







Figs;

Story of the fig begins with Adam and Eve and it was considered to be a divine fruit, the fruit of paradise, in all religions. It was the the symbol of abundance. The idiom "sitting under his own fig tree" is said to be used widely in ancient tribes as a sign of whealth. The existence of the fig, together with the grapevine olives in nature in the holy lands and the abundance it provides make it the divine fruit in all religions. Fig is naturally rich in much health benefiting phytonutrients, anti-oxidants and vitamins. Dried figs, indeed, are highly concentrated source of minerals and vitamins. A 1/2-cup serving of dried figs contains 7.3 g of fiber. Including more fiber in your diet can help lower your risk of chronic illness such as heart disease and diabetes. Dried figs contain both soluble and insoluble fiber. Soluble fiber slows digestion for appetite and blood sugar control and also helps lower blood cholesterol levels. Insoluble fiber adds bulk to stool. improving bowel function. According to the Institute of Medicine. healthy adult women need 25 grams of fiber a day, and adult men need 38 grams. Fig fruit tree is native to temperate climate of Asia Minor or Turkey, and today, it grown as an important fruit of commerce in the eastern Mediterranean region, USA, and Spain. Turkey covers nearly %70 of the World consumption.

Apricots;

Apricots originated on Historically the tropical the Russian-Chinese appearance of palm border in about 3000 trees was noted in BC and were ancient documents, imported along with and on stone peach seed into inscriptions uncovered Europe through the by archaeological "Silk Road" that excavations and from multiple references in extended camelback the Bible Scriptures. trading to the Mideast. The fruit grows as an Ancient civilizations escaped naturalized revered palm trees as plant along modern symbols of fertility, roadsides in Turkey peace, and victory. and Armenia today in Palm tree images were abundant numbers. struck and minted on ageless coins of the Apricots were known in ancient Greece in Greeks and Romans. 60 BC and later The trees were an introduced into the economic resource for Roman Empire. The the exporting of high apricot trees are quality, edible dates believed to have into areas outside the arrived in the early Middle East and Africa. American colonies in The Jews ate the palm seed form for growing tree dates; the tree ices were fermented into fruit trees by the French explorers of the into wine; the trunk of 1700's in Gulf regions the palm tree was and in the Eastern used as construction United States and at timber; and the palm California monasteries leaves were woven by Spanish explorers into baskets, mats, and missionaries. brooms, beds, ropes Healthy benefits of and made into apricots are furniture. These many—from Vitamin delicious fruits contain A, Vitamin BI, Vitamin oil, calcium, sulfur, B2. Vitamin C. Niacin. iron, potassium, to the minerals phosphorous, Phosphorus. manganese, copper Potassium, Calcium, and magnesium which and Iron. are all beneficial for

health.

Dates;

Raisin, dried fruit of certain varieties of grape. Raisin grapes 2000 bc in Persia and Egypt, and dried grapes are mentioned in the Bible during the time of Moses, David (Israel's future king) was presented with "a hundred clusters of raisins", probably sometime during the period 1110-1070 bc. Early Greeks and Romans adorned places of worship with raisins, and they were awarded as prizes in sporting events. Until the 20th century the chief raisin producers were Turkey, Iran, and Greece; by midcentury the United States had taken the lead. The health benefits of raisins include relief from constipation, acidosis, anemia, fever, and sexual dysfunction. Raisins have also been known to help in attempts to gain weight in a healthy way, as well as its positive impact on eye health, dental care, and bone quality.

Raisin;

Dried Plums;

Plums (Prunus domestica) date back in writing to 479 B.C. were grown as early as They were prominent in the writings and songs of Confucius which include a listing of popular foods of Chinese culture. In 65 B.C., Pompey the Great introduced the plum to the orchards of Rome, and Alexander the Great eventually brought them to the Mediterranean regions. Early American colonists found wild plums growing along the east coast, but today the common European plum has replaced the native wild plum in popularity and as a commercial crop. Plums are now the second most cultivated fruit in the world, second only to apples. Dried plums are often called prunes. This fruit may be dehydrated in an oven or in the sun, and they resemble large, black raisins. The leathery skin and moist flesh provide nutritional benefits. Consult your physician before eating dried plums to correct medical issues. Dried plums contain quite a bit of fiber – 12.4 grams per 1-cup serving. Eating them has long been a home remedy for constipation because of the fiber content.







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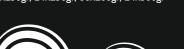
Package Sizes Ix10kg, Ix5kg, 4x3kg, 4x2,5kg, I2x1kg, I0x800gr, 24x500gr, 24x400gr 48x250gr





AND GARL

Package Sizes 48x250gr, 24x250gr, 60x200gr, 24x500gr









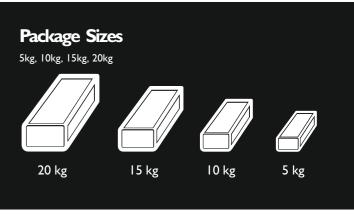












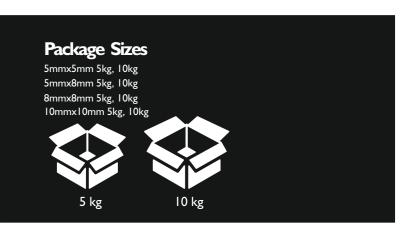
















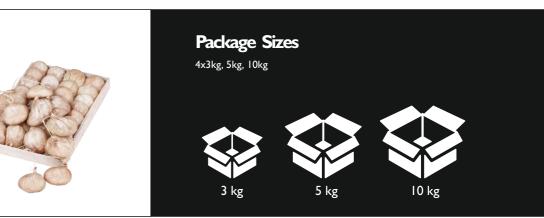


Package Sizes

5kg, 10kg

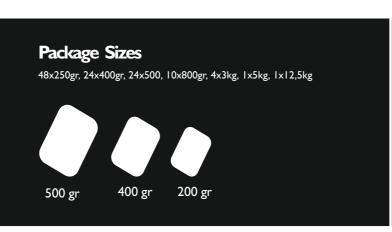






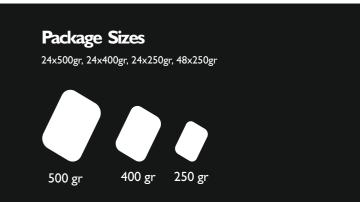












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