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## • Apple

Apple is an alkaline fruit and detoxifies the body. Due to its high pectin, it removes excess water from the body. This fruit is rich in vitamins and nutrients, and eating an apple provides 12% of our daily needs of fiber. The skin of the apple is thin and at the same time its firm and its flesh is thick and juicy. The inner core of the apple contains seeds that are very difficult to digest.

There are many nutrients in flesh and in the skin of the apple. Anthocyanins and tannins in apples cause the color of this fruit.







## • Types of apples

### Yellow apple

The cortex of the yellow apple is firm. The flesh of this fruit is very fragrant and has a sweet and spicy taste. It takes eleven to twelve months for the fruit to become ripe and it grows in small to medium sizes. Yellow apple is an effective home remedy for some health problems such as constipation, stomach ulcers, diabetes, respiratory problems etc.



## Red apple

This fruit has a creamy color flesh with a fluffy, soft and juicy flesh. Red apple skin contains a substance called phlorizin, which is very useful in preventing osteoporosis.

This type of apple has different types, some are dark and some are light, with yellow or white streaks.

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## Green apple

One of the most valuable fruits is green apple. It is known as a fruit that has a lot of energy because it has a lot of amino acids and carbohydrates.

This fruit has a sour and subacid taste, it is very fragrant and it is suitable for the storage.



## Pippin apple

Pippin apple is a summer fruit and is very tasty and colorful and has a medium size of red color and a little white and green with a sweet and juicy taste. The skin of pippin apple is thicker than other apples and therefore it retains its aroma more. pippin apple is usually used in raw form, but it can also be used to make canned apples, Falooda and pippin apple jam.



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## Honeycrisp Apples

Honeycrisp apple is a small, very juicy and sweet apple and is offered to the market in summer. This apple is also used in making jams and as canned fruits.







## • **Apple packaging**

### **plastic box**

One method of packaging is to use plastic boxes, which are usually lower in height so that the fruit does not stack in large numbers. These baskets are suitable for long distance delivery.

### **Fruit cartons**

The use of packaging cartons can be implemented in the best way and with export packaging standards.

In cartons with shock absorbers, two rows of up to 9 kg, 3 rows of up to 15 kg and 4 rows of grade A, up to 18 kg of apples are packed for export. In a package of 3 kg of apple under 120 g of grade A.





## . Kiwi

**Kiwi is a small, soft, and fuzzy fruit with a sweet, and slightly sour taste. Kiwi's pulp is fleshy and consists of tiny black edible seeds. This fruit is rich in nutrients, such as vitamin C, vitamin A, vitamin B6, calcium, iron and magnesium, which are very useful for health.**







## Some health benefits of kiwi

- Reduce high blood pressure
- Help the respiratory system
- rejuvenate the Skin and hair
- prevent heart disease
- treat insomnia
- treat diabetes





## • Types of kiwis

### Hayward kiwi

Hayward kiwi is one of the most popular varieties of kiwi that has a long shelf-life. This fruit has a brown and fuzzy coating that is very sweet when fully-ripe. Its shape is cylindrical and fleshy and the fruit is relatively large and is about 100 grams.



## Red kiwi

Red kiwi is one of the new varieties of kiwi, the inside is red with a sweet taste and thin skin. This kiwi is not as fuzzy as the green ones and is more edible at the same time, it is also slightly smaller than other kinds.





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## Green Kiwi

The most available type of kiwi is the green kiwi. Green kiwi has a sweet, smooth and juicy taste and has many nutrients. This product has a very high quality and is very tasty and popular.





## **Kiwi packaging**

**Kiwi is packed in basket and carton packages with different weights that have been ordered by customers.**

**In the basket and carton one row, between 3 to 4 kg**

**In bulk, up to 10 kg of packaging is done.**

**Kiwi is exported in a basket or carton up to a maximum of 2 kg**





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