

A top-down view of various fresh vegetables including bell peppers, tomatoes, cucumbers, leeks, and herbs on a wooden surface. The vegetables are arranged around the central text. The background is a light-colored wooden surface with vertical grain lines.

# Tomes Commercial Group

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Tomes commercial group , is a premium-fresh produce distributor based in Tehran, Iran .

Since its creation in 2007, BeFresh has been constantly leveraging its diverse portfolio of fresh produce by some of the most successful growers in Israel. These agriculture experts have been, for well over a decade, successfully implementing cutting-edge technologies in their businesses. While Tomes offers a diverse range of fresh produce, there are few lines that particularly popular.

We take great pride in assisting our partner's businesses in delivering top quality produce in respectable timeframes. Our customers include fresh produce wholesalers and traders, retail food chains, restaurant chains, charities, and more.



## ONION

**Transportation Process:** We work harder every day to deliver the products in the shortest time and in the fastest way. In this way, the products come to you without losing their freshness. Fresh and organic products are easy to use.

**Storage Conditions:** We provide storage conditions in accordance with the humidity, temperature and pressure conditions required by onions.

**Package Methods:** We send you the bulbs in packages up to 20 kilograms. If you have a different packaging request, you can contact us.

Onions that we collect for you from different regions of Iran are differ in varieties from each other. Different onion varieties that you can buy from us can be listed as: red onion, white onion, yellow onion. You can contact us for price information and you can get a price quotes.

### PACKING

Mesh bag : 25Kg or 10kg Net

Pallets No: 18 pallets

Each Pallet : 60 Mesh bag

Container : 40 HR Capacity 27 Tons Net



## POTATO

1- First of all, it is very important how the vegetables are stored in this process. If the vegetables are stored very tightly and decay, this decay goes into all the other vegetables. Therefore, generally small packages should be preferred for storage of vegetables. We, as Tomes, carry their potatoes in packages that will not exceed 20 kilos. In this way, your potatoes are completely safe

2- We have one of the shortest transportation process among food distribution companies. Of course we owe this to our advanced transportation and business network. You can be sure that the potatoes you order can reach you as soon as possible without any damage.

3- It is important that the potatoes are brought to you from the freshest and most organic farms. No matter how well other processes work, if potatoes are not good, things will not work. Here where we provide our potatoes: Shepody, Sagitta, Remark, Fabula, Challenger, Granola, Latora, Marfona, Elodi, Agria, Cosmos, Marabel.

### **PACKING**

Mesh bag : 25Kg or 10Kg Net

Pallets No: 18 pallets

Each Pallet : 60 Mesh bag

Container : 40 HR Capacity 27 Tons Net



## TOMATO

If you are a company in search of organic fruits and vegetables and want to import both healthy and affordable products. all you have to do is contact Tomes commercial group. We offer you extremely healthy products at the most affordable prices. Here are some of the tomato types we offer: Cherry Tomato, Anna Aasa, Aussie, Pole Tomato, Adonis, Sovereign, Sitting, Cevahir, Beton, Super Red and Yesim. You can make an order for any kind of these tomatoes. Our whole products are bought from Iran.

### **Benefits of Tomato**

It protects the healthiness of the heart as it contains antioxidant, fiber and potassium. It cleans the vessels and prevents embolism.

Antioxidants that a tomato contains cleans the skin and prevent creases.

It gets rid of constipation.

Regular consuming is beneficial to nerve system.

It strengthens the immune system with minerals and vitamins that it contains.

### **PACKING**

Carton : 5Kg Net

Pallets No: 20 pallets

Each Pallet : 180 Cartons

Container : 40 HR Capacity 18 Tons Net



## CARROT

The essential characteristic of the carrot is its richness in provitamin A (called carotene). With 100 g of carrots, one covers more than half of the daily requirement of vitamin A (carotene turns into vitamin A in the body). Usually, the most colorful carrots are also the richest ones in carotene. The carotene content remains stable during time as it does not change much from the time of harvesting, and cooking destroys just a small portion (10-15% maximum).

### **DETAILS**

Packaging: bags of 1kg, 1.5kg, 5 kg, 10 kg and 18 kg net

Recommended storage & transport temperature: 0.5°C

Relative Humidity: 98

Freezing Temperature: -1.4°C



## CELERY

Celery is a green vegetable grown for its stalks and leaves. To the Greeks, Celery was a holy plant. Celery leaves were awarded to winners of the Nemean games (held every second year in the southern city of Nemea, starting in 573 BC). Being representative of Apiaceae family, celery is especially known for its healing properties. In the 9th century, Wild Celery was used for medicinal purposes. Italians began cultivating it in the 1500s, but again, for medicinal purposes. The first recorded use of cultivated Celery as a food is in France in 1623. For the next hundred years, it was used to add flavor to other food. By the middle of the 1600s, the French and Italians were eating it with a salad dressing.

Celery has little nutritional value, aside from 6 calories per rib. Thus it is used in weight-loss diets. Its most popular use is to impart its flavor to a dish.

### DETAILS

Packaging: 24 bags of 400-600 grams in carton of aprox.12kg net

Recommended storage & transport temperature: 0.5 °C

Relative Humidity: 98

Freezing Temperature: -0.5°C



## SWEET PEPPERS

Fruits are rich in Vitamins (A, C & E), folic acid and potassium and low in sodium and calories. Compared to green peppers, red peppers have more vitamins and nutrients and contain the antioxidant lycopene. The level of carotene, like lycopene, is nine times higher in red peppers. Red peppers have twice the vitamin C content of green peppers.

### **DETAILS**

Packaging: cartons of 5 kg net

Recommended storage & transport temperature: 7°C

Relative Humidity: 95

Freezing Temperature: -0.7°C



**TOMES**  
fruits and vegetables

## CUCUMBER

We have stated that it is very important to supply organic products. If you want your products to be healthy and delicious, you need natural and fresh products with unmodified GMO. However, it is hard to find out which company can offer such a special service for you in the international transport process.

Iranian's organic cucumbers from the region in a way that produced by contacting the manufacturer of the most healthy. Natural and affordable cucumbers we provide for you. The most important reason why our products are affordable is that we receive these products first-hand. If you want to know where our products are produced specifically, you can contact us.

We have ordered a minimum order rate of 20,000 kilograms. Your orders will be transported in packages of 25 kilograms. Different cucumber varieties are available. You can contact us to order different kinds of products just like cucumber.

