





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



Vegetables

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| Kharbouza Melon | 12 |
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Cucumbers

Persian cucumbers are small in size, averaging 10 to 15 centimeters in length, and have a narrow, cylindrical appearance with curved, blunt ends. The cucumbers can be straight or have a slight curve to their shape, and the skin is thin, emerald to dark green, and tender, sometimes smooth or covered in shallow ridges.



SELECTION

Look for firm cucumbers, without blemishes or soft spots, which can indicate they have started to rot. They should be dark green without any yellow spots, which develop as the cucumber is getting overly ripe. At that point, it will often produce off-flavors and odors.



STORAGE

Wrap the whole cucumber in plastic wrap and then store it in an airtight container. The plastic wrap acts as a shield and locks in moisture, which prevents the cukes from ripening and becoming mushy. Temp. above 15°C can lead to rapid fruit yellowing and loss of quality.

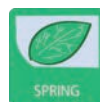


NUTRITION

Persian cucumbers are a source of fiber to regulate the digestive tract, vitamin C to strengthen the immune system, and potassium to balance fluid levels within the body. They are an excellent addition to a diet that restricts fat intake.



SEASON



PERSIAN



MARINDA



Watermelons

Watermelons are moderately sized, round to oval fruits, ranging from 11 to 22 pounds. The dark green rind is smooth, thick, and firm, covered in mottled, light green striping. Underneath the surface, the portion of the rind that connects to the flesh is pale green to white and is crunchy with a vegetal flavor.



SELECTION

A ripe watermelon should have a thick rind that doesn't give easily when pressured. The ones that do are generally overripe. Also, if you scratch it with your thumbnail, you shouldn't be able to cut through it. Look for an orange creamy field spot.



STORAGE

Whole watermelons can be kept at room temperature for a few days, but will keep better in the fridge. Once cut, watermelon should always be stored in the fridge. Once ripe, place the whole watermelon, uncovered, in the refrigerator.

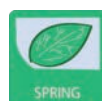


NUTRITION

Watermelons are an excellent source of vitamins A and C, nutrients, including potassium, magnesium which are antioxidants that can boost the immune system and increase collagen production within the skin. It's also relatively low in calories.



SEASON



ALLSWEET



BLACKTAIL MOUNTAIN



ALIBABA



Kharbouza Melon

The Kharbouza melon, described as tasting somewhat like an aged chardonnay wine, wears a yellow and green hard skin. Inside, a large seed cavity inhabits its firm, crunchy, mildly sweet flesh. Perfumed melons are a delicious joy of summer eating. Different cultures treat melons differently in the culinary world.



SELECTION

Pay Attention to Size and Weight. Whether it's large or small, a ripe melon will feel heavy for its size. Check for Defects on the Rind.

Turn the melon in your hands and carefully inspect the surface area.



STORAGE

Whole melon should be left at room temperature until ripe. Once ripe, place whole, uncovered melons, in the refrigerator. Once cut, make sure to cover the open sides with plastic or bees wax wrap. Pack into containers, leaving headspace. Seal and freeze.



NUTRITION

Melons contains the least amount of calories, coming in at 46 calories per one-cup serving. However, it's loaded with the antioxidant lycopene, which is linked to decreased risk of cancer, heart disease and age-related eye disorders.



SEASON



KHARBOUZA



Pumpkins

Pumpkins are medium to large in size, averaging 16-24 pounds, and are globular, blocky, and have a shallow, sunken in stem cap with a sturdy, cork-like, brown stem. The smooth rind is deeply ribbed with defined lobes and transforms from a pale yellow to cream, and then a pink-salmon hue when mature.



SELECTION

When selecting the perfect pumpkin, choose one with no soft spots. It should also be uniform in color, with no signs of mold or unusual discoloration. Also, pick a pumpkin that has its “handle,” or stem, intact.



STORAGE

Pumpkins should be stored in a cool, dry place. Ideal temperatures are between 50° and 60° F and relative humidity of 50 - 70%. Higher humidity allows condensation on the fruit with risk of disease, and lower humidity can cause dehydration.



NUTRITION

It offers a long list of nutrients that protect and support the heart, such as vitamins A, B1, B6, and C, copper, fiber, folate, and manganese. Pumpkin provides calcium, potassium, and magnesium, which can help keep heartbeat regular and blood pressure.



SEASON



LONG



MUNCHKIN



PINK



Mushrooms

White button mushrooms are small to medium in size with caps averaging 2-7 centimeters in diameter and are attached to short, truncated stems. The smooth white caps are rounded, firm, and spongy. When bruised, the white flesh will turn light pink and will then transform into brown.



SELECTION

Select mushrooms that are firm with a fresh, smooth appearance. The surfaces of the mushroom should be dry, but not dried out, and appear plump. A closed veil under the mushroom cap indicates a delicate flavor.



STORAGE

Because of their high water content, mushrooms should be stored in the fridge to keep them as fresh as possible. You can probably get away with stashing them on the counter for a day or so, but if you want to keep them for several days,



NUTRITION

White mushrooms are low in calories and sugar. They are also high in protein and vitamin D, and they're a source of vitamin B12. As such, they are considered beneficial for those following plant-based diets.



SEASON



WHITE BUTTON



Tomatoes

Tomatoes, aptly named for their large size and meaty texture, have a classic tomato flavor, however, depending upon the variety, they can also be sweet to the taste. They are heavy, reaching weights as high as four pounds, and they range in color from pink, to vibrant red, to orange.



SELECTION

Avoid tomatoes that have hard or pale spots near the stem as well as ones with large bruises or cracks that are too long or deep to trim away. A great tomato should smell floral and almost basil you'll know it when you smell it.



STORAGE

If the tomatoes are not yet ripe, they are best stored on the counter for a few days until they ripen. Once they're ripe, either consume them or go ahead and put them in the refrigerator to preserve their freshness.

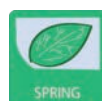


NUTRITION

Tomatoes are rich in vitamins A and C, and they are full of fiber. Field or vine-ripened summer tomatoes are higher in vitamin C than greenhouse tomatoes grown in the fall and winter, and fresh tomatoes have more vitamin C.



SEASON



TOMATOES



Icebergs

Iceberg lettuce is medium to large in size, averaging 25-30 centimeters in diameter, and is spherical in shape, similar to cabbage. The firm head is tightly packed with broad, thick, and crisp leaves that are concentrated with a high-water content. Iceberg lettuce is crunchy and juicy with a mild, sweet flavor.



SELECTION

Choose fresh, crisp iceberg lettuce with springy, tight leaves. Avoid any heads of lettuce with dark or slimy spots. The outer leaves of a head of lettuce are the most nutritious and flavorful, but also the most prone to damage.



STORAGE

The absolute best way to keep iceberg lettuce going for a long time is to place it in a plastic bag that has some paper kitchen towels and seal it with a clip. That way when you want to use it, you don't have to discard the outer leaves.



NUTRITION

Despite its reputation for being a complete zero on the nutritional scale, iceberg lettuce provides significant amounts of vitamins A and K, along with small amounts of vitamin C and iron. It also has small amounts of many other healthy nutrients.



SEASON



ICEBERG



Broccoli

Broccoli consists of flowering heads that are harvested when the buds are unopened, small, and still green. The heads average 10 to 20 cm in diameter and grow on thick, emerging from a covering of leathery, dark green leaves. Broccoli heads are generally green, sometimes flushed with dark purple depending on the variety, contain tiny, unopened buds attached to branching stems.



SELECTION

Select broccoli with firm stems, crisp leaves and tightly closed dark green or purplish-green buds. Bunches with yellow or open buds and woody stems are no longer fresh. Check the color of the florets. They should be a bright, uniform green.



STORAGE

Stash the broccoli in a cold part of your refrigerator like the crisper drawer preferably away from fruits and that produce excessive ethylene gas like apples. If there's no room in the crisper, store it on a shelf near the back of the fridge.

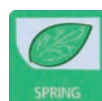


NUTRITION

Broccoli is an excellent source of vitamin C to strengthen the immune system, boost collagen production, and reduce inflammation. It has lower amounts of vitamin A, potassium, folate, and phosphorus.



SEASON



BROCCOLI



Zucchini

Zucchini, also known as courgette, is a summer squash in the Cucurbitaceae plant family, alongside melons, spaghetti squash, and cucumbers. It can grow to more than 1 meter in length but is usually harvested when still immature typically measuring under 20 cm. Zucchini is also called marrow (vegetable marrow or Italian marrow).



SELECTION

Look for zucchini that are small to medium-sized (no longer than 6 to 8 inches). They should be firm and free of nicks and cuts. Really fresh zucchini will bristle with tiny hairs. Larger zucchini tend to be watery and flavorless, with pulpy insides and large seeds.



STORAGE

To store zucchini in the fridge, keep the squash whole, dry and unwashed. Store them in a plastic or paper bag with one end open to encourage air circulation, and pop them in the refrigerator crisper drawer.

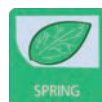


NUTRITION

Zucchini is a low-calorie food that can help you lose weight as part of an overall healthy diet. However, the benefits of this squash go beyond calorie control. Zucchini is a great source of vitamins B6 and C.



SEASON



ZUCCHINI



Eggplants

Eggplants are oval with a bulbous flat bottom that narrows towards the calyx and averages 25 cm in length and 5-12 cm in diameter. The outer skin is glossy, smooth, black-purple, and has a green stem. The inner flesh is cream colored with a spongy-firm texture and there many edible seeds. When cooked, Purple eggplants are tender and mild with a slightly bitter taste.



SELECTION

Look for heavy, firm, smooth-skinned eggplant. Deep purple eggplants are typically tear-drop shaped. Other varieties of eggplant may range from egg-shaped to long and slender. Avoid those with brown or blue streaks or a light color.



STORAGE

Wrap it in a paper towel, place it in a perforated plastic bag, or store it in a reusable container before adding it to the fridge. Eggplants do best in the crisper drawer, but if one is too big, it's better to let it sit on a shelf.

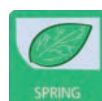


NUTRITION

Eggplants are an excellent source of potassium, fiber, and anthocyanins, which are not only responsible for the purple pigment of its skin but also offer antioxidant and anti-inflammatory properties.



SEASON



EGGPLANT



Cayenne Peppers

Cayenne chile peppers are elongated and slender, averaging 10 to 15 cm in length and 1 to 5 cm in diameter, and have a straight to curved, conical shape that tapers to a pointed tip. The skin is dark green and is waxy, glossy, and smooth. Cayenne chile peppers have a grassy and slightly acidic, green flavor with a pungent heat that is somewhat milder than the mature red cayenne.



SELECTION

Choose cayenne pepper if it reaches mature size and is ripened to red color. Don't choose the pepper if it is still green. Meanwhile, some variants can ripen to other colors, including orange or yellow.



STORAGE

Store them in the pantry in a glass jar, paper bag, or any other container you want. Dried cayenne peppers also freeze very well, and you won't have to worry about mold. Just be sure to use a freezer-safe bag, or other sealed container.

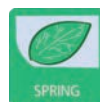


NUTRITION

Cayenne chile peppers are a good source of vitamins A, C, B, and E, potassium, and calcium. The peppers also contain capsaicin, which is a chemical compound that triggers the brain to feel the sensation of heat or spice.



SEASON



GREEN



CHILLI



YELLOW



Bell peppers

Bell peppers are medium to large in size, averaging seven centimeters in length and five centimeters in diameter, and are bulbous, square, and globular in shape with 3-4 lobes and a thick green stem. The smooth skin is firm, glossy, and bright green with thick-walled, pale-green flesh that is juicy, crisp, and succulent.



SELECTION

Search for brightly colored peppers with a firm skin that yields to slight pressure- skin will shine! Make sure the stems of the bell pepper are green in color. Avoid peppers with bruises, soft spots, or shriveled skin.



STORAGE

To keep your Bell Peppers tasting great longer, store them in your refrigerator crisper drawer. In the fridge, raw Bell Peppers will last between 1 and 2 weeks. Cooked Bell Peppers will typically last 3 to 5 days.

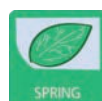


NUTRITION

Bell peppers are an excellent source of vitamin C and also contain vitamin A, iron, fiber, and potassium. Bell peppers are not only tasty but may also reduce the risk of certain chronic or aging-related health conditions.



SEASON



GREEN



RED



YELLOW



Potatoes

Potatoes are small to medium in size and are round, oval, to crescent in shape, averaging 10-12 cm in length. The beige to light tan skin is smooth with a few brown spots and patches. There are also some deep-set eyes scattered across the surface creating a slightly bumpy appearance. The flesh is light yellow to white, firm, waxy, and moist.



SELECTION

Green on the skin of a potato is the build-up of a chemical called Solanine. It is a natural reaction to the potato being exposed to too much light. Solanine produces a bitter taste and if eaten in large quantity can cause illness.



STORAGE

The key is to store potatoes in a cool dry place, like in the cabinet of a pantry, in a paper bag or cardboard box. It's important to keep potatoes at the cool, ideal temperature to prevent them from turning green, getting soft spots.

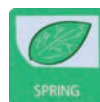


NUTRITION

Potatoes are high in potassium and vitamin C and also contain iron and fiber. Potatoes contain antioxidants and supply beneficial vitamins and minerals, B6, and potassium. Potatoes are also fat-free, gluten-free, plant-based and affordable.



SEASON



POTATOES



Onions

Onions are small in size, averaging 3-5 centimeters in diameter, and are conical to spherical in shape. The edible bulb has layers of dry, papery skin that easily flakes off when touched and the layers are tightly wrapped over the surface of the bulb. Underneath the dry skin, there are multiple layers of flesh that are juicy, firm, and can range in color from red, white, to yellow.



SELECTION

Onions will have a thin and papery white skin. Choose onions that are heavy for their size, firm, and free from bruises. Store whole onions in a cool, dry, dark place with the skin on. Avoid onions that have brown or soft spots or with any emerging sprouts.



STORAGE

The bulbs will keep up to one month when stored whole in a dark place with good air circulation. When sliced or cut, Onions will keep up to four days in the refrigerator. Onions need ventilation to stay fresh, so do not store whole onions.

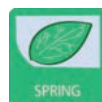


NUTRITION

Onions are a good source of vitamin C and also contain fiber, phytochemicals, quercetin, calcium, potassium, and flavonoids. Onions are loaded with plant chemicals including flavonoids, which have both an antioxidant and anti-inflammatory effect.



SEASON



WHITE



RED



YELLOW



Cabbages

Cabbage is large in size, averaging 20-30 cm in diameter, and has an unusual squat to oblate shape. The flat heads consist of loosely packed, thin layers that are protected by outer leaves ranging in color from dark green to purple. Beneath the top layer of leaves, the leaves comprising the head are smooth and broad, light green leaves with small, white to pale green veins.



SELECTION

Cabbages should be a deep maroonish-purple color. Feel the outside to make sure that the cabbage is firm to the touch. If you feel a cabbage and it feels soft and spongy rather than firm and dense.



STORAGE

Fresh red cabbage should be stored in the refrigerator in a plastic bag. For red cabbage, this storage method will keep the cabbage fresh for up to 10 days. A head of cabbage will last up to two months when stored this way.

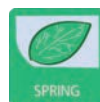


NUTRITION

Cabbage is an excellent source of vitamin C, an antioxidant that can help repair damage within the skin and protects the immune system. The cabbage also contains some iron, vitamin B6, calcium, and magnesium.



SEASON



CABBAGE



RED CABBAGE



LEAF CABBAGE



Cauliflower

Cauliflower is made up of tightly bound clusters of florets that form a dense head, similar to that of broccoli. Resembling a classic tree in shape the clusters sprout from stems which are attached to a singular central white trunk. The stems and trunk are firm and tender and the florets have a dense yet soft and crumbly texture.



SELECTION

Cauliflower heads should be firm and tightly closed. White varieties should be very pale, with no dark "sunburned" spots. Reject any heads that show signs of softness, that's the start of spoilage. Cauliflower head should feel heavy in your hand for its size.



STORAGE

Store fresh cauliflower heads in a loosely closed or perforated plastic bag in the refrigerator. Cauliflower needs air circulation, so don't seal or knot the bag closed. Store brussels sprouts in the refrigerator in a container without a lid to keep for several weeks.

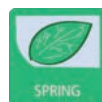


NUTRITION

Cauliflower is high in both fiber and vitamin C, with a half cup of florets providing nearly half of ones daily requirement for vitamin C. It also contains a fair amount of vitamin A, folate, calcium and potassium as well as selenium.



SEASON



CAULIFLOWER



Lettuce

Lettuce is medium to large in size with an elongated shape and stiff, upright leaves. The thick heads are loosely connected to a central blanched base and the leaves, averaging 10-15 centimeters in length, are broad with many folds and creases. The outer leaves are dark green with a prominent white central rib, and as the leaves grow smaller in the center.



SELECTION

Select lettuce that is crisp and free of blemishes. Lettuce leaves should be evenly colored light green or dark green depending upon the variety. Try to choose a head with dark green, intact outer leaves.



STORAGE

Once dried, wrap the lettuce leaves in a paper towel before placing in a plastic bag (the paper towel helps absorb any extra moisture, so your leaves stay crisp). Then, store the plastic bag in the crisper drawer of the refrigerator.



NUTRITION

Lettuce an excellent source of dietary fiber, vitamins A, C, and K, thiamin, folate, iron, potassium, and manganese. It is also a good source of riboflavin, vitamin B6, calcium, magnesium, phosphorus, and copper.



SEASON



ROMAINE



CHINESE



Celery

Celery has elongated, straight, and slender stems, averaging 10 to 12 centimeters in length, and grows upright in a loose, rosette shape. The stems are smooth, firm, thin, and hollow with a unique, bright white coloring. Attached to the stems, the green leaves are delicate, pliable, multi-lobed with serrated edges, and have light veining spanning across the surface.



SELECTION

Firm, tightly packed stalks. They should have medium-thick ribs that are crisp enough to break easily. No rubbery feeling stalks. Check the leaves and make sure they are not wilted and have a vibrant green color. No discoloring or spotting.



STORAGE

Keep celery heads whole, wrap them up tightly in aluminum foil, and then keep them in the refrigerator crisper drawer as usual. When stored this way, celery stalks can maintain their freshness anywhere from two to four weeks.

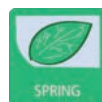


NUTRITION

Celery contains vitamins A, K and C, which are antioxidants that can help boost the immune system. It's also low in sodium. Plus, it's low on the glycemic index, meaning it has a slow, steady effect on your blood sugar.



SEASON



CELERY



Red Beets

Red beets vary in size, typically averaging 3-7 centimeters in diameter, and have a globular to ovate shape with a small taproot extending from the non-stem end. The firm skin is dark red to purple and is semi-smooth with tiny root hairs, russet, and scrapes covering the surface. Each beet varies in texture and shape depending on growing conditions.



SELECTION

Beets that are small or medium-size are more tender than large ones. They should be heavy for their size and firm, without any nicks or cuts and smooth, firm roots. If the greens are still attached, they should be brightly colored and fresh looking



STORAGE

The best way to store beets for a short period of time is in a cool, dark part of your refrigerator or on the countertop for 1-3 months. If you'd like to store beets for longer periods of time, simply blanch and then freeze them and they will keep for up to 3 months.

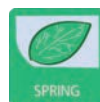


NUTRITION

Red beets contain antioxidants known as betalains, which are pigments that give the root its dark hue, and this pigment is believed to help cleanse the body and remove toxins from the bloodstream. Beets are rich in folate (vitamin B9).



SEASON



RED BEETS



White Beets

White beets are generally round to conical roots, averaging 5 to 12 centimeters in diameter, but the appearance of the beet may vary depending on the specific variety and growing conditions. Attached to the root, there are also elongated, wavy leaf tops that are thick, crisp, and dark green, growing in a rosette pattern.



SELECTION

Beets that are small or medium-size are more tender than large ones. They should be heavy for their size and firm, without any nicks or cuts and smooth, firm roots. If the greens are still attached, they should be brightly colored and fresh looking.



STORAGE

Store beets in a plastic bag in the refrigerator at or below 5 °C for 7 to 10 days. Beets may be frozen for up to ten months. For best quality and nutritive value, preserve only what your family can consume in 12 months.

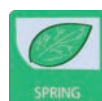


NUTRITION

White beets are a good source of fiber, which can help stimulate digestion and also contain some vitamin C, manganese, folate, potassium, and magnesium. In addition to the roots, the leafy green tops provide vitamins A and C.



SEASON



WHITE BEET



Carrots

Carrots, depending on the variety, can range in size from small to large and typically average 10-25 centimeters in length. The roots have an elongated, slender shape that can be conical, cylindrical, or slightly irregular depending on growing conditions and the individual cultivar.



SELECTION

Look for firm, plump carrots without rootlets (little strings on the bottom). The best carrots are small, bright orange and smooth, without cracks. Opt for the carrots in bunches, with their leafy green tops still attached.



STORAGE

Carrots can last up to two to three months in the refrigerator if stored properly. If you grow your own carrots or buy them fresh from the farmers market, immediately place them in a bag and store them in your refrigerator.

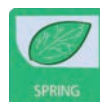


NUTRITION

Carrots are an excellent source of vitamin A, which can help prevent vision loss, vitamin C to protect the body from sickness, and fiber to assist with digestion. The roots also contain some vitamin K, magnesium, calcium, folate, and potassium.



SEASON



CARROT



Fava Beans

Fava beans develop in thick, elongated pods, averaging 15 to 25 centimeters in length and 2 to 3 centimeters in diameter. The pods are generally bright green, bumpy, and fibrous with a leathery texture, sometimes covered in a downy coating. Fava bean pods are inedible, and when opened, they reveal a cottony interior encapsulating 2 to 8 large, plump, and flat green beans.



SELECTION

Small fava beans also do not need their outer coat peeled and can even be eaten raw. Look for bright green, firm, plump pods with minimal blemishes. If you choose the pods with the smallest bumps, you'll get the youngest beans.



STORAGE

Keep in a perforated bag in the fridge for up to five days. Blanched beans can be frozen and stored for up to three months if you have a glut. Unshelled fava beans will keep in the refrigerator in a plastic bag or paper sack for about 10 days.

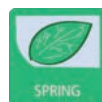


NUTRITION

Fava beans are an excellent source of fiber to stimulate the digestive tract and are rich in folate, which helps produce red blood cells to transport oxygen through the bloodstream. They are rich in pro-anthocyanidins, which have anti-oxidant.



SEASON



FAVA BEANS



Garlics

Common garlic bulbs range from medium to large, averaging anywhere between 5-8 centimeters in diameter, and consist of several cloves arranged in a number of layers depending on the variety. Each clove of garlic is encased in its individual wrapper, and the bulb itself has layers of thin, flakey wrappers to protect the cloves.



SELECTION

Give your heads of garlic a tight squeeze to check their freshness. Yes, really! Fresh heads are hard and tight, while older bulbs will be soft and pliable. Yellowed cloves are also a sign that your garlic is less than fresh.



STORAGE

The easiest way to store fresh garlic at home is at room temperature in mesh bags. Fresh garlic is best stored in dry, dark places. The ideal temperature to store garlic is about 15 to 18°C in mild humidity. Reach for mesh bags or paper wrappers, instead.



NUTRITION

Garlic is rich in vitamin C, vitamin B6, and manganese. The active ingredient is allicin, which is released when the garlic is crushed or chopped. Garlic has anti-inflammatory and anti-biotic properties and it naturally builds the immune system.



SEASON



GARLICS



Corn

Yellow corn is a variety of sweet corn. Its ears are wrapped in tightly bound lime hued husks with silks and a tassel that extend out from the tip. The yellow kernels are packed in tight almost uniform rows. A single ear of corn can contain up to 400 kernels. Freshly harvested yellow corn at its peak ripeness is sweet, offering flavors of almond and sugar, the kernels so succulent.



SELECTION

Make sure that they're plump and plentiful; if you can feel holes where kernels should be, then choose another. Look for tassels (those things sticking up out of the top) that are brown and sticky to the touch.



STORAGE

Keeping fresh corn from drying out is key. At home, store the ears wrapped tightly in a plastic bag in the refrigerator. If you don't plan on eating your corn within three day and you should unless you like mouthfuls of starch freeze it.

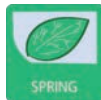


NUTRITION

Yellow corn is a significant resource of Vitamin A. As corn kernels mutated from white to yellow, they acquired chemicals called cartenoids. Of these cartenoids is beta carotene, which produces Vitamin A.



SEASON



CORN

Leto Vita Trading Company

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

sales@letovita.com, www.letovita.com

