



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.







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.





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.





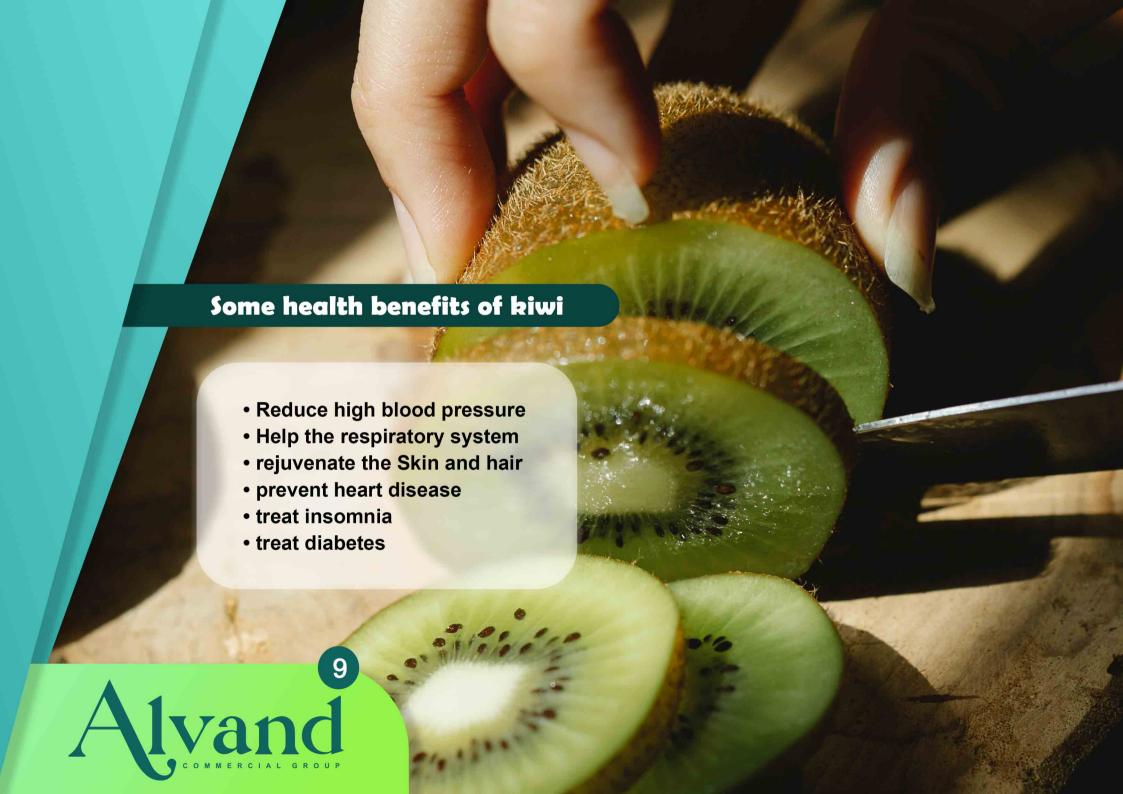
Pippin apple is a summer fruit and is very tasty and colorful and has a medium size of red color and a little white and green with a sweet and juicy taste. The skin of pippin apple is thicker than other apples and therefore it retains its aroma more. pippin apple is usually used in raw form, but it can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













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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