

Shipping period: 40 – 43 weeks



Kiwi (Iran)

Volume for October: 100 000 kg

Sort: «Hayward»

Shipping period: 40 – 43 weeks



Grape

Volume for October: 500 000 kg

Sort: «Merlot»

Shipping period: 40 – 43 weeks



Quince

Volume for October: 300 000 kg

Sort: «Heshme»

Shipping period: 40 – 43 weeks



Feijoa

Volume for October: 40 000 kg

Shipping period: 42 – 43 weeks





Apple

Apple (lat. pomum) – is a multi-seeded non-opening fruit, characteristic of plants of the Apple subfamily, the Pink family. This fruit is one of the most beneficial for the human body. Since ancient times, it has symbolized fertility, love and knowledge

The value of apples lies in their composition. Almost 80% of apples are water. The rest is fiber, organic acids, carbohydrates. The presence of iron and vitamin C is mainly valued in an apple, but the fruit also contains:



Interesting fact...

The heaviest apple in the world weighed 1,849 kilograms. Such a fruit was grown by the Japanese Chisato Iwasaki on a farm in the city of Hirosaki. The record was registered in October 2005

beta-carotene, vitamins A, B1, B2, B5, B6, B9, H and PP, as well as minerals necessary for the human body: potassium, calcium, magnesium, nickel, molybdenum, phosphorus and sodium. Apples contain pectin and fiber in large quantities, which have a beneficial effect on the activity of the gastrointestinal tract. Doctors recommend eating at least one apple a day to prevent the development of many diseases - atherosclerosis, heart failure, intestinal problems and the occurrence of cancerous tumors

Beneficial features

- *Normalize the digestive tract. Apples consist of 80% water, but the remaining 20% contains fiber, which improves digestion and reduces the likelihood of intestinal disorders*
- *Reduce cholesterol. Its excess leads to the formation of plaques, which means a violation of blood flow in the carotid arteries, which sooner or later threatens with a stroke. Heart attack, coronary heart disease, myocardial infarction, angina pectoris and many other diseases can also occur against the background of elevated cholesterol levels. Apples contain pectin, which helps to remove excess cholesterol from the body, reducing the likelihood of blockages in blood vessels and reducing the likelihood of a heart attack. In addition to cholesterol, pectin also removes toxic substances (lead, arsenic, mercury)*





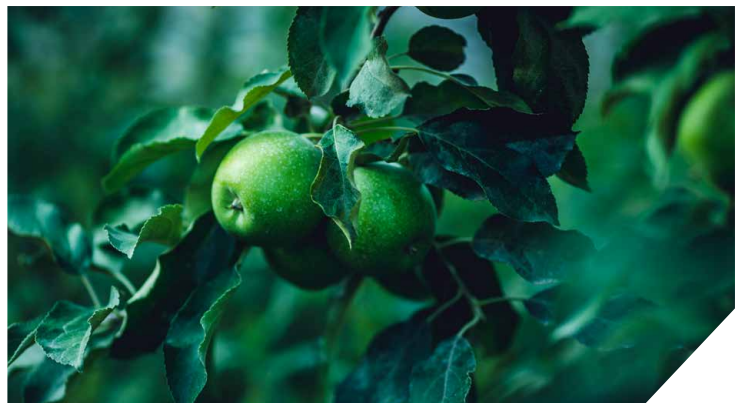
- **Protect against tumors.** Of course, apples cannot be called a panacea for oncology, but the flavonoids and polyphenols contained in them do have an antitumor effect – they bind dangerous free radicals, one of the main causes of uncontrolled cellular changes
- **Increase immunity.** Vitamin C found in apples strengthens the immune system. In addition, many studies have shown that apples protect the broncho-pulmonary system – in particular, from harmful impurities and tobacco smoke contained in the air. They are even a kind and very tasty prevention of asthmatic diseases

- **Replenish iron deficiency.** Iron in apples is somewhat less than in other products (in pomegranates, red meat), but apples help its active absorption from them
- **Saturate.** Fiber, which apples are rich in, helps to quickly satisfy hunger, but most importantly, apples help with high-quality digestion of food and prevent the conversion of carbohydrates into fats, contributing to weight loss



- **Brush teeth.** Pectins, which apple pulp are saturated with, have a bactericidal property and can literally provide sanitation of the oral cavity. The firm peel of apples also massages and strengthens the gums, stimulating internal blood circulation. Remember the advice “when you don’t have a toothbrush, just eat an apple”? It is 100% correct

- **Rescue from beriberi.** In the off-season, when the body’s own reserves are depleted, apples, which have long become a «year-round» fruit, save it. Apples are a unique complex of vitamins and minerals



Species and varieties...

There are more than 7.5 thousand varieties of apples. Apples of different varieties differ in size and yield, even if the varieties are grafted onto the same rootstock. Different varieties of apples are intended to growing in different types of temperate and subtropical climates. AGRO RETEMS offers its customers such popular varieties of apples as «Golden», «Gala», «Royal Gala»

Offer from AGRO RETEMS

Sorts: «Golden», «Gala», «Royal Gala»

Caliber: 65 mm+; 70 mm+

Volume for September: 500 tons

Origin: Azerbaijan

Shipment period: from 35th to 39th week

Container: plastic box / cardboard box, dimensions 60x40x18

Average net weight: 13 kg

Temperature condition of transportation and storage: 2 °C

Shelf life: 30 days

Species and varieties...

Grape

Grape – is a natural and tasty multivitamin complex. Regular consumption of berries in food fills the body with a large amount of vitamins that are useful for immunity, vision and the nervous system

The history of grapes goes back many millennia. This was confirmed by archaeologists, who discovered during excavations a vessel with an image of a bunch of grapes, which was approximately 8,000 years old. In ancient Greece, as early as in the 5th century, wines were popular, for which grapes were specially grown



Grape – is a symbol of fertility and abundance, an indispensable companion of Bacchus in all the paintings of the Renaissance period. Today, grapes are loved by adults and children for their sweet taste and beneficial properties that have a positive effect on the body. Grapes are beneficial for the human body due to the high content of nutrients, such as flavonoids, polyphenols, vitamins C, E, P (rutin), groups B – B1, B2, B4, B5, B6, B9, as well as micro- and macronutrients – selenium, zinc, copper, iron, calcium, potassium, magnesium, manganese, aluminum, boron, iodine, cobalt, etc. The calorie content of grapes depends on its variety. The sweeter it is, the more calories

Polyphenols – are powerful antioxidants found primarily in the peel of grapes. Anthocyanins give color to black berries, block the formation of oxidants in the body, protect the body from the formation of cancer cells. Grape polyphenols stimulate the growth of the bacterium Akkermansia muciniphila, which helps to produce a protective intestinal mucosal layer, protecting against the development of inflammation





Offer from AGRO RETEMS

Sorts: «Arktika», «Red Globe», «Victoria»

Caliber: 17 mm+; 20 mm+

Volume for September: 400 tons

Origin: Azerbaijan

Shipment period: from 35th to 39th week

Container: plastic box, dimensions 30x40x14

Average net weight: 6 kg

Temperature condition of transportation and storage: 2 °C

Shelf life: 21 days

How to choose a grape?

Ripeness

- Gently shake the bunch, if only a few berries fall off, then the grapes are ripe. If a large number of berries are showered, then the grapes have been stored for a long time
- Black spots on fruits are one of the signs of ripeness
- Taste the grapes by picking the berries from the bottom of the bunch. The top berries ripen much faster

Interesting fact...

In order to improve the harvest, the grapes need to be pruned. Pruning of the vine is done in early spring or autumn. In the spring, pruning should be done before the vine begins to sap



Species and varieties...

There are about 8,000 grape varieties. We owe the appearance of new varieties to the efforts of breeders. Grapes can be classified in many ways. For example, there are stone grapes and seedless grapes (raisins). The color is divided into white, black and red. Moreover, white grapes are actually a light-green hue

AGRO RETEMS offers its customers such grape varieties as: «Arktika», «Red Globe», «Victoria»



Quality

- Choose large, full bunches. If the grapes are sold by branches, and even more so in bulk, this means that they have already sorted out and rejected the damaged branches, and what was left was put on sale
- The berries must be elastic, whole, with a dense peel, without dents, mold, rot
- Carefully inspect the berries that are closer to the branch. They are the first to show signs of decay
- If the "tail" of the bunch of grapes had dried out, it means that the grapes were plucked a long time ago





Plum

Plum belongs to the rose family. It is one of the leading fruit crops in temperate regions. One plant can bear fruit for about 60 years

A plum appeared as a result of crossing alycha and blackthorn. This plant was cultivated in the Mediterranean, Central Asia. Gradually, plums spread throughout Europe.

Plums are especially important in the culture of China and Japan. There, this plant is planted, including for beauty. Five plum petals symbolize happiness and its components: well-being, longevity, spiritual purity, good luck and nobility

In Japan, Ume Matsuri festival is celebrated since the end of February. Everyone admires the blooming plum trees, hold tea ceremonies. Bulgaria also annually celebrates the day of plums and slivovitz – strong alcohol from this fruit. Plums are used not only for food – dyes are extracted from leaves and bark, and wood serves as a raw material for creating musical instruments

The calorie content of plums is small due to the large amount of water in the fruits. It has been proven to be a good addition to the diet during weight loss. Flavonoids and phenolic components in plums inhibit the growth of fat cells. If to eat plums moderately, they will speed up the process of fat burning

Plums are rich in antioxidants, such as anthocyanins, ascorbic acid, carotenoids, vitamin E. Antioxidants reduce oxidative stress by protecting cells from the aggressive effects of free radicals. Scientific studies confirm the link between eating plums and improving memory

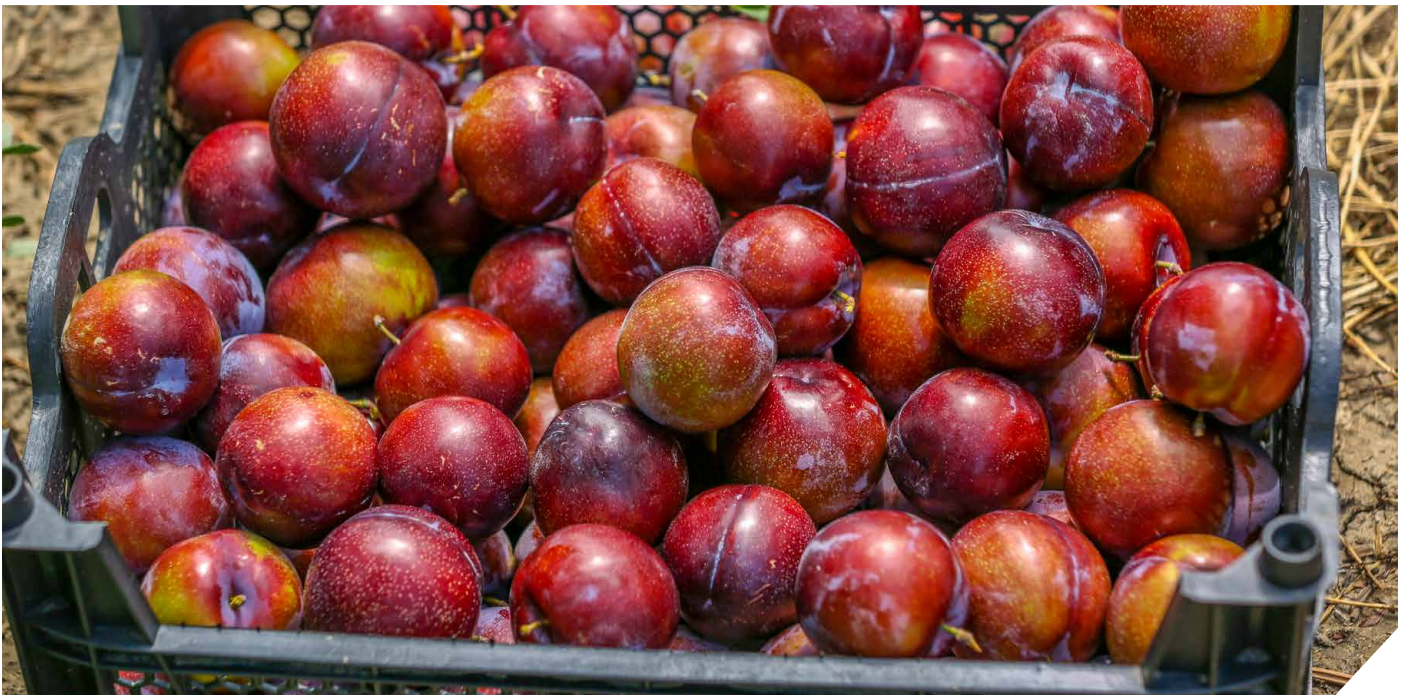
Plums, especially dried fruits, contain a lot of potassium. It is noted that plums reduce the risk of cardiovascular disease, since potassium is necessary for the normal functioning of the heart.





How to choose a plum?

- If there is a plum covered with a thin layer of bluish pollen on sale, we take it without hesitation. These are fresh, not so long ago plucked fruits
- The peel should flex slightly when pressed
- The firmness of fruit indicates that it is not ripe. And for ripening plums, unlike many other fruits, are of little use
- The surface of plum must be free of cracks
- In the refrigerator, ripe fruits can be kept for up to five days in a separate container



Species and varieties...

Plum varieties are divided into three categories: early, mid-season, late. Plums can vary in size, color and taste. Their shape may also be different. Some varieties are distinguished by round fruits, others – elongated or oval

In September, AGRO RETEMS offers its customers a plum variety – «Angelika»

Interesting fact...

In folk medicine, not only fruits, but also plum leaves are widely used. So, compresses with crushed plum leaves have a disinfecting effect and promote the healing of wounds on the skin.



Offer from AGRO RETEMS

Sort: "Angelika"

Caliber: 40 mm+

Volume for September: 60 tons

Origin: Azerbaijan

Shipment period: from 35th to 39th week

Container: plastic box, dimensions 30x40x18

Average net weight: 8 kg

Temperature condition of transportation and storage: 2 °C

Shelf life: 21 days

Peach

Juicy peach fruits are loved by adults and children, and the pulp of the fruit contains many valuable chemical elements. The homeland of peach is China, but due to its excellent taste characteristics, the fruits are known all over the world

The peach has a rounded shape, and its size and color depend on the variety of the crop. Outside, the fruit is covered with a thin peel, on the surface of which there is a characteristic "fluff" and a longitudinal groove



A ripe peach is most often yellow or dark red, sometimes with a bright pink blush. Peaches have elastic pulp of yellow or light orange color, inside of which there is a hard inedible stone with a rough surface



The calorie content of peach is approximately 46 kcal per 100 g of product. This serving contains almost 1 g of protein, only 0,1 g of fat and over 11 g of carbohydrates. Peach pulp contains a lot of juice. Ripe fruit has a rich sweet taste and exudes a pleasant, fresh aroma. Peach fruits are a valuable source of dietary fiber and cellulose. The pulp contains a lot of B vitamins, as well as vitamins C, E, K, H and PP. The fruit contains valuable organic acids, including malic, citric and tartaric. Ripe fruits contain potassium, magnesium, manganese, phosphorus, iron, zinc, copper, selenium and other minerals

How many calories are in one peach? The weight of one fruit is about 110–120 g, and its nutritional value does not exceed 55 kcal. The fruit is an excellent source of beta-carotene and natural pectins. The stone contains a lot of almond oil and vitamin B17, which are used in cosmetology







How to choose a peach?

Color

The best «yellow» peaches should have bright yellow pulp and golden-reddish skin. «White» peaches – white pulp with pinkish streaks

Pay attention to the place where the fruit used to connect with the twig. If a light-yellow hue predominates there, the peach may be unripe, if bright, warm yellow hues – this is a sign of ripeness

Species and varieties...

There are many varieties of peach around the world that differ in size, shape, taste, aroma, color, as well as the texture of peel and pulp. AGRO RETEMS offers its customers «flat» and «round» varieties of peach

Aroma

The aroma of peach is directly related to taste. If you feel the aroma, you will also feel the taste. If the peach does not smell and the taste will be unintelligible. Of course, there are varieties with a stronger aroma, there are with a less expressive one, but, in principle, almost always, stone fruits should smell fragrant – generously and brightly

Tactile sensations

A ripe peach springs back a little when lightly squeezed in the palm of your hand. A hard peach – is an unripe peach



Interesting fact...

If you want to get a beautiful tan, eat peaches! They contain vitamin A, which contributes to an even tan of the skin



Offer from AGRO RETEMS

Sorts: "Flat", "Round"

Caliber: 55 mm+

Volume for September: 100 tons, 80 tons

Origin: Azerbaijan

Shipment period: from 35th to 37th week

Container: plastic box, dimensions 30x40x14, 30x40x18

Average net weight: 6 kg, 8 kg

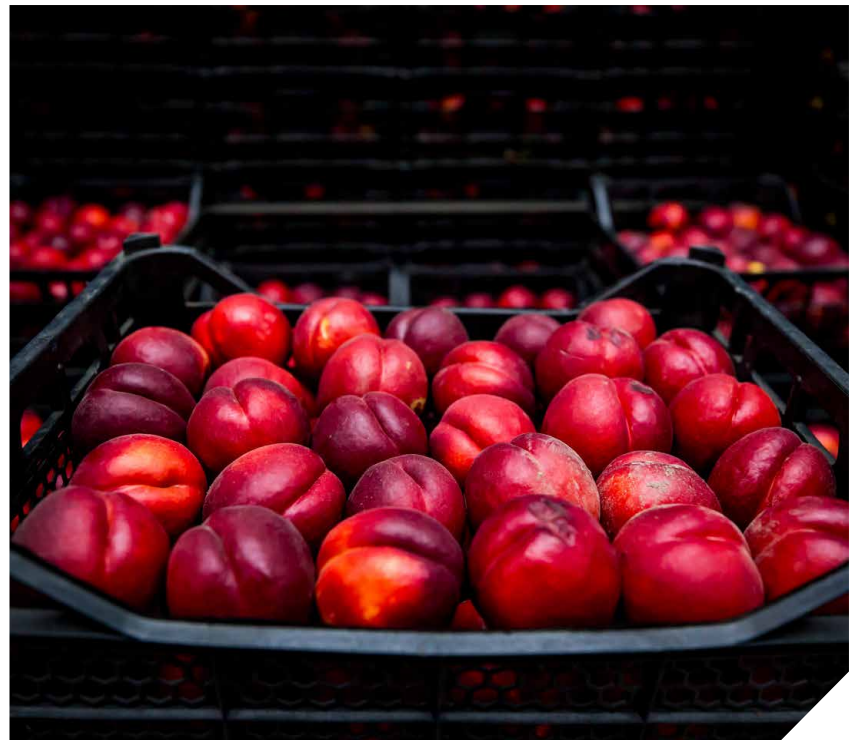
Temperature condition of transportation and storage:
2 °C

Shelf life: 21 days



Nectarine

Nectarine is a subspecies of peach. According to many researchers, they appeared after the self-pollination of peach fruit trees. However, considering the abundance of nectarine varieties, this hypothesis can be criticized. On the other hand, it is known that nectarines are almost identical in composition to peaches. Therefore, this aspect proves the possibility of self-pollination



The first mention of nectarines is in 1616 in English literature. Even at that time, this fruit was used for food purposes, and the culture of its cultivation began to develop according to progressive standards

For a rather long period of existence of nectarines, several varieties of fruits have been isolated. Such a division could well have arisen naturally, considering the diversity of peach trees and the possibility of self-pollination of each of them, followed by the isolation of a subspecies of nectarines after reseeding

Nectarine is a very valuable food product. The expressive and specific taste of juicy pulp is difficult to confuse with anything else. A distinctive feature of the fruit is a specific nectar smell, which is felt even after its heat treatment. Therefore, nectarine jam and confiture have a very pleasant sweet smell that stimulates the appetite

The nutritional value of nectarine consists in a large amount of minerals, vitamins C, B1, B2, B6, pectins. Therefore, eating nectarines helps to improve digestion and stabilize the intestinal microflora, since pectin is its probiotic. Among the minerals highlighted: calcium, sodium, potassium, iron, nickel and copper. Because of this, the usefulness of nectarine as a means of maintaining electrolyte and mineral balance in the body has been proven





Offer from AGRO RETEMS

Sort: "Round"

Caliber: 55 mm+

Volume for September: 150 tons

Origin: Azerbaijan

Shipment period: from 35th to 38th week

Container: plastic box, dimensions 30x40x18

Average net weight: 8 kg

Temperature condition of transportation and storage: 2 °C

Shelf life: 21 days

Beneficial features

- *Nectarines perfectly cleanse the body of toxins, remove excess fluid, reduce swelling, which is important for those who are on a diet. This fruit contributes to the normal functioning of the heart, strengthens the immune system and the protective properties of the body. It relieves tension at the end of the day, improves mood, relieves insomnia, increases stress resistance, removes anxiety*



- *Able to speed up the body's metabolic processes, stabilize the nervous system. Also considered an excellent source of energy. The use of this fruit is a prophylactic against the appearance of kidney stones*



- *It has a beneficial effect on the cardiovascular system: it supports the myocardium, is able to restore the heart rhythm, lower the level of bad cholesterol, clear the vessels from plaques, and maintain normal blood pressure*

- *Important for the normalization of the gastrointestinal tract: able to restore intestinal peristalsis, remove heaviness in the stomach and destroy pathogenic microflora. If you have high acidity, then nectarine will help reduce its secretion*
- *Useful for sportsmen, as it perfectly restores muscle activity*
- *It is important for the elderly to consume nectarine, as it improves eyesight, prevents the development of atherosclerosis and helps with hypertension*
- *Especially useful for those who suffer from kidney disease: normalizes their work and other urinary organs*

- *Also prevents the development of oncology, blocks the growth of malignant neoplasms*

- *If you have a disease of the respiratory system, then it is worth including nectarine in your diet because of the expectorant and anti-asthma properties*

- *In cosmetology, this fruit is very popular, as it is an important ingredient in the fight against mimic wrinkles and sagging skin*



Species and varieties...

Varieties of nectarine are divided into two subtypes according to the color of the pulp. These are fruits with white and yellow pulp, each of which has its own taste and level of sweetness. In September, AGRO RETEMS offers a «round» nectarine variety

Interesting fact...

When acidity of the stomach is increased, it is advised to drink freshly squeezed nectarine juice 15 minutes before meals

Office in Azerbaijan:

**Khojaly ave. 37, Demirchi Tower,
5th floor, Baku, Azerbaijan, AZ1025
Phone/Fax: +(994) 12 449 66 60,
+(994) 12 449 60 66**

**Fizuli Bayramov
Mob.: +(994) 55 203 35 80
fizuli.bayramov@agroretems.com**

**Nazilya Osmanova
Mob.: +(994) 50 272 12 30
nazilya.osmanova@agroretems.com**

Offices in the Russian Federation:

**Gorbunova str. 2/3, Moscow city
121596, Russian Federation
Phone/Fax: (861) 238 43 83**

**Inna Petrova
Mob.: +7(918) 393 58 11
inna.petrova@agroretems.com**

**Krasnodar city, Berezoviy avenue,
Tselinogradskaya str., No. 6/A
Phone/Fax: (861) 238 43 83**

**Inna Petrova
Mob.: +7(918) 393 58 11
inna.petrova@agroretems.com**

www.retemsgroup.com
www.agroretems.com