





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

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Mints

Mint is an aromatic herb that can grow anywhere from 10 to 120 centimeters tall, depending on the variety. It spreads readily via underground horizontal roots and is characterized by its unique stem structure, as the erect stems have a square shape instead of round. Mint will sprout tiny purple, pink, or white flowers if allowed to bloom.



SELECTION

Harvest mint leaves at any size by pinching off stems. For a large harvest, wait until just before the plant blooms, when the flavour is most intense, then cut the whole plant to just above the first or second set of leaves.



STORAGE

Place the mint in a plastic bag, not sealing all the way so that air can circulate. Do not wrap tightly; trapped moisture will cause the herbs to mold. Trim the ends and place in a glass filled with about 1" of water. Cover with a loose fitting bag.



NUTRITION

Mint is rich in vitamins A and C and also contains smaller amounts of vitamin B2 and minerals like calcium, copper, zinc, and magnesium. The main organic compound that gives Mint its distinctive smell and cooling taste sensation is menthol.



SEASON



MINT



Dills

Dill averages 90 cm tall with wispy fern-like leaves. It has a flavor likened to the combination of anise, parsley, and celery with a mild lemon finish. The plant produces lacy yellow flowers that grow in flat-topped clusters called umbels. The blossoms have a fresh sour characteristic much like the herb itself and the dill pickles that they are synonymous with.



SELECTION

Pick for leaf harvest just before flowers open. This is when the leaves contain the highest concentration of oils. The day before harvesting leaves, spray them with water so that they will be clean and dry the day of harvest.



STORAGE

To successfully store fresh dill, spritz whole stems lightly with a fine spray of water, wrap loosely in paper towels, and place in a sealed zip-top plastic bag. Store the dill in the vegetable bin of your refrigerator.

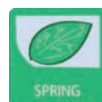


NUTRITION

Dill is a great source of vitamins A and C and a good source of manganese, iron and folate. The herb also contains calcium, riboflavin, niacin and potassium and trace amounts of vitamin B6, dietary fiber, magnesium, phosphorus, zinc and copper.



SEASON



DILL



Parsley

Parsley is a leafy herb that grows small in stature, around one foot tall and about the same around. The multi-branched parsley has bright green stems that are tender when young and grow woody as the plant matures. The leaves are triangular, flat, and deeply toothed, divided into three sections with multiple leaves growing along the tops of the stems.



SELECTION

Leaves can simply be pinched or snipped off. When harvesting stems, cut at the base of the stem instead of snipping the top. Cutting parsley stems near the base of the plant encourages growth, allowing your plants to grow bushier.



STORAGE

Keeping your parsley wrapped in a damp paper or kitchen towel in the refrigerator will keep it fresh for a few days. Treating the parsley much like a bunch of flowers will keep it fresh longer. Trim the stems slightly, and without washing place.

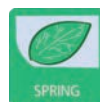


NUTRITION

Parsley is a versatile herb that provides a concentrated source of nutrients. It's particularly rich in vitamins A, C, and K. The vitamins and beneficial plant compounds in parsley may improve bone health, protect against chronic diseases.



SEASON



PARSLEY



Cilantro

Cilantro is comprised of small leaves attached to long and slender green stems. The leaves vary in size, with the base leaves being larger, while the leaves at the top of the stems are smaller and more delicate. The dark green leaves are generally broad, flat, and deeply lobed with feathery, serrated edges and a smooth and crisp consistency.



SELECTION

Select cilantro bunches that are brightly colored with fresh, fragrant leaves. To make sure you're not buying a bunch of parsley, give it a quick sniff to check for its distinctive aroma. Avoid bunches with wilted, yellowed or blackened leaves.



STORAGE

Loosely cover the leaves with an upside-down plastic bag and pop it in the fridge. Storing cilantro this way will keep it fresh for as long as a month just make sure to occasionally refresh the water in the jar.

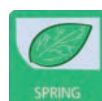


NUTRITION

Cilantro is a good source of vitamin A to maintain healthy organ functioning, vitamin K to assist in faster wound healing, dietary fiber to regulate the digestive tract, and manganese. Cilantro has been used medicinally to cleanse and detox the liver.



SEASON



CILANTRO



Basils

Basil leaves widely range in size and appearance, depending on the specific variety, and average 3 to 11 centimeters in length with an oval to lanceolate shape. The leaf’s surface is smooth, broad, and flat with prominent veining, found in shades of bright green, dark green, and purple. The leaves also have even to serrated, jagged edges and are attached to fibrous, square stems.



SELECTION

This type of basil has dark green, glossy leaves and a sweet but slightly spicy flavor. Choose herbs that are erect and can be held upright without limping or drooping. Leaves ought to be vibrantly colored and without brown spots.



STORAGE

Store in the refrigerator. Store basil by snipping off the bases of the stems and placing the bunch in a vase or a Mason jar with an inch or two of water at the bottom, just like a bouquet of flowers. Store at room temperature in a light area, but out of direct sunlight.



NUTRITION

Basil is an excellent source of vitamin K, a nutrient that assists in faster wound healing, and is a good source of iron to build the protein hemoglobin to transport oxygen through the blood. It is also a good source of Protein, Vitamin E.



SEASON



BASILS



Chives

Chive plants produce long, thin, tender green leaves that grow straight upward in dense clusters and spherical, spiky purple blossoms that grow atop tougher stems. The pencil-like leaves come to a point and are hollow like a straw. Chive plants are in the same family as onions and garlic, offering a similar yet more delicate flavor profile.



SELECTION

Choose herbs that are erect and can be held upright without limping or drooping. Leaves ought to be vibrantly colored and without brown spots, and their scent should be strong and fresh-smelling.



STORAGE

You can wrap them loosely in plastic wrap and store them in the crisper drawer. Alternatively, you can also wrap them in a damp paper towel and store them in a plastic bag or airtight container. Use refrigerated chives within ten to fourteen days.

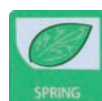


NUTRITION

Chives contain both choline and folate. Individually, each of these components is linked to improving memory functions. Studies show that adults who eat more foods with choline in them do better on cognitive tests.



SEASON



CHIVES



Persian Cress

Persian cress is a leafy, branched herb comprised of small leaves averaging 5 to 8 centimeters in length, attached to slender, elongated stems. The leaves are dark green, flat, and pliable with lobed, frilly to serrated edges, while the stems are green, crunchy, and semi-fibrous.



SELECTION

Choose herbs that are erect and can be held upright without limping or drooping. Leaves ought to be vibrantly colored and without brown spots, and their scent should be strong and fresh-smelling.



STORAGE

Sown indoors, persian cress can be harvested and eaten after about 7 days. It could be advisable to put the sprouted cress in the fridge so it only grows slowly, hence is long available in the most optimum freshness.

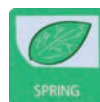


NUTRITION

Persian cress is a good source of vitamin K for faster wound healing, vitamin A to maintain healthy organ functioning, and vitamin C to strengthen the immune system. It's low in calories and as well as omega-3 fatty acids



SEASON



PERSIAN CRESS



Green onions

Green onions are small to medium in size and grow in clusters of elongated, straight leaves and narrow, slender bases. The dark green leaves are smooth, stiff, and hollow with small, central tubes. Connecting into the leaves, the white base is dense, succulent, and firm with small white roots growing from the bottom of the base.



SELECTION

Select green onions with white to pale green bulbs. Look for undamaged, unwilted tops. The tops should be bright green and about 8 inches long. When selecting green onions, be sure to look for crisp, firm bulbs.



STORAGE

Unlike regular onions, which stay freshest at room temperature, scallions should be stored in the fridge. That's because scallions are more like leafy greens than they are root vegetables, and so you should be treating them more like herbs or regular white or yellow onions

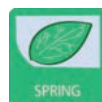


NUTRITION

Green onions are an excellent source of beta-carotene, folate, and vitamin C, and also contain calcium and vitamin A. Green onions are rich in organo-sulphur compounds, known to lower cholesterol levels in the blood.



SEASON



GREEN ONIONS



Spinaches

Spinach widely varies in size and appearance, depending on the specific variety and maturity of the greens, and develops in low-growing rosettes. The leaves range in size from small to large and appear flat to slightly curved with an oval, oblong, triangular, deeply lobed, to arrowhead shape.



SELECTION

When buying whole bunches of spinach, look for leaves that are crisp and dark green, and avoid those that are yellow, limp, or wilted. If buying pre-washed, packaged spinach and inspect the bag for any slimy or yellow leaves



STORAGE

If loose, wrap the spinach in dry paper towels or clean dish towels, place it in a sealed freezer bag or plastic container, and put it in the crisper drawer. If the spinach came in a package of its own, you can simply put a towel or cloth in the container and seal it.

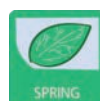


NUTRITION

Spinach also contains several other vitamins and minerals, including potassium, magnesium, and vitamins B6, B9, and E. Spinach is an extremely nutrient-rich vegetable. It packs high amounts of carotenoids, vitamin C, vitamin K, folic acid and iron.



SEASON



SPINACHES



Tarragons

Tarragon is a multi-branched shrub with a central root system that extends horizontally through the soil to develop a shrub-like plant. Each slender stem contains many pairs of elongated, lanceolate-shaped leaves. The green leaves are thin, semi-glossy, and pliable, averaging 2 to 8 centimeters in diameter, and taper to a point on the non-stem end.



SELECTION

Harvesting. You can harvest tarragon from late spring to early autumn. Snip off the shoot tips, then strip the leaves with your fingers. The leaves are best used fresh, but can also be dried and stored in air-tight containers for use in winter.



STORAGE

Store tarragon in the fridge, either loosely rolled in a damp paper towel and then placed in a plastic bag or in a jar of water loosely covered in plastic. Tarragon is not well-suited for drying, as it loses a lot of its flavor.



NUTRITION

Tarragon is generally used in small amounts and is not a significant source of nutrients. The leaves contain vitamins A and C to strengthen the immune system, potassium to balance fluid levels, and other amounts of iron, manganese and copper.



SEASON



TARRAGONS



Spearmint

Mint Spearmint Tops are comprised of 3 to 4 twin leaflets that vary in size from 2 to 6 centimeters, connected opposite each other on a sturdy, purple stem. The leaves are ovate in shape with serrated edges, prominent veining, and a crinkled texture, contributing to the tender and succulent nature of the leaf.



SELECTION

Leaves at any size by pinching off stems. For a large harvest, wait until just before the plant blooms, when the flavour is most intense, then cut the whole plant to just above the first or second set of leaves.



STORAGE

Place the spearmint in a plastic bag, not sealing all the way so that air can circulate. Do not wrap tightly; trapped moisture will cause the herbs to mold. Trim the ends and place in a glass filled with about 1" of water. Cover with a loose fitting bag.



NUTRITION

Spearmint is a delicious, minty herb that may have beneficial effects on your health. It's high in antioxidants and other beneficial plant compounds that may help balance hormones, lower blood sugar and improve digestion.



SEASON



SPEARMINT



Arugula

Arugula consists of deeply lobed, flat leaves connected to fibrous stems, growing in a loose, basal rosette. The leaves are generally harvested small in size, averaging 7 to 10 centimeters in length, and are smooth and bright green with prominent veining and frilled edges.



SELECTION

The medium green edible leaves of arugula are best harvested when they are about four inches long with scalloped edged. Leaves ought to be vibrantly colored and without brown spots, and their scent should be strong and fresh-smelling.



STORAGE

Keep arugula in a cloth or plastic bag in the crisper drawer of the refrigerator. Freezing arugula is an excellent option for extending the shelf life of these leafy greens. To freeze arugula, begin by rinsing the leaves under cold water and removing any wilted or brown leaves.

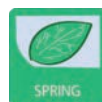


NUTRITION

Arugula is full of antioxidants compounds that can protect against or reverse damage to your cells. Arugula also has glucosinolates. These natural substances, which give arugula its bitter taste and strong scent including breast, prostate and lung.



SEASON



ARUGULA

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