



Aviv Harmonie **Fresh Produce**



**Field
To
Market**



Aviv Harmonie **Fresh Produce**

Field
To
Market



Fresh Herbs & Micro Greens Time



Aviv Harmonie **Fresh Produce**

Fresh Herbs



Tel. +972-4-6126001 www.aviv-flower.co.il



Aviv Harmonie **Fresh Produce**

Micro Greens



Micro Leaves are considered to be in the group of “functional foods” which are food products that contain particular health promoting or disease preventing properties that are additional to their normal nutritinal values.

Nutritional Benefits

Micro Leaves have been found to contain higher levels of concentrated active compounds that found in mature plants or seeds.

Culinary Options

For garnishing of main courses, sandwiches, salads and more.

Packaging

15gr, 40 gr and 200gr.

Availability

All year around.

Aviv Harmonie **Fresh Produce**

Field
To
Market



Edible Flowers



Aviv Harmonie **Fresh Produce**

Edible Flowers



Edible Flowers

Culinary Options

Edible flowers are used mostly for decoration, but can also add colour and interest to range of salads.

Packaging

8 punnets per box. Mixed or standard variety boxes available.

Availability

All year-round.

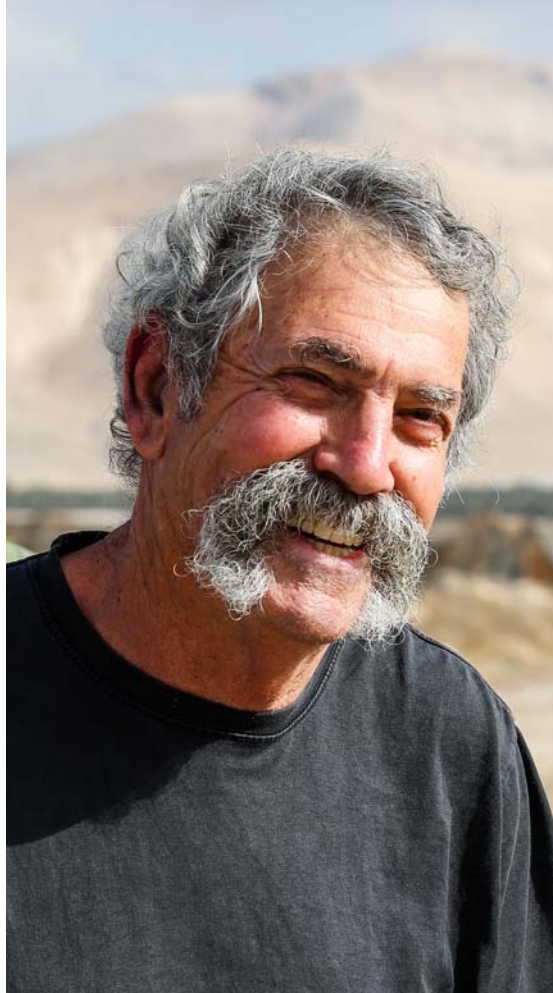
Tel. +972-4-6126001 www.aviv-flower.co.il

Aviv Harmonie **Fresh Produce**

Field
To
Market



Exotic Time



Figs



Exotic Fruits

Nutritional Benefits

A rich source of fiber, containing significant amounts of potassium, calcium and iron.

Culinary options

Desserts, meat dishes, salads and ice cream.

Packaging

1 kg box, 160gr / 250 gr punnets.

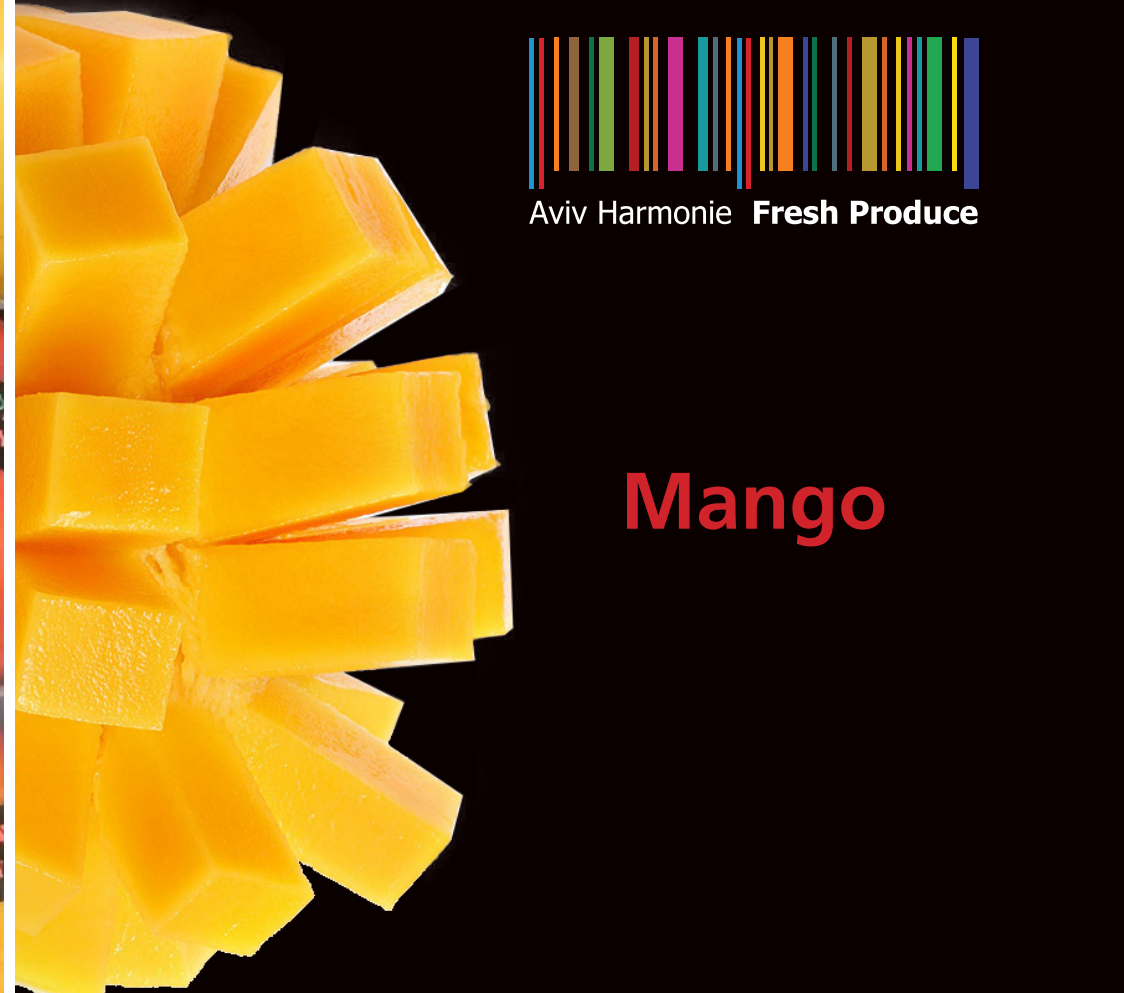
Availability

May-September, November-January.



Aviv Harmonie **Fresh Produce**

Mango



Nutritional Benefits

The fruit contains vitamins A, C and B6, folate and essential nutrients such as potassium, copper and amino acids.

Culinary options

Usually eaten fresh. Mango can also be used to good effect in salads, chicken dishes, pastries and ice creams.

Packaging

4 kg and 6 kg boxes.
Ready to eat (RTE) and Green Varieties.

Availability

July - September.



Aviv Harmonie Fresh Produce

Passion Fruit



Nutritional Benefits

Passion fruit has general relaxing qualities, helping to lower blood pressure as well as relieving pain and muscular tension.

Culinary options

Usually eaten fresh, passion fruit can also be used for shakes, pastries and ice cream.

Packaging

2 kg box.

Availability

January – April, June – September.



Aviv Harmonie **Fresh Produce**

Lychee



Nutritional Benefits

Lychees are rich in vitamins B&C and phosphorus.

Culinary options

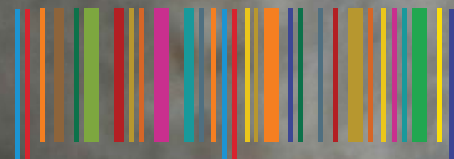
Usually eaten fresh, Lychees can also be used in desserts, fruit shakes and meat dishes.

Packaging

2 kg box.

Availability

June – September.



Aviv Harmonie Fresh Produce

Kumquat & Super Kumquat



Nutritional Benefits

Kumquats provide an excellent amount of vitamin C in addition to many essential oils that help to improve bodily functions.

Culinary options

Candying, preserves, marmalade and jelly. Kumquats can also be sliced and added to salads.

Packaging

2 kg box.

Availability

November – May.



Aviv Harmonie **Fresh Produce**

Limequat



Exotic Fruits

Nutritional Benefits

Limequat is a good source of vitamin C.

Culinary options

Can be eaten whole juice or rind.
Can be used to add flavour drinks and dishes. Limequat can also be used in desserts and jams just like lemon or lime.

Packaging

2 kg box.

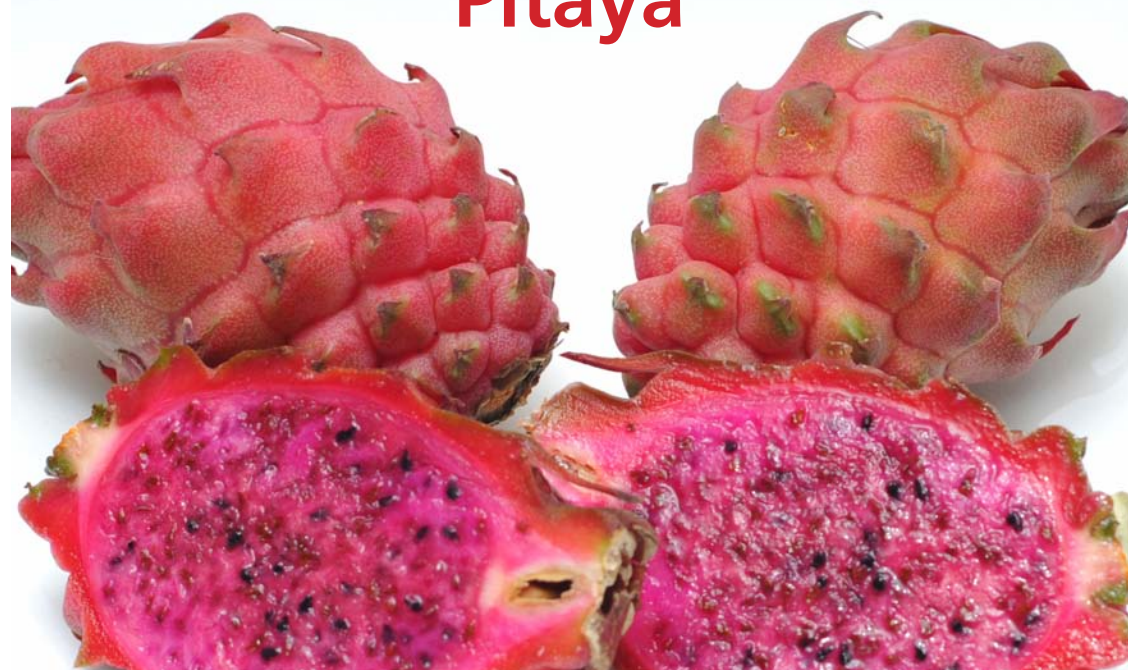
Availability

August – January.



Aviv Harmonie **Fresh Produce**

Pitaya



Nutritional Benefits

Pitaya contains a high level of vitamin C and nutritious fibre.

Culinary options

Usually eaten fresh. Pitaya can also be prepared as juice, in fruit salads and as a decoration.

Varieties

Apollo, Venus, Desert King.

Packaging

4 kg box.

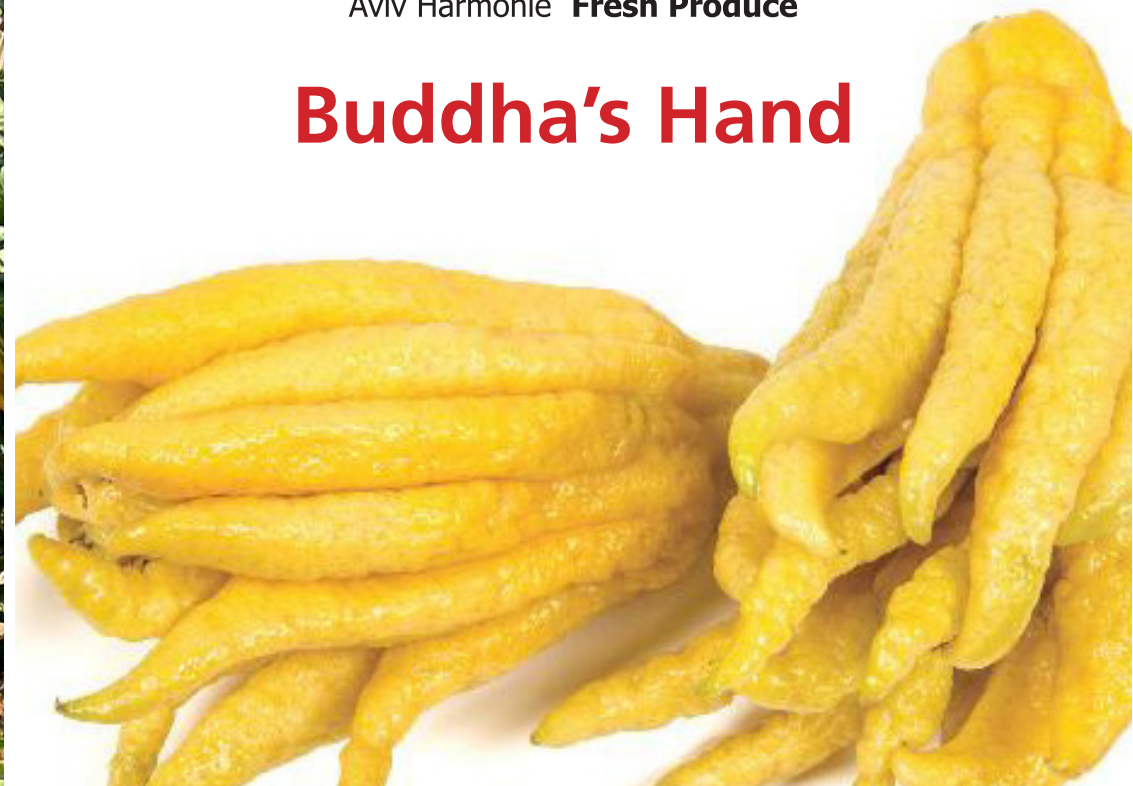
Availability

January – March, September – December.



Aviv Harmonie **Fresh Produce**

Buddha's Hand



Exotic Fruits

Nutritional Benefits

Buddha's Hand is a source of essential oils.

Culinary options

Can be used to prepare aromatic extracts, decorations, candied peel, liquor and jam.

Packaging

2 units per box.

Availability

June - April.



1 Citron

2 Finger lime

3 Yuzo lemon



Exotic Fruits





Aviv Harmonie Fresh Produce

Papaya Aurora



Nutritional Benefits

The colorful, delicious papaya is rich in vitamins A, B, C, E, K, M and P, antioxidants fiber, folic acid, flavonoids, carotenoids, trans mineral and dietary foods. It has relatively low glycemic value which benefits people on low – sugar diet.

Culinary Options

Can be used for salads, desserts, juices.

Packaging

4 kg box.

Availability

All year around.



Aviv Harmonie **Fresh Produce**

Dates



Nutritional Benefits

Dates are grown in the Jordan Valley and Arava desert, stretching all the way from the Sea of Galilee down to the Red Sea.

Culinary Options

Dates can be used for smoothies or eating them out of hand. Great for baking, cooking and as sweet snacks.

Varieties

Super Juicy (Bon Bon)

Size Super Jumbo, Jumbo.

Packaging 3.5kg, 1.8kg, 300gr.

Availability

All year around.

Medjoul

Size Super Jumbo, Jumbo, Large, Medium.

Packaging 5kg, 2kg, 1kg, 500gr, 250gr, 200gr.

Availability

All year around.

Barhi (yellow date)

Packaging 5kg.

Availability

july – September.

Aviv Harmonie **Fresh Produce**

Field
To
Market



Vegetables Time



Aviv Harmonie **Fresh Produce**

Yellow Courgette



Vegetables

Nutritional Benefits

Courgette are low in calories and contains useful amounts of folate, potassium, manganese and vitamin A. The golden – yellow colour of this variety comes from the pigment lutein, which is also an antioxidant.

Culinary Options

Casseroles, soups, antipasti, pies, cakes, souffles and salads.

Packaging

4 kg box.

Availability

November – April.



Aviv Harmonie **Fresh Produce**

Chilli Pepper



Nutritional Benefits

Chilli Pepper contains high amounts of vitamin C and beta carotene (provitamin A) and is a good source of most B vitamins, especially B6. It is also exceptionally high in potassium, magnesium and iron.

Culinary Options

Chicken dishes, fish dishes, tomato based sauces and pickles vegetables.

Varieties

FireFlame, Habanero, Naga, Jalapeno, Scotch Bonnet.

Packaging

1 kg box, 3 kg box pre-packed.

Availability

October - June.



Aviv Harmonie **Fresh Produce**

Specialty Peppers



Vegetables

Angello Seedless Pepper™

This is a completely new variety of pepper – extra sweet and extra crunchy, medium size.

We now have 3 colors red, orange and yellow!

Sweet Bite Pepper

Very sweet snacky pepper, 3 colors, medium size.

Culinary Options

Salads, snacks, filling.

Packaging

5kg box, 1 kg box pre-packed.

Availability

All year around.

Tel. +972-4-6126001 www.aviv-flower.co.il

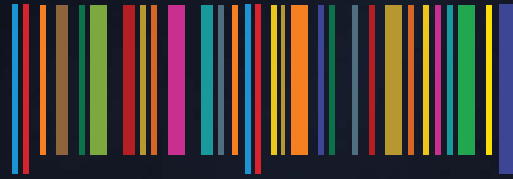


Aviv Harmonie **Fresh Produce**

Others

Others





Aviv Harmonie **Fresh Produce**

For more details and orders

Tel. +972-4-6126001 www.aviv-flower.co.il fresh@aviv-flower.co.il

Orders