



from the  
Mediterranean  
gardens



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ALL  
SEASONS  
FRESH

FRESH FRUITS AND VEGETABLES

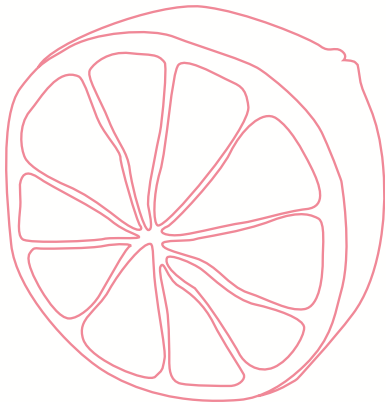


## GRAPEFRUIT

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Grapefruit fruit is a food rich in vitamins, protein, fiber and minerals.

Being a complete healing store, grapefruit is extremely powerful in terms of vitamins A, C, E and K. It is a good fat burner as well as its healing. It supports weight loss.



## POMEGRANATE

081090750011

Fresh pomegranate collected from twig is now at EKONET...Your order will be shipped with cold chain as soon as possible with the boxes that are packaged as you wish. So you offer your customers fresh pomegranate.

## LEMON

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It is a food that almost everyone enjoys with its rich vitamin variety, pleasant smell and sour taste. Lemon is the fruit of the citrus family that contains the most abundant vitamin C.







## ORANGE

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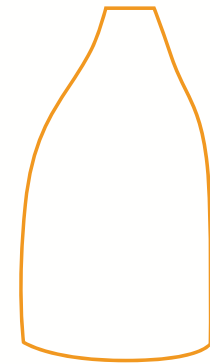
Carefully selected and collected oranges from Turkey's orange groves, we bring to you the way you want. Oranges contain many vitamins and beneficial minerals, including vitamin C.



## APPLE

080810800013

Appearing with its benefits since ancient times, apple acts as a natural antioxidant for the human body thanks to the valuable vitamins it contains.



## MANDARIN

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Mandarin is one of the rare plants without leaves. Fiber protein containing mandarin, vitamins E and C are used as perfumes and skin care products.





## AVOCADO

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It is a nutritious food that contains plenty of minerals such as A E B vitamins and potassium with a very high energy value. You can enrich your table with different presentations at different meals without sacrificing health.



## BANANA

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Banana is rich in calcium and potassium content and fiber, which helps to reduce the pressure. Containing sucrose and glucose, banana nourishes the body.



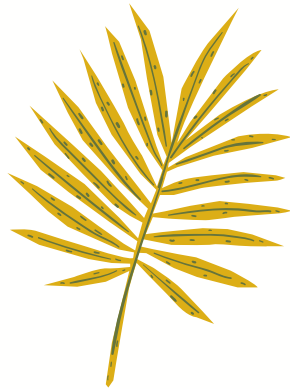
Grape is a food containing a wide variety of important nutrients such as phosphorus, magnesium and calcium, as well as vitamins A and C. It is also a fruit used in winemaking.

## GRAPE

080610100000







Cherry is one of the favorite fruits of spring. It also contains plenty of vitamin C and carotene thanks to vitamin A. Apart from that, it also contains vitamins B1, B2, B5, magnesium and calcium...

**CHERRY**

**080929000000**



**PLUM**

**080940050011**

Green plum, which many of us are eagerly waiting for to eat, is very beneficial for human health as well as its taste and is also rich in many vitamins.



Thanks to its rich vitamins and minerals, the benefits of apricots, which make an important contribution to body health, are countless. Apricot, a source of vitamin C, is also of great importance in skin care.

**APRICOT**

**080910000000**

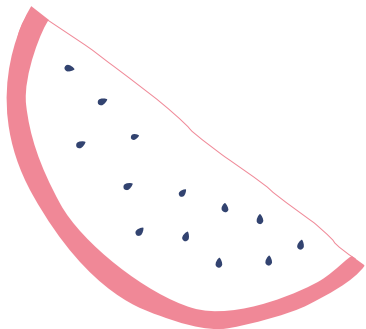




## **WATERMELON**

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With its fat burning feature, watermelon burns excess fat in the body and provides weight loss. Protects Skin Health It contains important nutrients for skin and hair health.



## **PEAR**

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It meets the daily need for potassium and vitamin C, protects the heart and facilitates digestion. Especially after dinner, slightly sugary and juicy pear will both regulate the blood sugar balance and add color to your tables.

## **PEACH**

**080930900000**

Peaches contain lots of vitamin C as well as vitamin A and B. Peach rich in magnesium, potassium and calcium is also rich in iron and sodium.



## **MELON**

**080719000000**

Melon is a fruit that can be grown easily in temperate and tropical climates. Melon plant has flowers. The fruit has an aromatic and pungent scent. It contains strong amounts of A, B and C vitamins.







## RASPBERRY

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Raspberry, also known as superfood; It has a supportive effect in the treatment of obesity, diabetes and heart disease with the vitamins A, C, E and folic acid it contains.

## BLACKBERRY

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Blackberries contain a wide variety of essential nutrients, including vitamins A, C, E and most of our B vitamins, as well as potassium, magnesium and calcium.



## STRAWBERRY

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It is among the most consumed in its season with its flavor, taste, red appearance and fragrance. The fruit, which attracts attention with its benefits as well as its beauty, has many positive effects on the body if consumed regularly.



## QUINCE

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It contains plenty of vitamins A, B and C. It contains fibers that are very beneficial for the stomach. It is rich in copper, zinc, selenium, potassium, iron and phosphorus.



## KIWI

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Kiwi, rich in vitamins A, E and C, is extremely beneficial in strengthening the immune system. It is good for upper respiratory tract diseases such as flu and common cold..

## FIG FRUIT

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The most important feature of figs is that it contains high level of fiber. Fig Cleans the Body. Both fresh figs and dried figs act as a natural antibiotic.





## POTATO

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According to the potato experts, which are frequently found on our tables; It contains vitamins A, C, K, B1, B6 and E, potassium, carbohydrate and protein.

## EGGPLANT

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Eggplant is a very nutritious vegetable and is grown in tropical regions. Thanks to its nicotine content, it can help those who want to quit smoking. Using eggplant in our tables in abundance allows us to get its benefits.



## ZUCCHINI

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Zucchini, which is a plant with lots of fiber, is one of the foods that should be preferred for those whose intestines are lazy. Pumpkin contains mineral elements such as potassium, phosphorus, calcium, magnesium, sodium, iron. Pumpkin cleans the body, calms the nerves.

It is recommended to cook the zucchini in steam in order not to lose its nutritional value.



## ONION

070310190011

The onion used in almost every meal adds flavor to the meal. Apart from its use in meals, various cures and masks can be made with onions...



## SCALLION

070310190012

Green onions are an excellent source of sulfur that is very beneficial for general health. It contains high amounts of folate, potassium, iron and fiber. Green onion, which is also rich in vitamins A and C, is a low-calorie vegetable..





## **TOMATO**

**070200000000**

Tomatoes are known to have a high amount of vitamins A and C. Besides, it is also rich in terms of folic acid amount.



## **CABBAGE**

**070490100011**

Cabbage is an extremely beneficial vegetable that reduces the risk of diabetes, obesity and overall mortality when consumed regularly. Cabbage is a very nutritious and useful vegetable.



## **SPINACH**

**070970000011**

Spinach is rich in A, C, E and B group vitamins as well as phosphorus, magnesium and iodine minerals. The most important feature is that it is a very rich vegetable in terms of iron.

## **LETTUCE**

**070519000000**

Lettuce, which contains vitamins B1 and B 12, is a very rich food source, especially in terms of vitamin K and A. Apart from that, it is very rich in potassium.



## **CHERRY TOMATO**

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Cherry tomatoes are a healthy and fresh fruit that can be consumed for breakfast, small snacks or main meals with their cute appearance.

## **CARROT**

**070610000011**



Studies show that carrots are among the most consumed foods. The purple colored carrot is preferred for turnips and pickles..



## CAULIFLOWER

Cauliflower, a vegetable rich in vitamins and minerals, contains vitamins A, C, B1 and B2, calcium, potassium, phosphorus, phosphate and iron minerals, abundant vitamin E and protein.

## BROCCOLI

Broccoli, It contains vitamin A, B group vitamins, C, E, K vitamins and minerals such as magnesium, calcium, iron, zinc, potassium. Broccoli is a very rich vegetable especially in terms of vitamin C and vitamin K. It is naturally antioxidant.



## ASPARAGUS

The content of the asparagus plant contains vitamins A, B and C. Thanks to these vitamins it contains, it has a healing effect in strengthening the immune system and in diseases such as cough and cold.



## CULTURE MUSHROOM

Mushrooms that store as much vitamins and minerals as meat have incredible benefits for human health. In particular, experts recommend that those who do not consume meat consume vitamin D and B vitamins to meet.

## BASIL

Known for its fragrant scent, basil is a medicinal herb that is often used as a spice. This plant, whose flower is healing for many diseases, can be used both fresh and dried..







## RED PEPPER

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Red pepper helps the consumers feel more resistant and protect themselves from diseases thanks to its vitamin C content. Red pepper helps the body feel stronger with its vitamin and mineral properties. It also transfers the missing vitamins to your body.

## GREEN PEPPER

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Peppers, which can appeal to every palate with their bitter and sweet taste, are also very beneficial for health. In addition to being a vitamin C store, pepper contains many minerals.



## GREEN PEPPER

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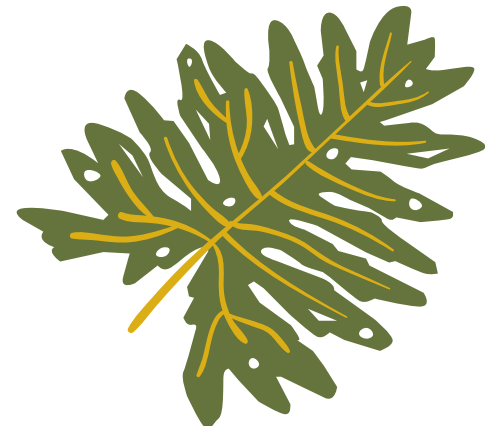
Green pepper is a powerful antioxidant. Therefore, green peppers are considered one of the healthiest foods in the world.



## CUCUMBER

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Cucumbers, which have taken their place in the kitchen in ancient times almost all over the world, are also considered among the most popular fruits. Cucumbers are a common food in every home. 96% is water. It grows in many parts of Turkey, especially the Mediterranean region. Cucumbers are mostly consumed raw.





## ARUGULA

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The green leafy, bitter-tasting arugula has a rich vitamin C content. Arugula is a very important source of antioxidants..

## MINT

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Mint contains lots of potassium, calcium, iron, magnesium, fiber, valuable oils, vitamin C and iron. At the same time, the vitamin A value in mint is also very high.



## PURPLE BASIL

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Benefits of Reyhan Plant. It is a kind of ornamental plant whose leaves smell nice. It is a cough suppressant. It removes indigestion and intestinal gas.



## PARSLEY

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A plant rich in minerals and vitamins, parsley contains vitamins A, C, K as well as folate, iron and calcium.



## DILL

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It is rich in terms of phosphorus, copper, magnesium, vitamins A and C, potassium, calcium, iron and zinc.

A pinch of dill meets 40% of an adult's vitamin C needs and 43% of their vitamin A needs.

## CRESS HERB

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Cress herb, a plant from the cruciferous family, needs to be eaten raw. It is good for chronic fatigue and helps slimming by accelerating metabolism.

