



**Paradis  
Plants**



## Saffron

### /Types of Saffron/

**Negin Saffron:** a new variety of saffron that is longer and thicker than common saffron.

**Sargol Saffron (All red saffron):** it is pure saffron and contains the stigma without the style. Out of 105 kg of saffron flowers, one can collect 1kg of Sargol saffron.

**Pushal Saffron(Mancha saffron):** Pushal saffron refers to the stigmas with a 3-5mm style. 1kg of Pushal saffron is collected out of 101kg of saffron flowers.

**Daste Saffron (Bunches Saffron):** Daste saffron includes the stigma with the whole style.

**Style Saffron:** Style saffron only contains the style without the stigma.

1



### /Uses/

2

It is generally believed that Saffron first cultivated in Greece but it is mainly produced in Iran at the present time. In ancient times, Saffron was commonly used as a part of the offerings to the Persian divinities by worshipers; moreover, it had other usages in producing a luminous yellow dye, a medicine, fragrance in perfumes and also, body washes. As a medicine, it was

prescribed for treating melancholic bouts. Its threads were brewed into mixtures of hot teas and scattered on the bed of the depressed person.

Furthermore, saffron brings a brilliant yellow-orange coloring to foods. Persian, Indian, European, and Arab cuisines widely use it in their recipes especially mixing with rice. Saffron is often included in confectioneries and liquors.

As a spice, Saffron frequently contribute in many culinary products such as sausages, cake powders, margarine, and many desserts. Saffron is also included in other food products such as ice cream, candy, beverages, jelly, seafood, wine, soup, sweets, chicken, rice, and bread.

Saffron has been historically known for its effects on health. As a powerful antioxidant, it is very useful for skin treatments and is effective in treating depressive symptoms, asthma, cough, insomnia, atherosclerosis, shock, Alzheimer's disease, and infertility. In addition, it acts as an aphrodisiac, reduces PMS (Premenstrual Symptoms), appeases appetite therefore, aids weight loss, and finally, has also properties for fighting cancer.



## /Why Iran and Why Paradis Plants/

Depictions of prehistoric places with 50,000-year-old in northwest Iran shows that Saffron-based pigments have been used in coloring these illustrations. Saffron was anciently cultivated by Persians in Derbena, Isfahan, and Khorasan by the 10th century BC. 90–93% of Saffron global production is harvested in Iran and thereby, exported to the world. Khorasan Province and a few of drier eastern and southeastern provinces in Iran, including Fars and Kerman, produce the bulk of modern global production in Iran.

Paradis Plants is located in Mashhad which is the center of saffron production of Iran. Being close to the Saffron local farms is a privilege for us to check the processing of the product and keep directly in touch with producers. Our attempt in Paradis Plants is to supply our customers with the best quality and more marketable product.



## /Packaging and Delivery around the world/

Delivery of your order is available in the 5-15 kg packages; However, our proposed packaging size is 10kg. For export, we are able to deliver the orders all around world in 3-5 weeks.



# 5 /Saffron Analysis and Nutritional Value/

Saffron ( <i>Crocus sativus</i> L.) Nutritional value per 100 g (3.5 oz)	
Energy	1,298 kJ (310 kcal)
Water	11.90 g
Vitamin A	530 IU
Thiamine	(vit. B1) 0.115 mg (10%)
Riboflavin	(vit. B2) 0.267 mg (22%)
Niacin (vit. B3)	1.460 mg (10%)
Vitamin C	80.8 mg (97%)
Calcium	111 mg (11%)
Iron	11.10 mg (85%)
Magnesium	264 mg (74%)
Fat	5.85 g
- saturated	--1.586 g
- monounsaturated	-0.429 g
- polyunsaturated	-2.067 g
Phosphorus	252 mg (36%)
Potassium	1724 mg (37%)
Sodium	148 mg (10%)
Zinc	1.09 mg (11%)
Selenium	5.6 µg
Folate	93 µg
Vitamin B6	1.010 mg
Ash	5.45 g
Carbohydrates	65.37 g
- Dietary fibre	-3.9 g
Protein	11.43 g

# 6



## Barberry

### /History/

For centuries, barberry has been consumed in culinary and medical purposes. Barberry is a larger ever-green shrub that produces red berries with tart and acidic flavor. Barberry *Vulgaris* (European barberry) are found in different parts of central and southern Europe, northwest Africa and the Middle East but Iran has the most prolific lands for cultivating Barberries. In fact, about 98 percent of the world barberry crops are produced in Iran. Dried Zereshk or Sereshk (its Persian name) has been widely used in Persian cooking from ancient times. In Iran, South Khorasan province has the most share of under-cultivation area of this fruit.

### /Uses/

Historically, the stem, root, and bark of barberry were used for extraction of yellow dye. In Addition, its thorns were applied on gold coins to clean them in ancient times in order to smooth its surface. Moreover, it was used in medicine as treatments of inflammation especially dental inflammation, fever, liver disorders, cough, thirst, kidney problems and elimination of depression. In modern times, it still holds its pharmaceutical usages because its high reserve of alkaloids. Medicinal extracts obtained from this fruit contain 8 to 12 percent of standardized Isoquinoline alkaloids. It has also some applications in cosmetics industry since high level of

antioxidants can be found in Barberry.

'Berberine' is a cleansing ingredient in Barberry and is super-ideal for helping to soften skin pores and treat oily skin. As a good source of vitamin C, Barberry is great for protecting the skin against environmental stressors.

In food, barberry brings a new sour taste to your dish making it tastier. Puffy seedless barberries (Zereshk-e-Pofaki) are ornaments of Iranian rice pilaf. In European cuisine, it is mostly used in jams to add an extra tart flavor to the sweet texture. Other forms of this exquisite fruit are additionally produced as frozen barberry Fruit, barberry powder, barberry concentrates, barberry stem barks and roots. As a result, it is highly recommended is to use this amazing plant as a flavor for cereals and a replacement for all kinds of berries in different foods. Paradis Plants can provide you samples to test and match it according to your requirements in the mentioned industries.





## /Preparation Process/

- 1 – Removing the product as possible from pesticides in areas where the risk is at least possible, and with regard to quality
- 2 - Reaching the levels of crop moisture to an acceptable temperature with dryer according to the clients' requirements
- 3 - Perform laser sorting
- 4 - Double sort the product and delivery purity %99.8
- 5 – Disinfecting the product
- 6 - Nylon and carton packaging

### Packaging and Delivery

Delivery of your order is available in the 15-5 kg packages; However, our proposed packaging size is 10kg. For export, we are able to deliver the orders all around world in 5-3 weeks.

## /Why Paradis Plants/

We have expertise in supplying and exporting the best quality of barberries In Iran in Paradis Plants. Along with identifying the high-quality crops by sending our expert to different farms all over Khorasan Province, we clean, sort, double sort these red gems by hand and industrial machines in our factory.

10



Contact Information

Tel : +98(0)5137658210

Address : Unit B., 6th Fl., Aseman Tower, Janbaz Sq., Mashhad, Iran

Email : Info@paradisplants.com

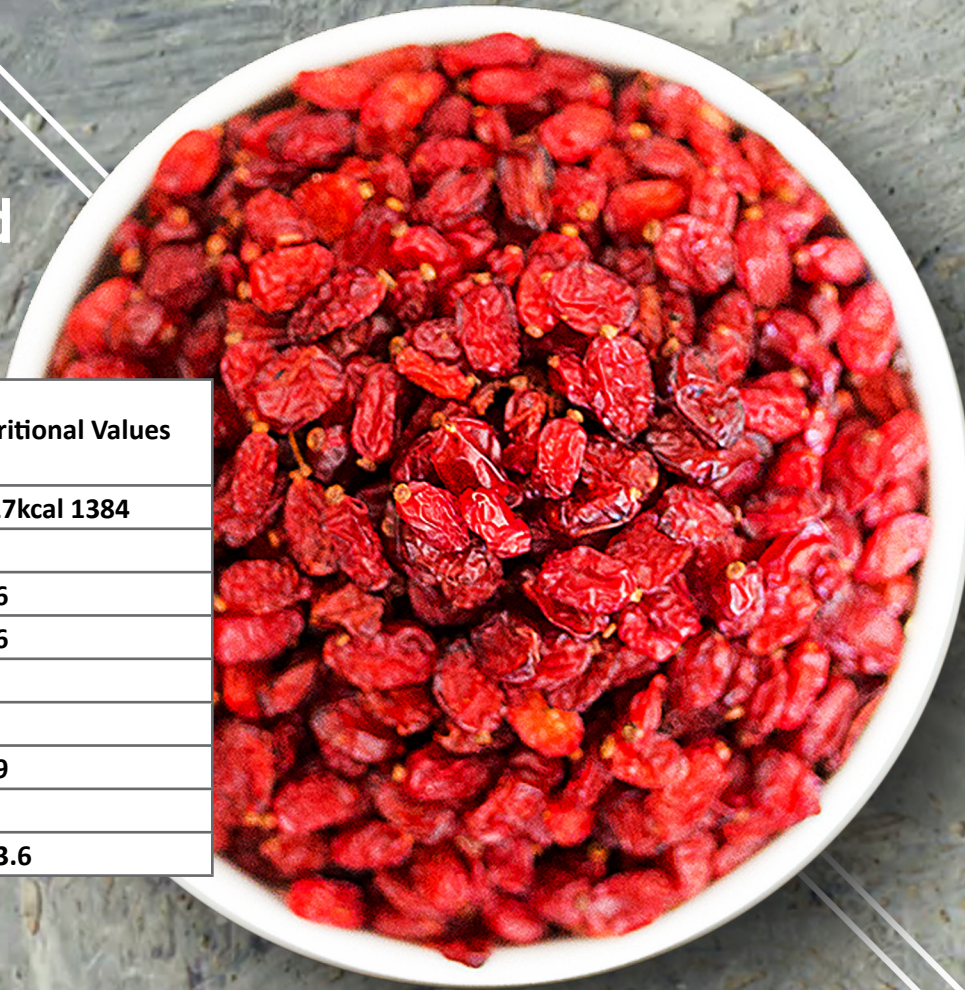
Website: <https://paradisplants.com/>

11

/Barberry Analysis and Nutritional Values/

Barberry Analysis and Nutritional Values

Calories	kJ/327kcal 1384
Protein	g 3.4
Total Carbohydrate	g 63.6
Sugars	g 46.6
Total Fat	g 1.0
Saturated Fat	g 0.4
Dietary Fiber	g 11.9
Sodium	g 0.2
Vitamin C	mg 13.6



12