



FRESH
FRUIT



TURKEY

ARMENIA

AZERBAIJAN

TURKMENISTAN

CASPIAN SEA

EAST AZERBAIJAN
WEST AZERBAIJAN
ARDABIL
ZANJAN
GILAN

GOLESTAN
NORTH KHORASAN

KURDISTAN

GHAZVIN

TEHRAN

SEM NAN

RAZAVI KHORASAN

KERMANSHAH

HAMADAN

QOM

MARKAZI

IRAQ

LORESTAN

ILAM

ISFAHAN

YAZD

SOUTH KHORASAN

AFGHANISTAN

KHUZESTAN

CHAHARMahal
AND
BAKHTIARI

KOCHILUYEH
AND
BOYERAHMAD

KERMAN

FARS

PAKISTAN

SISTAN
AND
BALUCHESTAN

SAUDI ARABIA

KUWAIT

PERSIAN GULF

HORMOZGAN

QATAR

UNITED ARAB
EMIRATES

OMAN

GULF OF OMAN





ZERRAT MARTA YEKTA NAHADE

The Zerrat marta yekta nahade name is synonymous with the supply of high-quality fresh fruits.

Zerrat marta yekta nahade has developed a comprehensive product range and extensive network to become a global leader in the supply of fresh products. We have worked hard to become the first choice for the worldwide procurement and supply of fresh fruits. Our commitment to quality, supply and innovation is backed up by our international procurement team. The Zerrat marta yekta nahade provides specialized services which can be tailored to meet specific customer needs like different payment method and the best way of transportation. The Zerrat marta yekta nahade purpose-built facilities are designed to maximize supply chain efficiencies. Our production teams are trained to deliver professional customer service and high-quality standards.

The values of our company underpin our decision-making and drive our business operations. These values portray the spirit in which we strive toward achieving our vision and mission.

Apple

Red Delicious: This is one of the most widely cultivated apple varieties in Iran. It has a distinctive conical shape and deep red color. The flesh is crisp and slightly sweet.

Golden Delicious: A classic yellow apple variety with a elongated shape. It has a sweet, slightly honeyed flavor and is known for its crispness

Gala: A crisp, aromatically sweet apple with a distinctive reddish-orange striping over a yellow base color. It has a dense flesh.

Fuji: This apple has a creamy yellow background with reddish striping and blush. It has a very crisp texture and sweet-tart flavor balance.

Benefits:

- Packed with soluble fiber like pectin which can help lower cholesterol and regulate blood sugar levels.
- Rich in antioxidants like vitamin C, polyphenols, and flavonoids which combat oxidative stress.
- Quercetin, a flavonoid in apples, has anti-inflammatory properties that may boost heart health.
- The prebiotic effect of apple fiber promotes a healthy gut microbiome.
- Apples contain compounds like phloridzin that may have anti-cancer and anti-diabetic effects.
- Their crunchiness promotes saliva production, helping clean teeth and freshen breath.

Size:

Red Delicious: Weight: 80-120g

Golden Delicious: Weight: 120-180g

Gala: Weight: 120-180g

Fuji: Weight: 120-210g

Product availability: From November to May





APPLE

Orange

Valencia: A late-season juice orange variety with a bright external color, few seeds, and rich, sweet flavor.

Salustiana: One of the most widely grown oranges in Iran, it has a intensely orange rind color and excellent juiciness.

Siahthaneh (Blood Orange): Unique cultivar with a bright orange exterior but striking dark red, almost black flesh and berry flavors.

Benefits:

- An excellent source of vitamin C, a potent antioxidant that boosts immunity and skin health.
- Packed with fiber to aid digestion - the thick membranes contain particularly high amounts.
- Citrus flavonoids like hesperidin have anti-inflammatory effects that may help prevent chronic diseases.
- Oranges contain plant compounds that may help lower cholesterol and regulate blood pressure.
- The vitamin C, folate, and potassium in oranges promote heart health.
- Useful in weight management as they're low in calories but filling due to the fiber and water content.

Size:

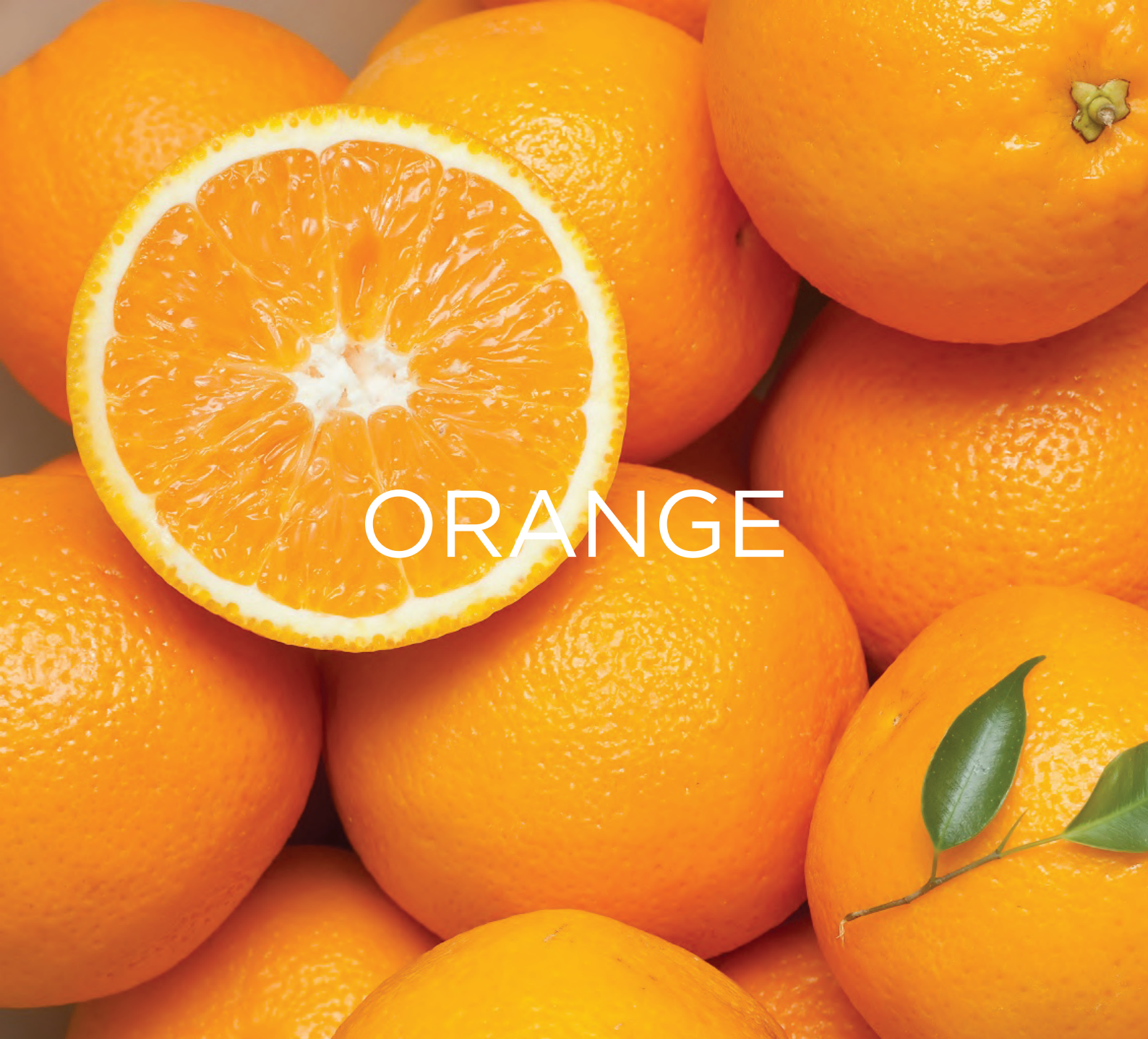
Valencia: Weight: 150-280g

Salustiana: Weight: 180-250g

Siahthaneh (Blood): Weight: 130-1800g

Product availability: From November to February





ORANGE

Kiwifruit

Hayward: The most ubiquitous kiwi variety grown commercially in Iran. It has an elongated, oval shape with fuzzy brown skin and bright green flesh.

Benefits:

- Extremely dense nutrient source - rich in vitamins C, E, K, folate, and potassium.
- One of the best fruit sources of vitamin E, an antioxidant that protects cells from damage.
- Kiwis contain actinidin, an enzyme that aids digestion and may help those with irritable bowels.
- The abundance of fiber helps promote regularity and feeds healthy gut bacteria.
- Contains powerful antioxidants like vitamin C, carotenoids, and polyphenols.
- May help manage blood pressure due to the potassium content and bioactive compounds.

Size:

Length: Weight: 70-130g

Product availability: From October to April





KIWIFRUIT

Watermelon

Seeds:

B32: The B32 watermelons typically have a round to oval shape, with a dark green rind and bright red, juicy flesh.

MIKADO SATURN: It is known for its uniform, round shape and medium to large size

BARAKA: Baraka is an Iranian heirloom watermelon variety with a distinctive elongated, oblong shape.

TEXAS: These watermelons have a round to oval shape, with a light green rind and bright red, crisp flesh.

ERGON: These watermelons have a round to slightly elongated shape, with a dark green rind and deep red, sweet flesh.

Benefits:

- Watermelon is about 92% water, making it an excellent way to stay hydrated, especially during hot weather.
- Watermelon is a good source of vitamins A, C, and B6, as well as minerals like potassium, magnesium, and copper.
- Watermelon contains the antioxidant lycopene, which may help protect cells from damage and reduce inflammation.
- The nutrients in watermelon, including citrulline, may help lower blood pressure and improve circulation.
- The high water and fiber content in watermelon can help promote regular bowel movements and healthy digestion.

Weight: 6-14 kg

Product availability: Whole year



A photograph of watermelons. On the right is a whole, dark green watermelon with light green stripes. To its left are several triangular slices of watermelon, showing the bright red, juicy flesh and black seeds. The slices are arranged in a fan-like pattern. The background is a soft, out-of-focus green. The word "WATERMELON" is written in white, bold, sans-serif capital letters across the center of the image, overlaid on the watermelon slices.

WATERMELON

Plum

Iranian Plums have a plump, round shape with a depression at the top where the stem attached. Plum skin is very smooth and shiny, and can be red, purple, or yellow.

We supply the main kinds of Iranian Plum, including below types :

Opal Plums: Opal Plums are lighter in color and have a mix of green and yellow in the purple color too.

Czar Plums : Czar Plums have a uniform dark purple color, and their flesh is red with a juicy texture.

Golden Plum: Golden Plum has a beautiful yellow color, and its flesh is also yellow with a juicy texture

EQUIRES TRASPORTATION TEMPERATURE (STANDARD) : From +0°C to +2°C

Transportation package: Carton boxes (5-layer corrugated cardboard), wooden cases/ in bulk, plastic cases

Bulk packaging is in 5/6/7/8 kg per one package

Caliber : +45 mm

Product availibilty: From June to December





PLUM

Peach

Iran is the sixth largest producer of peaches in the world with an annual production of more than 400,000 million tons.

Rich in vitamins C, A

We supply the main kinds of Iranian Plum, including below types :

Injir

Vostok

Champion

REQUIRES TRASPORTATION TEMPERATURE (STANDARD) : From +0°C to +2°C

Transportation package: Carton boxes (5-layer), plastic cases + protective materials, wooden cases + protective materials

Bulk packaging is in 3/5/6/8 kg per one package

Caliber : +55 mm

Product availibilty: From May to October





PEACH

Nectarine

Iran is the fifth-largest producer of nectarines globally and cooperates with various countries as an exporter of nectarines.

The nectarine is actually a type of peach, except that it has a smooth skin compared to a peach's velvety one. Basically, one tiny recessive gene keeps it from being a peach.

The nectarine has a more vivid colour (between a bright red and yellow colour) and it is usually smaller.

We supply the main kinds of Iranian Nectarines, including below types :

Nectarine (Shabrang Nectarine)

Donut Nectarines

Stark Sunglo Nectarine

Moghan Nectarine

REQUIRES TRASPORTATION TEMPERATURE (STANDARD) : From +0°C to +2°C

Transportation package: Carton boxes (5-layer), plastic cases + protective materials, wooden cases + protective materials

Bulk packaging is in 3/5/6/8 kg per one package

Caliber : +55 mm

Product availibilty: From May to October





NECTARINE

Pomegranate

Varieties:

Malas Saveh: The most famous Iranian pomegranate, with large juicy arils and a sweet-sour taste.

Shirin Yazdi: Known for its bright red arils and sweet flavor.

Torsh Shahvar: More sour in taste, suitable for juice and processing.

Malas Neyriz: Thin skin, dark red color, and balanced flavor.

Benefits:

- Rich in antioxidants, especially polyphenols and anthocyanins, which reduce inflammation and protect heart health.
- Excellent source of vitamin C, vitamin K, and folate.
- Contains ellagic acid and other compounds with anti-cancer potential.
- Helps lower blood pressure and improve circulation.
- Supports the immune system and promotes healthy skin.

Size: Average weight: 250–600 g (depending on variety and cultivation area).

Transportation & Packaging: Recommended transport temperature: +5°C to +7°C.

Packaging: 5-layer carton boxes, plastic or wooden cases, bulk packaging in 5/6 kg.

Product availability: From September to January.





POMEGRANATE

Cherry

Sour Cherry (Albaloo): This type of cherry is smaller in size and has a pleasant tart flavor. It is commonly used in Persian recipes and is a popular choice among Iranians.

Mashhad Begging Cherry (Tak Daneh): A type of cherry grown in Mashhad, known for its sweet flavor.

Benefits

Antioxidants: Cherries are rich in antioxidants, which help protect the body against free radicals and oxidative stress.

Heart Health: The antioxidants and fiber in cherries support heart health by reducing inflammation and improving blood flow.

Immunity: Cherries contain vitamins and minerals that boost immunity and help fight off infections.

Diabetes Prevention: The antioxidants and fiber in cherries may help protect against diabetes by regulating blood sugar levels.

Arthritis Relief: Cherry consumption has been suggested to be beneficial for arthritis relief.

Lower Risk of Gout Attacks: Cherries have been found to lower the risk of gout attacks.

Cholesterol Reduction: Cherries have been found to reduce cholesterol levels.

Caliber: +10 mm Diameter

Product availability: From May to August





CHERRY

AVAILABILITY

PRODUCT	JAN	FEB	MAR	APR	MAY	JUNE	JULY	AUG	SEP	OCT	NOV	DEC
Apple												
Orange												
Kiwifruit												
Watermelon												
Plum												
Peach												
Nectarine												
Pomegranate												
Cherry												

OUR VISION

To become Iran's leading global fresh fruit and vegetables company

OUR MISSION

Strive for excellence in quality and provide value to customers in across the globe



