



HESSAN

Producer & Exporter since 1991





Hessan Co. started its activity in the field of export, mainly dried fruits such as Raisin, Sultana, Pistachio, Cumin seed, saffron , date and etc, Since 1992

The company started focusing on sultana, golden and raisin in the recent years.

For all these years besides sharing premium products, we have providing most up to date market information with our.

Be honest to customer , high quality and on time delivery makes Hessan Co. be recognized as a well known supplier in European market for several years.

Hessan Co. started the sultana's business in the north-east of Iran(Qoochan's area eastern major vineyard centre). Developments are in process, and today the production line expands to the west part (Takestan – western major vine yard centre) with another new factory which is located in 5 Acre lands, 60 Km far from Takestan (Zanjan province).

This factory is equipped with modern, up to date European machinery.

3-step washing system , continous dryer , centrifuse stem remover , shaker calibratin , laser scanner, x-ray detection , final hand picks sorting and metal detection prepare a high quality products which make all clients in 30 countries whole over the world be relaxed and satisfied with us .







◆ *Sultana raisin*

The word raisin is from the Latin word *Racemus* which means a cluster of grapes or berries. History indicates that raisins were discovered for the first time by accident when they were found in the dried form on vines as early as 2000 BC.

Nutrition and health

Raisins can be eaten as a nutritious snack, rich in dietary fiber, carbohydrates with a low glycemic index, minerals, vitamins, and other micronutrients. Their fat content is low. The overall nutritional value of raisins means they are recommended as a snack for both weight control and for maintaining good human health because they help the control of glucose, the good functioning of the digestive system and the regulation of blood pressure. Replacing unhealthy snacks by raisins in usual and moderate quantity can improve health biomarkers in patients with controlled type 2 diabetes.

We provide all kind of Iranian raisins include Sun dried, Sultana, Golden and Green Depends on the kind of requested the different procedure methods is followed during drying time but main procedure is the same operations for all kind of raisins like washing, cleaning, sorting, controlling and packing.



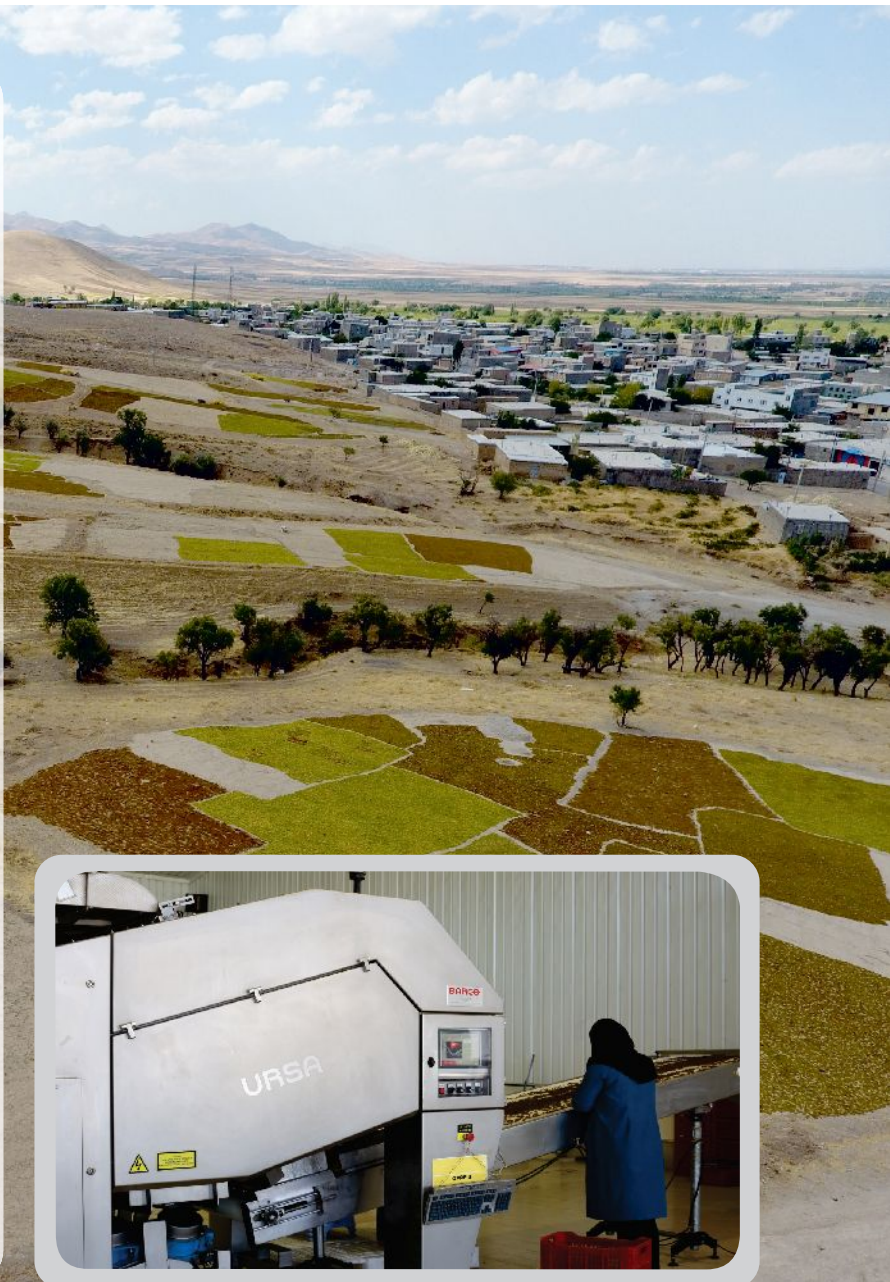


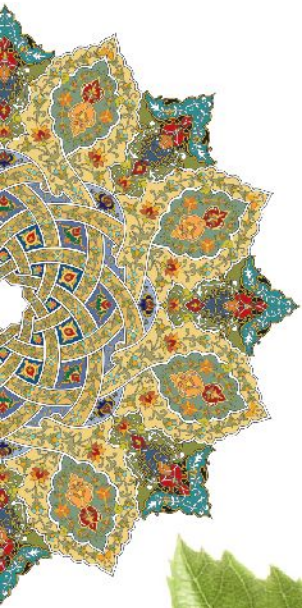


| Nutrition information | per 100 g |
|-----------------------|------------|
| Energy | (299 kcal) |
| Carbohydrates | 79.18 g |
| Sugars | 59.19 g |
| Fat | 0.46 g |
| Protein | 3.07 g |
| Dietary fiber | 3.7 g |

| VITAMIN & MINERAL | Per 100G |
|-------------------|----------|
| Riboflavin (B2) | 0.125 mg |
| Vitamin C | 2.3 mg |
| Calcium | 50 mg |
| Iron | 1.88 mg |
| Magnesium | 32 mg |

| | |
|--------|-----------|
| Large | > 270 |
| Normal | 270 - 340 |
| Medium | 400 - 500 |
| Small | 550 - 650 |





Raisins are differ due to drying type :

Sun dried or Black raisins directly are dried under sunshine and no additional materials are added to them.

Sultana raisin when have been drying some additional materials like edible oil are added to them that affect their color and taste.

Golden raisins are affected by sulfur at the drying period to have better color and increasing defense power against vermin.

Note: *Iranian raisin according to the quantity of berries in 100 gram classify to three parts small, medium and large as show in below.





◆ **Pistachios**

The original homelands of the pistachio were Asia Minor (now Turkey), Iran, Syria, Lebanon and a bit north to the Caucasus in southern Russia and Afghanistan.

Archeologists have found evidence in a dig site at Jerome, near northeastern Iraq, that pistachio nuts were BCE when the Near East sprouted in population and less common foods such as pistachios were rediscovered and even cultivated.

Pistachios grow well under hot dry summer and cool winter, (arid countries) such as Iran, Turkey, Syria and Afghanistan.

They also turn up in Pakistan and India, as well as in Mediterranean Italy, Tunisia and Greece. In the last 30 years or so, the Pistachio has found new homes in California, New Mexico and Arizona.

The Pistachio's uniqueness, certainly among nuts, is its green color. Food historian Waverly Root has asserted that the green of the nut opened up the possibility of inserting the color green naturally into desserts, an area of cuisine previously green-deprived.

The early people of Persia used several nuts in desserts, the Arabs copied them, and





Consumption

The kernels are often eaten whole, either fresh or roasted and salted, and are also used in pistachio ice cream, kulfi, spumoni, historically in Neapolitan ice cream, pistachio butter, pistachio paste and confections such as baklava, pistachio chocolate,[24] pistachio halva, pistachio lokum or biscotti and cold cuts such as mortadella. Americans make pistachio salad, which includes fresh pistachios or pistachio pudding , whipped cream, and canned fruit.

Types of pistachios:

Iranian pistachios have different names based on the shapes and sizes.

1-Round Pistachio: A) Fandoghi
B) Kale - ghuchi

2-Long Pistachio: A) Akbari
B) Ahmad aghae
C) Badami

3-Jumbo Pistachio: In every kinds all different sizes are available.
Pistachio kernels are in 2 types of green and natural (red & cream).





◆ *Saffron*

Hessan offers the highest quality, with almost twice the strength of many other brands of saffron. It is harvested in the sunny gardens of province of Khorasan.

The flowers of a particular strain of crocus are picked individually and peeled by hand to reveal the delicate stigma that are then sorted by size and color.

The result of this labor-intensive process is a most extraordinary and exotic condiment.

This, the most precious of all spices, is used in many international recipes and medicines also.

There are different type of saffron: NEGIN,SARGOL (Grade A &B) ,PUSHAL,DASTE(A-grade





◆ *Cumin (Cuminum Cyminum)*

The dried seed of a small herbaceous plant, cumin was quite popular even during the Biblical times as an efficient digestive and as a food flavor. Though native to Egypt and the Mediterranean, cumin is now mostly produced in India, Iran and Turkey.

Cumin has an intensely strong flavor ,
much similar to caraway .



◆ *Fig*

Figs are variety of oblong or pear-shaped fruits that grow in warm climates: generally, they have thick, soft skin that is green, yellow, orange or purple, tannish - purple flesh with a sweet flavor and many tiny edible seeds.

They are most excellent because they can be eaten at once, having no stones, they are easy to digestion and help to carry off the phlegm, the gavel in the kidneys or bladder and remove obstruction of the liver and also cure piles and gout.



◆ *Dates*

Dates provide a wide range of essential nutrients, and are a very good source of dietary potassium. The sugar content of ripe dates is about 80%; the remainder consists of protein, fiber, and trace elements including boron, cobalt, copper, fluorine, magnesium, manganese, selenium, and zinc.





Three main types of date exist: soft , semi-dry and dry. The type of fruit depends on the glucose , fructose and sucrose content .

Date is the main products of countries like Iran , Iraq , Saudi Arabia and pakestan. It is also cultivated in South California in the United States of America.

Date Varieties:

1-Sayer Date: This semi-dried date is dark brown

2-Piarom Date This semi-dried is dark brown and it has a unique taste.

It's skin is thin and has a kind of sugar which is acceptable for diabetic people.

3-Zahedi Date: This dried date yellow and is used for industrial purpose because of its high sugar content.

4-Kabkab Date: This fresh date is black and its taste is very delicious.

5-Mazafati Date: This fresh date is black and its very delicious.



HESSAN



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