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**OFM PRODUCE FRESH**

**FRESH FRUIT PORTFOLIOS**





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# GOLDEN BERRY

**Common name:** golden berry, Chinese lantern fruit, cape currant, Peruvian ground cherry, Poha or Poha berry, peeled cherry.

**Scientific name:** *Physalis peruviana* L

**Genre:** *Physalis*

**Type:** Fruit

**Description:** Golden berries belong to the Solanaceae family, so they have characteristics similar to the family of potatoes, tomatoes and tobacco. Its internal structure is similar to a cherry tomato. The golden berry is a semi-acid, round, yellow, sweet and small fruit (it measures between 1.25 and 2 cm in diameter), and comes wrapped in a protective shell.





# HEALTH BENEFITS.

Physalis is a good source of provitamin A, rich in vitamin C and B. It has an important therapeutic use, since it can purify the blood, tones the optic nerve and is effective in the treatment of cataracts and mouth and throat conditions. Due to its diuretic properties, it favors the treatment of prostate problems. Thanks to the flavonoids contained in this fruit, it becomes a natural tranquilizer.

**NUTRITIONAL TABLE: FOR EVERY 100 GRAMS OF FRUIT, WE FIND THE FOLLOWING**

<b>CALORIES</b>	<b>28 KCAL</b>	<b>IRON</b>	<b>3.86 MG</b>
<b>PROTEINS</b>	<b>7.14 G</b>	<b>SODIUM</b>	<b>89 MG</b>
<b>CARBOHYDRATES</b>	<b>60.71 G</b>	<b>VITAMIN C</b>	<b>8.6 MG</b>
<b>TOTAL DIETARY FIBER</b>	<b>10.7 G</b>	<b>VITAMIN A, IU</b>	<b>8030 IU</b>
<b>SUGAR</b>	<b>32.14 G</b>		





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# DRAGON FRUIT

**Common name:** Pitahaya, Pitaya, dragon fruit.

**Scientific name:** Hylocereus Triangularis

**Genre:** Stenocereus thurberi

**Type:** Fruit

**Functions:** Pitahaya or yellow dragon fruit, native to Central America, is a fruit-shaped ovoid with some lumps, yellow when ripe, with small edible black seeds covered with a transparent sweet pulp. Dragon fruit is a moisturizing fruit with high nutritional value.

**Advantages:** The amounts of B vitamins it contains help reduce cholesterol levels. Regular consumption, within a balanced diet, helps combat memory loss. By helping in the absorption of iron in food, dragon fruit helps strengthen bones, teeth and red blood cells. It helps fight infections and has antioxidant characteristics. It also reduces the level of uric acid in the blood, preventing gout and has also been known for its laxative effect.





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# HEALTH BENEFITS.

*Pitahaya has a high nutritional value. It contains antioxidants, mucicles, ascorbic acid, phenols and is rich in vitamin C, B, as well as minerals such as calcium, phosphorus, iron, and has a high content of water and vegetable protein and soluble fiber. Its seeds contain beneficial fatty acids. One of its most outstanding properties is its anti-inflammatory and antioxidant action.*

**NUTRITIONAL TABLE: FOR EVERY 100 GRAMS OF FRUIT, WE FIND THE FOLLOWING**

<b>WATER</b>	<b>84.4 G</b>
<b>CALCIUM</b>	<b>10.0 G</b>
<b>CALORIES</b>	<b>50.0</b>
<b>CARBOHYDRATES</b>	<b>13.2G</b>

<b>FIBER</b>	<b>0.5 G</b>
<b>IRON</b>	<b>0.3 G</b>
<b>NIACIN</b>	<b>0.2 G</b>
<b>PROTEINS</b>	<b>0.4 G</b>





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# APPLES

The main European fruits, in addition to rose bushes, belong to this great family. It could be said that apple cultivation is as old as humanity, with apple trees being the most cultivated fruit tree in the world.

**Functions:** It is estimated that there are between 5,000 and 20,000 varieties/cultivars of apples, although the number is reduced at the commercial level. New varieties are still being developed, usually mutations from other previous cultivars. The different varieties are preferably distributed in areas of temperate-cold climates, since it is one of the fruit species that require the most hours of cold (temperatures below 7°C) during the period of sleep or winter rest. Although on average cultivars require about 1300 hours of cold, there are cultivars used in subtropical areas that require only 100-200 hours (for example, Anna). They can be stored for several months and do not lose their freshness. In fact, producers harvest during the season and then store them for up to a year in specially created facilities to avoid the overripeness process. But it is better to store it in the fridge, since they are kept better than at room temperature.





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# NUTRITIONAL PROPERTIES

*From a nutritional point of view, apples are one of the most complete and enriching fruits in the diet. 85% of its composition is water, so it is very refreshing and moisturizing. Sugars, most fructose (fruit sugar) and, to a lesser extent, glucose and sucrose, which are quickly assimilated into the body, are the most abundant nutrients after water. It is a discreet source of vitamin E or tocopherol and provides a low amount of vitamin C. It is rich in fiber, which improves intestinal transit and potassium is among its mineral content. Vitamin E has antioxidant action, participates in the stability of red blood cells such as red blood cells and fertility.*

*Potassium, a mineral necessary for the transmission and generation of nerve impulse and for normal muscle activity, intervenes in the balance of water inside and outside the cell.*

*The extraordinary dietary properties attributed to this fruit are due in large part to the phytochemical elements it contains, including flavonoids and quercetin, with antioxidant properties.*





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# PURPLE PASSION FRUIT

**Common name:** Gulupa, purple passion fruit.

**Scientific name:** *Passiflora edulis* Sims.

Gulupa is a perennial, semi-woody plant, similar to a vine with great vegetative vigor. Its structure is determined by the main stem from which numerous lateral branches are derived. Its coloration is a homogeneous bright purple with a round and firm shape. Its flavor is bittersweet and refreshing with an intense and exotic aroma.

**Health benefits:** It works as a sedative and natural tranquilizer, lowers blood pressure, helps sleep, improves digestive functions and is a good source of vitamin C.

**Advantages:** Its main components are vitamins A, B1, B2, B3 and ascorbic acid. It is also a source of calcium, fiber, phosphorus, iron, protein and magnesium. This fruit can be used to help you sleep. The leaves contain alkaloids that are used to lower blood pressure. It also helps to improve digestive functions.







**NUTRITIONAL TABLE: FOR EVERY 100 GRAMS OF FRUIT, WE FIND THE FOLLOWING**

<b>CALORIES</b>	<b>49 KCAL</b>
<b>WATER</b>	<b>88.90 G</b>
<b>PROTEINS</b>	<b>1.50 G</b>
<b>CARBOTHYDRATES</b>	<b>11.00 G</b>
<b>GREASE</b>	<b>0.50 G</b>
<b>ASH</b>	<b>0.70 G</b>
<b>FIBER</b>	<b>0.40 G</b>
<b>CALCIUM</b>	<b>9.00 G</b>

<b>PHOSPHORUS</b>	<b>21.00 G</b>
<b>IRON</b>	<b>1.70MG</b>
<b>THIAMIN</b>	<b>0.10 MG</b>
<b>RIBOFLAVIN</b>	<b>0.17 MG</b>
<b>NIACIN</b>	<b>0.89 MG</b>
<b>ASCORBIC ACID</b>	<b>20.00 MG</b>
<b>VITAMIN A</b>	<b>1730 IU</b>





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# AGUACATE HASS

Avocado provides vitamins, including E, folic acid and glutathione, as well as fatty acids such as omegas 9,7,6 and 3. The latter is part of the protection against cancer. The list of minerals counts: calcium, copper, phosphorus, iron, magnesium, manganese, potassium, selenium, sodium and zinc.

It is a good option for heart problems, because it fights free radicals. It also helps in protein synthesis.

It is useful in the fight against cholesterol and the prevention of arteriosclerosis; stimulates collagen formation; Helps keep skin loose and fight aging.

The avocado, considered the most perfect food in the world, is a large, yellow-green or reddish-brown fruit, generally pear-shaped, sometimes ovoid or globose, 8-18 cm depending on the variety, with soft and butter consistency.





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# WELL-BEING

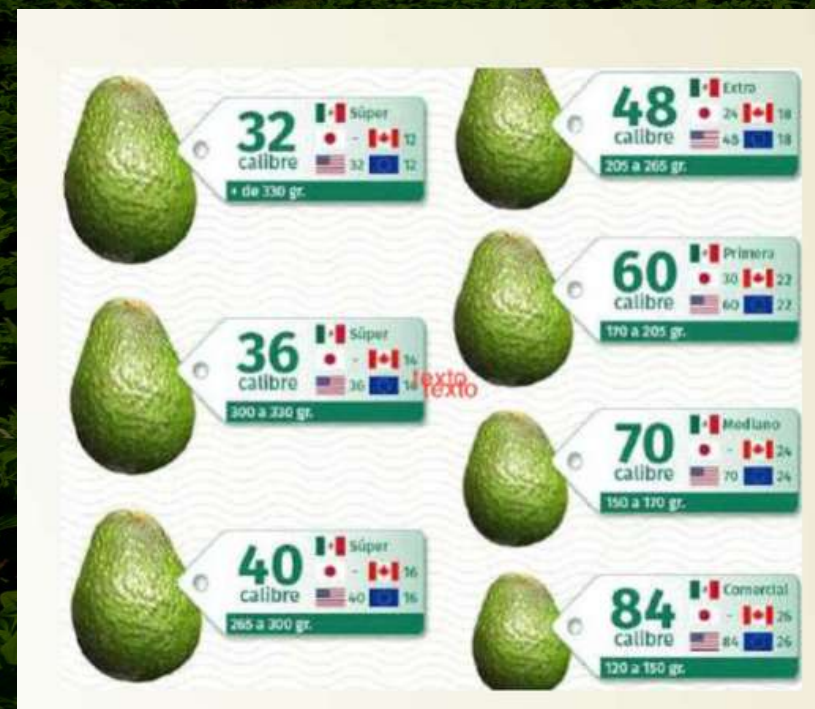
This fruit is suitable for people with high cholesterol and diabetes due to and it is very important to clarify that 70% of these fats are unsaturated (linolenic acid and linoleic acid). In other words, healthy fats (decrease LDL levels).

Its consumption is very inadvisable among athletes and stressful situations

Sodium intake is very low, so people with hypertension can

It is a powerful natural antioxidant, which reduces the risk of cardiovascular disease and other degenerative diseases such as cancer.

Avocado is the fruit with the highest soluble fiber content, helps regulate intestinal transit, and reduces the absorption of cholesterol and sugar in the body, decreasing its blood levels.







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# LIMON TAHITI

**Common name:** Tahiti lemon

**Scientific name:** *Citrus aurantifolia* Swingle.

Tahiti lemon, slightly oval, seedless and acid-flavored, provides high levels of vitamin C, ideal for strengthening the immune system; it contains B vitamins, ascorbic acid, beta-carotene and vitamin A.

It has all the nutrients in citrus fruits, with less sugar. It is digestive and purified from the blood. The presence of antioxidants increases the life of good cholesterol by preventing oxidation, making it an ideal fruit to counteract poor circulation, bad cholesterol and arteriosclerosis.

Lemon is an edible fruit with an acidic and extremely fragrant flavor.







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# NUTRITION

The nutritional intake of lemon are vitamins of the B complex (B1, B2, B3, B5, B6, PP), vitamin C in large quantities and vitamin P, as well as minerals such as potassium, magnesium, calcium, phosphorus, sodium, iron and fluorine, a lot of water and some fiber.

# WELL-BEING

Colds and flus. The high supply of vitamins helps the respiratory system fight diseases ranging from simple cold, hoarseness or tonsillitis to pneumonia, flu or asthma. They can be fought with lemon juice sweetened with honey. Antiviral. It is effective against cold and flu viruses. Intestinal cleansing. Taking a cup of warm water with the juice of a fasting lemon will help us activate the intestines, improving their pumping in addition to cleaning and disinfecting the entire intestinal tract. This therapy also detoxifies the liver. Antitumor. It has anticancer components that prevent the division of cancer cells, so it would be advisable to include it in our daily diet as a prevention in addition to being a powerful antioxidant.

Eliminates liver and gallbladder stones. Balance the pH. Although lemon is acidic, it has an alchaling effect on the body, making it very beneficial in the brain and nervous system. In lemon peel is tengerethin, a phytonutrient that is effective against disorders of the brain and nervous system, such as Parkinson's. It is convenient to use the grated shell to incorporate it into our diet. Eye disorders. Routine phytonutrient helps improve the symptoms of eye disorders such as diabetic retinopathy. Consumption in natural juice or with unsweetened water.





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# LULO, NARANJILLA

**Common name:** Lulo, orange (small orange)

**Scientific name:** *Solanum quitoense*

**Genre:** Solanum

**Type:** Fruit

**Description:** They are round berries that measure 4 to 8 cm in diameter and weigh between 80 and 100 gr. They are covered with yellow or red trichomes, which come out as the fruit ripens. The bark is smooth with an intense yellow, reddish yellow or orange color when ripe. The pulp is greenish with a bittersweet taste and numerous seeds. Lulo has a high nutritional value and multiple uses in agro-industry.







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# HEALTH BENEFITS

Lulo is rich in minerals such as iron, phosphorus, calcium and potassium, which makes it a nutritious fruit. It is also a source of vitamin A, B and C. It has diuretic properties and helps eliminate toxins from the body, increasing the quantity and quality of hair and the formation of nails. It helps strengthen bones, lower bad cholesterol. It also strengthens the defenses, since it contains beta-carotene and other antioxidants that eliminate bad free radicals, protecting the body from the formation, spread of cancer cells and tumors, and helping to improve the nerve wound's flavonoids contained in this fruit, it becomes a natural tranquilizer.

**NUTRITIONAL TABLE: FOR EVERY 100 GRAMS OF FRUIT, WE FIND THE FOLLOWING**

<b>CALORIES</b>	<b>25.0 KCAL</b>	<b>FIBER</b>	<b>2.6%</b>
<b>PROTEINS</b>	<b>0.74 G</b>	<b>SODIUM</b>	<b>2 MG</b>
<b>CARBOHYDRATES</b>	<b>8 G</b>	<b>CALCIUM</b>	<b>34 MG</b>
<b>WATER</b>	<b>87%</b>	<b>IRON</b>	<b>1.19 MG</b>
<b>FAT</b>	<b>0.17%</b>	<b>VITAMIN C</b>	<b>29 MG</b>





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# TREE TOMATO FRUIT

**Common name:** tamarillo, tree tomato fruit.

**Scientific name:** *Solanum betaceum*

**Genre:** *Solanum*

**Type:** Fruit

**Description:** Tamarillo is an exotic fruit from the Andean region with a pleasant bittersweet aroma and flavor, whose color is due to antioxidant compounds such as carotenoids, avonoids and anthocyanins. The tamarillo plant is shrubby, small and grows well in cold climates. Its fruits have different shapes, mainly between oval and elongated shapes. It contains seeds inside, covered by a gel rich in anthocyanins.







# HEALTH BENEFITS.

Tamarillo fruit helps prevent and reduce the risk of degenerative diseases, cardiovascular diseases and cancer, due to the presence of antioxidant vitamins such as vitamin A and C. Vitamin C contributes to the absorption of iron. In addition, it helps prevent and improve constipation, controls diabetes and high cholesterol.

**NUTRITIONAL TABLE: FOR EVERY 100 GRAMS OF FRUIT, WE FIND THE FOLLOWING**

<b>CALORIES</b>	<b>30 KCAL</b>	<b>CALCIUM CA</b>	<b>10 MG</b>
<b>PROTEINS</b>	<b>1.03 G</b>	<b>IRON</b>	<b>0.56 MG</b>
<b>LIPIDS</b>	<b>1.03 G</b>	<b>SODIUM</b>	<b>3 MG</b>
<b>CARBOHYDRATES</b>	<b>8.25 G</b>	<b>VITAMIN C</b>	<b>20.4 MG</b>
<b>TOTAL DIETARY FIBER</b>	<b>1 G</b>	<b>VITAMIN A IU</b>	<b>1134 IU</b>
<b>SUGAR</b>	<b>7.22 G</b>		





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# PASSION FRUIT

**Scientific name:** *Pasiflora edulis* var.

**Flavicarpa Genus:** *Passiflora*

**Type:** Fruit **Common name:** Passion fruit, yellow passion fruit, passion fruit

**Description:** Yellow passion fruit is an aromatic fruit that has a hard and soft peel that, when ripe, becomes rough. The shape of this fruit is round or oval and, inside, it is filled with a viscous pulp of a bright yellow color with abundant small black seeds. Its flavor is sweet and slightly acidic. It measures between 4 and 10 cm in diameter.





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# HEALTH BENEFITS.

**Yellow passion fruit helps reduce muscle pain and headaches; it relaxes the body, fights stress and insomnia, eliminating coughing and breathing problems that can be caused by asthma. It provides the body with vitamin A and C and B complex, as well as potassium, phosphorus and magnesium. This fruit contains carbohydrates and sugars that make it ideal for improving mood and energy.**

**NUTRITIONAL TABLE: FOR EVERY 100 GRAMS OF FRUIT, WE FIND THE FOLLOWING**

<b>CALORIES</b>	<b>50 KCAL</b>
<b>PROTEINS</b>	<b>2 G</b>
<b>SUGAR</b>	<b>11 G</b>
<b>CARBOHYDRATES</b>	<b>12 G</b>

<b>CALCIUM</b>	<b>20 MG</b>
<b>VITAMIN C</b>	<b>21 MG</b>
<b>VITAMIN A IU</b>	<b>1750 IU</b>





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# GRANADILLA

**Common Name:** Granadilla, Granada Scientific

**Name:** *Passiflora ligularis*

**Genus:** *Passiflora*

**Type:** Fruit

**Description:** Sweet passion fruit or granadilla belongs to the passion fruit family. It has a circular shape, weighs between 110 and 125 grams, and has a diameter between 5 and 7.5 cm. The skin is strong, thick with a soft orange color. The pulp is made up of small, black, edible seeds covered with a juicy, crystalline, jelly-like texture. Its taste is sweet and has a pleasant aroma.

**Health benefits:** Stabilizes the nerves, as it works as a natural sedative or tranquilizer. Its juice is a digestive stimulant, which controls acidity and helps heal ulcers. It also relieves cough and fever.





NUTRITIONAL TABLE: FOR EVERY 100 GRAMS OF FRUIT, WE FIND THE FOLLOWING

CALORIES	97 KCAL
WATER	72.93 G
PROTEINS	2.20 G
LIPIDS	0.70 G
CARBOHYDRATES	23.38 G
FIBER	10.4 G
SUGAR	11.20 G
CALCIUM	12 G
IRON	1.60 MG

MAGNESIUM	29 MG
MATCH	68 MG
POTASSIUM	348 MG
SODIUM	28 MG
ZINC	0.10 MG
VITAMIN A	1272 IU
VITAMIN C	30 MG
VITAMIN B6	0.1 MG





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# MANGO TOMMY

**Common name:** Mango Tommy

**Scientific name:** *Mangifera indica*.

**Mango, native to India, one of the most delicious fruits in the world, refreshing, soft texture and sweet taste. Its color varies between orange and yellow with a weight between 200 and 550 gr depending on the variety.**

**Advantages:** The main vitamins present in Mango are: Group A, B, E and K. As for minerals, it contains potassium and phosphorus. In addition, it is one of the fruits with the highest concentration of antioxidants, so it increases defense in the body. Thanks to its potassium content, it also helps control blood pressure. It helps counteract hypotension and has skin care benefits. It is recommended for pregnant women to help prevent cervical cancer.







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# BABY MANGO

Also known as sugar mango or sugar mango, the baby mango is the national fruit of India and Pakistan, and the tree is the national tree of Bangladesh. The Dominican Mango Harvest Festival is held every year in the Dominican Republic, and Baní is the self-proclaimed mango capital.

**Advantages: Mango:** The fruit is native to India, where it is known as the "king of fruits." In Colombia, mangoes are grown in 16 regions, of which Tolima is the main producer. Given its robustness, the mango can grow at different altitudes and ecological niches; It is grown from sea level to 5,500 feet.







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# DRAGON FRUIT RED WHITE FLESH

**Taste Profile and Description:** Dragon fruit (also known as pitaya or pitahaya) is a vibrant and exotic fruit from the cactus family. Beneath the colorful rind is a succulent bright red or white fruit containing small edible black seeds. Its subtle sweetness and slightly tart flavor are similar to that of a melon or kiwi.

**Different varieties of dragon fruit will have pink, red, or yellow skin with green-tipped scales. Look for bright, even-colored skin.**

**A perfectly ripe dragon fruit will feel slightly soft but firm. They can be kept fresh in the refrigerator for 2-3 weeks before losing quality. To ripen a dragon fruit, leave it out on the counter for a few days. Overripe fruit will begin to develop dry or brown spots.**





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# **NUTRITIONAL BENEFITS**

**High content of antioxidants, calcium, vitamins B and C, iron, protein and fiber; Dragon fruit is as healthy as it is delicious. Like other superfoods, dragon fruit can:**

**-Prevention of free radicals that cause cancer**

**-Improve digestion**

**- Promotes memory and sight.**

**- Strengthen bones and teeth**

**- Lower levels of bad cholesterol.**





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# MANGOSTEEN

Purple mangosteen (*Garcinia mangostana*), known simply as mangosteen, is a tropical evergreen tree.

The fruit of mangosteen is sweet and acidic, juicy, somewhat fibrous, with vesicles full of liquid, with a deep and edible reddish purple color.

Calories. These nutrients are important to maintain many functions in your body. Mangosteen offers a variety of vitamins, minerals and fiber while being low.





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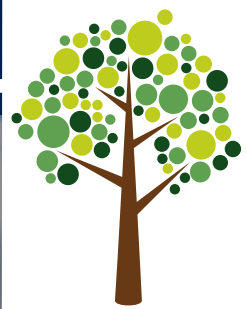


# GUAVA

**Characteristics:** The name "guava" comes from the Arawak word "guava". This fruit is also known in Spanish as guayaba, goiba, luma, piche, sahuinto and bayaba. Native to southern Mexico to or through Central America, the guava grows well in both humid and dry climates. In Colombia, ripe guava is mixed with dehydrated sugar cane juice to make a snack, or guava paste.

**Advantages:** This delicious delicacy is wrapped in dried bijao or banana leaves. Did you know that guava has 5 times more vitamin C than oranges? It is known to stimulate the heart and helps relieve high blood pressure. There are more than 100 varieties and hybrids of this fruit. Traditional Chinese medicine recommends guava puree to help with diabetes. Some people eat guava skin for its high nutritional content. In India, guava leaves are used to treat toothaches and wounds.





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# PINEAPPLE

It is a tropical fruit native to South America. The country where it originated is not known for sure, but studies point to Brazil, Paraguay and Argentina. From there it spread mainly to the Amazon, Venezuela and Peru and then migrated to Europe and Asia.

**Functions:** Its fruit, with its peculiar shape and appearance, does not seem to keep that delicious fragrant and juicy pulp that tastes sweet and sour at the same time. But yes, it is a delicious fruit that we enjoy eating as fruit, as it is, or as an ingredient in our favorite dishes and desserts.

The pineapple has a cylindrical shape, a scaly brown rind, a crown of spiny leaves and a yellow flesh. This exotic fruit is formed from many small fruits that are melted together.

**Nutritional properties:** Pineapple is rich in nutrients that benefit our health, with vitamins: C, B1, B6, B9 and Minerals E: Potassium, Magnesium, Iodine, Copper, Manganese Bromelain Enzyme that helps metabolize food and therefore Both are used in medicine to treat gastrointestinal problems.

It has diuretic, detoxifying, antacid, anti-inflammatory properties rich in fiber.





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# PAPAYA

It is a tropical fruit native to Central America that has many beneficial health properties. It has an ovoid shape, the skin is yellow-green and inside there are a lot of black, shiny and spicy seeds. It has a very juicy reddish pulp similar to that of melon and a sweet and soft taste. It is rich in papain, the enzyme that gives this fruit many very interesting properties for health.

The fruit grows on a tree, called Papayo, which can reach up to ten meters in height. It has a hollow trunk and lacks branches; the thick crown is composed only of the leaves. All papayas hang from the axils of the leaves; some are large and elongated and others are smaller and look like a flattened pear.

Papaya is a fruit that only has 39 calories per 100 grams. A serving of papaya provides fewer calories than an apple and twice as many beta-carotene. In addition, being rich in potassium and having a low sodium content prevents fluid retention, resulting in a suitable fruit for weight loss.





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# VARIETIES

We can find many varieties of papaya as a plant that reproduces by seeds. We distinguish different types depending on their agronomic characteristics:

- Lechor Papaya: she is highly appreciated for her pleasant taste and her healthy virtues. It has a purifying effect and is a digestion stimulant.
- Papaya de Montaña: it extends through mountainous areas from Panama and Peru to Chile. This small fruit, the size of a fist, has a juicy pulp with a sweet and aromatic flavor.
- Papaya cuisine: also called raw papaya, it is considered an exquisite bite in Thailand. It is a green fruit, harvested too early and cannot be consumed fresh, so it must be cooked to be consumed.
- Papaguela: it is a papaya-like relative that grows mainly in Colombia reaching heights of up to 3000 meters. As fresh fruit is not very pleasant but cooked in syrup, it acquires an exquisite flavor. That is why it is especially used in compotes and jams.
- Babacco: it is perfect for fresh consumption, since it has no seeds and can be eaten with skin. It grows on a tree of up to three meters and the fruits hang individually from long petioles attached to the trunk. It has a very refreshing flavor, a mixture reminiscent of apple, strawberry and pineapple.
- Bay: it is a variety that has the ideal weight of approximately 1 kg and a very practical size for domestic use. When the fruit is ripe, its salmon-colored pulp has an exquisite flavor, reminiscent of apricot and raspberry at the same time; it has a high level of acidity compared to the other varieties and that makes it very refreshing and fruity.
- Alone: the fruit is green at first, and as it ripens, it acquires a yellow tone. It is common for some brown spots to appear on the skin, but this does not affect their quality. Its juicy pulp has a flavor reminiscent of melon. This variety ranks first in the world in terms of export.





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