





Who We Are

ABOUT LETO VITA TRADING COMPANY



We produce with our belief, we grow up with your trust.

Confidence of our consumers on us and our products constitute the most important factor promoting us to produce more particular and confidential products and to work harder and to grow up continuously.

Leto Vita promotes the rational use of plant nutrition and health products for the sustainable production of safe, abundant, high-quality and accessible food for the whole of society. For the development of plant nutrition and health products, our main challenge is to offer one of the broadest ranges of guaranteed, quality products on the market, and as such we continually strive to innovate, helping to make agriculture more sustainable. We chase the sun on a global scale to provide the peak of-season flavors and exciting varieties from growing regions spanning throughout a network of farmers worldwide. From the moment a fruit or vegetable is harvested, the freshness timer goes off and it is a race to preserve the nutrients, flavor, and appearance of the product until it arrives in the consumer shopping cart or on their table. New ideas and technologies enhance our capabilities and drive efficiency and new products.

Our Products

PRODUCTION OF FRUITS AND VEGETABLES

PRODUCTION GROWTH TO SATISFY YOUR ORDERS.

Production of fruits and vegetables is one of the most important sectors in agriculture in Iran. In the last couple of years, this sector has recorded a large increase in production, especially in the subsector of berry fruits. In recent years, Iran has ranked eighth the top 10 fruit producing countries in the world.

COMPETITIVE PRICES FOR COMPETITIVE PRODUCTS.

From premium quality fruits (plums, apples, pears, grapes, raspberries, strawberries, cherries and forest fruits) and vegetables (potatoes, cabbage, cucumbers, tomatoes and peppers), the TOP INTERNATIONAL PICKS are fresh plums, frozen and fresh raspberries, forest fruits, cherries, gherkins, tomatoes and potatoes!

STANDARDIZED QUALITY TO SATISFY YOUR BUYERS

Most of the producers follow the latest trends, as well as technologies used today in this type of production and obtained standards which are required from the World consumers. Furthermore, this sector can boast of the use of highly sophisticated equipment have the most advanced equipment available today.

MOVING FORWARD IN LINE WITH THE NEW TRENDS.

The advantage of new varieties and fruit species is reflected in the extension of the season in which the fresh fruits and vegetables are available, and in the fact that with the quality storages most products are available all year around. The sub sector of berry fruits and tree fruits really stands out here.of production.

DEVELOPED PRODUCTION OF FRUIT PLANTING MATERIALS

Leto Vita can also boast about the developed production of fruit planting materials, as well as the vegetable seedlings and largely meets its own needs for expansion of production. Some of the local entities are exporting planting materials to the regional countries for the first time, which has not been the case thus far.

"Fruits And
Vegetables products
from Iran to world
people"



Our Strengths

WE PRODUCE WITH OUR BELIEF

Leto Vita trading company was founded in 1996 in Iran and today produce and buys-up fruits and vegetables from over 100,000 hectares of agricultural land covered. We are engaged in the greenhouse production (peppers, tomatoes, cucumbers, kiwies, mushrooms, leaf herbs,...), production of vegetables in the open, and production of watermelons, cantaloupes, pumpkins, potatoes, onions tomatoes, carrots, icebergs, broccolies, zucchinies, eggplants, cabbages, lettuce, etc.

Our products are of superior quality and are produced using integrated production technology. We have a Global Gap certificate and conduct regular education of our members and cooperants.

The main services of the company include production and sale of fruits. Leto Vita plantations spread over 500 hectares over 4 seasons regions of Iran include various types of fruits (apples, pears, cherries, plums, peaches, oranges, pomegranates, tangerines, greengages, nectarines, strawberries, apricots, grapes, quinces, etc.). The company also owns a modern cooling capacities (ULO cooling storage with a capacity of 15,000 tons), as well as a modern machine for classification, sorting and calibration of fruits.

1 OVER 25 YEARS EXPERIENCE

We have more than 25 years of experience in supplying and producing fruit and vegetables.

2 OWNER OF 40 HA OF GREENHOUSES

We are the owner of more than 40 hectares of greenhouses in Iran.

3 500 HA OF GREENHOUSES OVER COUNTRY

We have 500 hectares of covered greenhouses in different cities, times and climates.

4 COLD STORAGE WITH A CAPACITY OF 15,000 TONS

We have many cold storage around country with capacity of 15,000 tons.

5 100,000 HA OF AGRICULTURAL LAND COVERED

We have over 100,000 hectares of agricultural land covered from the 4 seasons country.

6 BEST SELLERS FOR EXPORT MARKETS

We are best seller and exporter in field of fruit and vegetable market from Iran.

Produce and supply fruits from
all gardens in **Iran** at **100,000 hectares** of
four seasons region

Our Export Regions

EXPORT FROM IRAN TO WORLD PEOPLE

WE PRODUCE IN IRAN AND WE EXPORT OUR PRODUCTS THROUGHOUT WORLD

We produce and market a wide range of products throughout Europe, including Germany, Poland, Romania, Greece and many other countries as follows. Leto Vita products are picked when ripe, packaged and shipped the same day in the harvest, limiting handling. We harvest the size and color of your choice and ship directly from the farm to the customer without intermediaries.



Afghanistan



Germany



Kazakhstan



Russia



Armania



Greece



Pakistan



Tajikistan



Azerbaijan



India



Poland



Turkiye



Belarus



Iraq



Romania



Uzbekistan



Our Transport System

PEFECTLY FRESH AND SAFE

Fresh fruits and vegetables require careful handling during storage and transportation. They are temperature sensitive freight with a limited shelf life. To maintain the quality and good marketable condition of fruits, it is necessary to comply with the transportation requirements and outside conditions. Leto Vita provides delivery of agricultural products use specialized trucks equipped with refrigerators and choose the best routes for fast and careful delivery.

LOADING RULES

When delivering agricultural products over long distances, it is necessary to observe the rules of commodity neighborhood one refrigerator section can only accommodate fruits or vegetables with the same storage conditions and appropriate ethylene compatibility. Fruits that emit a large amount of ethylene are recommended to be transported separately from perishable products that are sensitive to it, since the gas facilitates the maturation processes. For example, green bell pepper, placed next to apples, quickly turns brown and gets shopworn.

PACKAGING AND STOWAGE

Fruits and vegetables that require careful handling (apples, pears, tomatoes, peppers, Chinese cabbage, zucchini, new potatoes, etc.) are transported in cardboard or wooden boxes that provide sufficient rigidity to protect fruits from damage.



TEMPERATURE AND AIR HUMIDITY

For fruits, berries and most types of vegetables, cold chain principle is applied. Dramatic temperature variations when moving products from storage chambers to refrigerated trucks, can lead to the condensation on the skin of products, loss of elasticity and premature spoilage. Therefore, products can be kept in normal outside conditions for a limited period of time. For transportation of fresh vegetables and fruits, Class A refrigerators are used.

The temperature inside the refrigerator depends on the type of product. Deviations from the standard values can lead to fruit drying, bad marketable appearance, and a significant shrinkage rate increase.

Although the refrigeration system can help maintain ideal conditions during transport for fruits and veggies, it still requires manual input from someone to do so.

Because of that, anyone in charge of programming the reefers will need to understand what temperatures are best to use, as different fruits and vegetables may require different settings as well.

Choosing the wrong set temperature will cause the cargo to perish.

You can be sure that you will receive
your order **perfectly safe** and **fresh**.

Make sure to contact your representative for varieties, availability and special pricing.

Leto Vita Trading Company

No. 0, Kalantari Ave., Chaikenar Alley, AharEast-Azerbaijan, 5451883118 - IRAN

sales@letovita.com, www.letovita.com



Fruits

Apples	10
Oranges	11
Pomegranates	12
Cherries	13
Tangerines	14
Greengages	15
Kiwis	16
Peaches	17

Nectarines	18
Strawberries	19
Plums	20
Apricots	21
Grapes	22
Pears	23
Quinces	24
Rough lemons	25



Apples

Apples are medium in size and have bright crimson-orange skin over a gold-green background. The skin often has lenticels and small patches of russet. The flesh is creamy-white, has some juice, and is dense and crisp. In a good fruit, the flavor is excellent, balanced between sweet and acidic with interesting notes of pear and lychee.



SELECTION

Choose firm, have a great aroma, shiny and smooth skin with no visible signs of breaks, and look for firm apples with no nicks or bruises. Ripe apples are crisp and firm to the touch. Grasp the apple with the palm of your hand, rather than your fingers.



STORAGE

Store apples in the refrigerator to slow ripening and maintain flavor. Store apples away from strong smelling foods to prevent them from absorbing unpleasant odors. Properly refrigerated apples can last anywhere from 4 to 6 weeks.

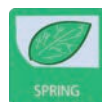


NUTRITION

Apples are truly the “super fruit” for everyone. It’s true that an apple a day really can help the doctor away. Apples are a healthy source of antioxidants and lots of fiber and help maintain a healthy weight with just 80 calories for a medium-sized fruit.



SEASON



GOLDEN DELICIOUS



GRANNY SMITH



GALA



Oranges

Oranges are a type of low-calorie, highly nutritious citrus fruit. Oranges are popular due to their natural sweetness, the many different types available, and the diversity of uses. For example, a person can consume them in juices and marmalades, eat them whole, or use zested peel to add a tangy flavor to cakes and desserts.



SELECTION

Choose oranges that feel heavy for their size and have firm, finely textured skin. Skin color is not an indicator of flavor or ripeness. Those with greenish hues can be just as tasty as bright orange ones. Avoid any oranges with soft spots or those that feel spongy.



STORAGE

Store oranges at room temperature for up to 1-2 days. Ripe oranges should be stored in the refrigerator for up to 2 weeks. Place whole oranges in a plastic mesh bag so your fruits have some airflow. Store cut oranges in an airtight container.

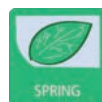


NUTRITION

This popular citrus fruit is particularly known for its vitamin C content. However, oranges contain a range of other plant compounds and antioxidants that may reduce inflammation and work against disease. Oranges are a good source of fiber and potassium.



SEASON



NAVEL



VALENCIA



BLOOD



Pomegranates

Pomegranates seem like an intimidating fruit. But breaking through that tough skin to get to the juicy, ruby-red seeds (known as arils, which include the seeds and the juice around it) is worth the effort because many health benefits lie within. Those tart arils can help keep your body healthy and disease free.



SELECTION

Look for pomegranates that are hard on the outside and feel heavy for their size; pass on any that have cracks or bruises. Rind color, which ranges from bright pink to red to brick, indicates variety, rather than ripeness.



STORAGE

Store pomegranates in a cool, dry well-ventilated place. The fruit should be spread on shelves or tables or hung by tying strings to the fruit stems. Fruit can also be refrigerated. Fresh seeds or juice will keep in the refrigerator for up to 5 days.



NUTRITION

Pomegranates are an excellent source of vitamin K to assist in faster wound healing, vitamin C to strengthen the immune system, fiber to regulate the digestive tract, and folate to develop red blood cells. Pomegranates are rich in antioxidants.



SEASON



ARIANA



GRANADA



PARFIANKA



Cherries

Cherries are some of the most delicious fruits around. Their sweet taste and snackable size have made them a favourite for many. In addition to their unique flavour, there are plenty of health benefits associated with eating cherries regularly, including lower risks of cancer and heart disease, and even getting better sleep.



SELECTION

Cherry color fluctuates depending on the varietal, but make sure to always select cherries that are dark for their variety. The glossiest, darkest reds with dark saturation and the greenest stems typically ensure the freshest quality.



STORAGE

Store unwashed cherries between layers of paper towels, but if that's too much work, focus on keeping them dry and cold at a minimum. Stored correctly, cherries will last for around a week in the fridge. make sure to keep them away from strong-smelling foods.

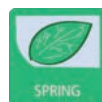


NUTRITION

The benefits of cherries are plenty. For example, sweet cherries can prevent cancer, reduce the risk of heart disease, and treat osteoarthritis and gout. In addition, sweet cherries improve food as a flavouring or garnishing agent.



SEASON



BING



RAINIER



MONTMORENCY



Tangerines

Tangerines are small to medium-sized fruits, averaging 5 to 8 centimeters in diameter, and have a flattened, oblate to obovoid appearance. Some Tangerine varieties may showcase a small neck on the stem end, and the peel is thin with a smooth, slightly leathery, and textured surface, covered in prominent oil glands creating a pebbled look.



SELECTION

Select a tangerine that is plump and fills its skin. A tangerine that feels heavy for its size will be filled with juice. Avoid tangerines that are that feel hollow or soft or look like they've been bumped or dented. Look for firm, bruise-free skin.



STORAGE

Tangerines last for 5 to 7 days at room temperature or up to 2 weeks in the fridge. The better the quality of the fruit and the fresher it is, the longer it'll stay good for. Peeled tangerines should keep in the fridge for 4 to 5 days.

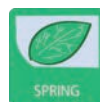


NUTRITION

Like all citrus fruits, tangerines have an abundance of vitamin C. They also have a moderate amount of vitamin A, with 100 grams of tangerine providing you with approximately 14% of your daily recommended vitamin A intake.



SEASON



CLEMENTINE



GOLDEN NUGGET



PIXIE



Greengages

Greengage plums are small, averaging 2 to 4 centimeters in diameter, and have a round, ovate, to oval shape with curved shoulders and a slightly flattened base. The plum’s skin is smooth, taut, and thin, ranging in color with variegated hues of green, yellow, to gold. The skin may also showcase dark red speckling, a pale blue to grey bloom, or amber blushing.



SELECTION

Greengage develop their best flavour if left to ripen on the tree. If they feel soft when gently squeezed, they are ripe. Trees will generally need picking over several times. Harvest fruits carefully so as not to bruise them, then eat fresh, destone and freeze.



NUTRITION

Greengage plums are a good source of vitamin A to maintain healthy organ functioning, vitamin C to strengthen the immune system, and vitamin K to promote faster wound healing. They are An explosive packet of antioxidants, vitamins and minerals.



STORAGE

To prolong enjoyment, greengages can be preserved in alcohol, turned into a jam, or poached and then frozen. To prolong enjoyment, greengages can be preserved in alcohol, turned into a jam, or poached and then frozen.



SEASON



PLUM



DAMSONS



Kiwis

About the size of an egg, kiwifruit is wrapped in a russet-brown thin skin with short rather stiff hairs. The kaleidoscope-like almost glistening emerald green firm pulp is dotted with a large amount of dark nearly black tiny edible seeds that create this fruit's characteristic interior starburst pattern. Sometimes the flesh may be yellow, brownish or off-white.



SELECTION

Choose firm, unblemished fruit. Press the outside with your thumb. If it gives to slight pressure, the kiwifruit is ripe. Size is not an indication of ripeness with kiwis. Kiwis should be slightly firm when you gently squeeze it and the skin should be rough.



STORAGE

To ripen, hold fruit at room temperature in a loosely closed paper bag, for two to three days and avoid unusual heat and direct sunlight. Once kiwifruit is ripe and yields to the touch, it should be refrigerated until ready for use.

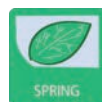


NUTRITION

Kiwi is low in fat, sodium and cholesterol-free, and an excellent source of fiber, folate, zinc, Vitamins C and E, and antioxidants which have been credited with lowering blood pressure and preventing some types of cancer.



SEASON



FUZZY



Peaches

Peaches are round fruits that range in size from 5 to 9 centimeters in diameter. They are distinguished by a downy fuzz covering their thin skins. The fruits mature from green to yellow and then orange with deep red blushing on the side facing the sun. The deep orange flesh is aromatic and juicy and may or may not cling to the hard, almond-shaped central stone.



SELECTION

For yellow peaches: Look for a piece of fruit that is full red/orange/yellow, with a yellow foreground.
For white peaches: Look for a piece of fruit that is light pink to maroon in color with a cream-colored background.



STORAGE

if peaches are continuously stored in cold conditions of 2 to 8 °C for more than 2 weeks, the physiological disorder of chilling injury becomes a concern. wrapping them tightly and placing in the fridge is your best choice.



NUTRITION

Peaches are an excellent source of vitamin A, B-complex vitamins thiamin, riboflavin and niacin, potassium, iron and phosphorus. They are also a good source of fiber, calcium, vitamins C, E, and K and a small amount of protein and sodium.



SEASON



YELLOW



WHITE



DONUT



Nectarines

Nectarines are small fruits, averaging 5 to 7 centimeters in diameter, and have a round, oval, to ovate shape with a prominent seam or suture extending from the stem to the base. The fruit's skin is smooth, taut, glossy, and delicate, bruising easily, and has a golden yellow base, blushed with hues of ruby, crimson, and orange.



SELECTION

For yellow nectarines: Look for a piece of fruit that is full red/orange/yellow, with a yellow foreground. For white nectarines: Look for a piece of fruit that is light pink to maroon in color with a cream-colored background.



STORAGE

Store unripe nectarines at room temperature until ripe. To speed up the ripening process, place nectarines in a paper bag and store at room temperature, out of direct sunlight. Store ripe nectarines in the crisper drawer of your refrigerator.



NUTRITION

A medium-sized nectarine contains 62 calories and is a good source of a number of minerals, vitamins, potassium and dietary fiber. Nectarines are a high source of vitamin C, vitamin A, and fiber, among other nutrients



SEASON



DOUBLE DELIGHT



EARLY SUNGRAND



FANTASIA



Strawberries

The garden strawberry (or simply strawberry) is a widely grown hybrid species of the genus *Fragaria*, collectively known as the strawberries, which are cultivated worldwide for their fruit. The fruit is widely appreciated for its characteristic aroma, bright red color, juicy texture, and sweetness.



SELECTION

Choose berries that have a bright red color, a natural shine and fresh looking green caps. Strawberries should always be refrigerated and kept dry until just before serving. With green stems still intact, rinse berries under cool water.



STORAGE

Place your unwashed strawberries on top in a single layer, then cover with a lid or plastic wrap and refrigerate until ready to use, ideally within seven days. If you notice one of the strawberries going bad or turning moldy, immediately remove it and discard.



NUTRITION

Raw strawberries are 91% water, 8% carbohydrates, 1% protein, and contain negligible fat (table). A 100 gram reference amount of strawberries supplies 33 kilocalories, is a rich source of vitamin C, a good source of manganese.



SEASON



CHANDLER



EARLIGLOW



ALLSTAR



Plums

Plums are small to medium-sized stone fruits, averaging 2 to 7 centimeters in diameter, and have a round, oval, ovate, to cordate shape with a prominent suture line extending from the stem's cavity to the Plum's base. The fruit's skin is thin, taut, smooth, and delicate, bruising easily, and ranges in color from dark purple, almost black, ruby red, bright green to golden amber.



SELECTION

Plums should be plump and well-colored. To find a ripe plum, hold one in the palm of your hand. It should feel heavy and yield to gentle pressure. Avoid plums with shriveled skin, mushy spots or breaks in the skin.



STORAGE

The best place to store plums is in the refrigerator. The best temperature for storing plums is about -1° to 0°C with relative humidity around 90–95%; if kept at this temperature, plums may last for 2 to 4 weeks.



NUTRITION

Plums are rich in antioxidants that protect the cells against free radical damage and are a good source of vitamin C to strengthen the immune system, calcium to build bones and teeth, fiber to regulate the digestive tract.



SEASON



BLACK BEAUTY



SHIRO



FRIAR



Apricots

Apricots are petite, round to slightly oblong fruits with smooth and velvety skin. The skin often has a rosy blush, and can range in color from pale yellow, to golden, to a burnt orange, depending on the variety and how ripe they are. The flesh is smooth, juicy, tender, and sweet, with just a bit of tartness at the end.



SELECTION

While it's easy to tell if an apricot is ripe, it can be tough to tell whether it's good. Look for fruits that have a deep orange-gold color rather than those that are pale orange or yellow. They should be plump and firm, with just a little softness to them.



STORAGE

If the apricots have any green visible, keep them at room temperature for a day or two to ripen. Once ripe, refrigerate apricots as necessary to prevent spoiling, but cold temperatures may change their texture and taste.



NUTRITION

Apricots are low fat, saturated fat free, cholesterol free, sodium free, excellent source of vitamin A and C. They are also rich source of dietary fiber and potassium and one of the best fruit choices for beta carotene.



SEASON



TOMCOT



GOLDBAR



RIVAL



Grapes

Grapes come in different colors and forms. There are red, green, and purple grapes, seedless grapes, grape jelly, grape jam and grape juice, raisins, currents, and sultanas, not to mention wine. Both red and green grapes contain resveratrol, but red grapes, and specifically their skins, contain more.



SELECTION

Green grapes are best when they're a yellow-green color, red grapes are best when predominantly red, and black grapes are best when they have a rich, full color. Grapes should be firm, plump and firmly attached to the stems.



STORAGE

Before storing, check grapes for any signs of mold, shriveling or poor stem attachment. Store grapes unwashed in original package. Grapes are best kept near the back of the refrigerator where it's coldest.

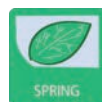


NUTRITION

The nutrients in grapes offer a number of possible health benefits. They have been associated with prevention of cancer, heart disease, high blood pressure, and constipation. Resveratrol is a key nutrient in grapes that may offer health benefits.



SEASON



GREEN



RED



CHAMPAGNE



Pears

Pears are among the most popular fruits in the world. Whether green, golden or blushing red, pears are great tasting fruit. It is sweet and delicious and offers crunchiness of apples yet juicy as peach & nectarine. It is also widely popular for their unique nutrient qualities.



SELECTION

Check the neck for ripeness. Apply slight pressure to the neck of the pear with your thumb, and if it yields to the pressure, it is ripe. Choose firm pears with the stem intact. Pears texture should be fairly firm and consistent.



STORAGE

Simply place the whole pears in a perforated plastic bag or a paper bag and place them in your refrigerator's crisper drawer. Winter pears and Bartlett pears will last up to two months in cold storage, while unripe summer pears may last up to a week in the fridge.



NUTRITION

A medium pear is a good source of vitamin C; this fruit also packs in some potassium, vitamin K, copper, magnesium, and B vitamins, according to the USDA. Pears are an excellent source of fiber, too, which helps keep your GI system regular.



SEASON



BARTLETT



HONEY BELLE



FRAGRANT



Quinces

Quince resemble a large, lumpy yellow pear with skin that may be smooth or covered with a woolly down depending on variety. A characteristic common to all varieties is their strong aromatic fragrance, a musky-wild, tropical-like perfume. Astringent and sour, the flesh cannot be eaten raw and requires cooking to be edible.



SELECTION

Choose well shaped, plump, hard and evenly coloured yellow fruit with a slight green tinge. When picking, lift the fruit slightly and gently twist. If it's ripe, the stem will gently snap off. If you have to tug at the fruit, it's not ripe.



STORAGE

Cover the quince with a bit more shredded paper and then put store them in a cool, dark place, such as a garage, shed or cellar. Make sure wherever you store them is frost-free, well-ventilated, away from direct sunlight.



NUTRITION

Rich in fiber, quince provides a moderate amount of vitamin C and potassium. Four ounces of raw fruit contains about 65 calories. It is a good source of minerals such as copper, iron, potassium, and magnesium as well as B-complex vitamins.



SEASON



PINEAPPLE



CHAMPION



SMYRNA



Rough Lemons

Rough lemons are a medium to large-sized varietal, averaging 7 to 8 centimeters in diameter, and have a gnarled, round to oblate shape. The lemon’s skin is covered in a thick rind, enveloped in deep creases, wrinkles, and bumps with a pronounced nipple on one end. The surface is also leathery and textured, bearing prominent oil glands giving the rind a pebbled appearance.



SELECTION

Choose rough lemons that are heavy for their size, give slightly when gentle pressure is applied and have a pleasant fragrance. The skin of a lemon should be bright yellow with no wrinkling. Avoid lemons that are too soft or have signs of mold.



STORAGE

Whole lemons can last up to a week if you store them at room temperature on the countertop. Store lemons in the refrigerator. Whole lemons can last for a month in the refrigerator if you store them in an airtight container or a sealed plastic bag in the crisper drawer.



NUTRITION

Rough lemons are an excellent source of fiber to stimulate the digestive tract and vitamin C to strengthen the immune system, boost collagen production within the skin, and reduce inflammation. They are also a good source of potassium, copper, vitamin B6.



SEASON



ROUGH LEMONS

Leto Vita Trading Company

No. 0, Kalantari Ave., Chaikenar Alley, Ahar
East-Azerbaijan, 5451883118 - IRAN

sales@letovita.com, www.letovita.com

