

1. DRIED APPLE (MALUS MILL)

- Calories of dried apples is 231 kcal per 100 grams of product.
- Dried apples contain: various sugars (up to 12%) - fructose, glucose, sucrose; organic acids (to 2.42%) - malic, citric, tartaric, and chlorogenic arabinovuyu; pectin, tanning and coloring agents; mineral salts, organic phosphorus compounds and iron; Vitamins - provitamin A carotene (0,12-0,3 mg%), B (0.04-0.08 mg%), C (5-64,2 mg%) and essential oil. The composition of essential oils include acetaldehyde and esters of amyl alcohol with formic, acetic, caproic, and caprylic acids. Peel the fruit contains flavonoids.
- High mountain region, natural walnut forests (last of such kind in the world), bioproducts, «wild» grown not cultivated, not fertilized, not treated with any pesticides.



2. DRIED PEAR (PÝRUS SPP.)

- Pear - a sort of fruit and ornamental trees and shrubs of the family Rosaceae .
- Calories of dried pears is 249 kcal per 100 grams of product.
- Pear is rich in sugars, organic acids, enzymes, fiber, tannins, nitrogen and pectin, vitamins C, B1, P, PP, carotene (provitamin A), as well as flavonoids and volatile production (kolorizator).
- High mountain region, natural walnut forests (last of such kind in the world), bioproducts, «wild» grown not cultivated, not fertilized, not treated with any pesticides.



3. DRIED PLUM (PRUNUS VENGERSKI)

- Prunes (dried plum) retain all the nutrients that are in the fresh plum.
- Prunes helps to preserve the freshness of meat, up to 90% reduces the growth of Salmonella, Staphylococcus and E. coli.
- Calorie-prune is 231 kcal per 100 grams of product.
- Dried prunes sugars rich (57.8%), organic acids (3.5%), fiber (1.6%), minerals - sodium 104 mg% therein, potassium - 864 mg% calcium - 80 mg% phosphorus - 83 mg%, iron - 15 mg%. It has a high energy value (231 kcal).
- High mountain region, natural walnut forests (last of such kind in the world), bioproducts, «wild» grown not cultivated, not fertilized, not treated with any pesticides.



4. DRIED APRICOT (PRÚNUS ARMENIÁCA)

- Dried apricot - is one of the most popular dried fruits. Dried apricots are very useful for both children and adults, because it contains a lot of calcium, iron, phosphorus, minerals, potassium, magnesium. pectin substances, organic acids, antioxidants. Dried apricots also contain carbohydrates, vitamin PP, beta-carotene, vitamin A, C, E, B vitamins in an amount in a significant dried apricots contains sucrose, fructose and glucose, which causes a sweet taste of the dried fruit.
- High mountain region, natural walnut forests (last of such kind in the world), bioproducts, «wild» grown not cultivated, not fertilized, not treated with any pesticides.



5. WALNUT KERNELS (JUGLANS SPP)

- Nutritious, high-calorie product that is characterized by a high content of fat. 100 g walnuts 654 kcal.
- The form of vitamin E found in walnuts is somewhat unusual, and particularly beneficial. Instead of having most of its vitamin E present in the alpha-tocopherol form, walnuts provide an unusually high level of vitamin E in the form of gamma-tocopherol. Various health beneficial elements.
- High mountain region, natural walnut forests (last of such kind in the world), bioproducts, «wild» grown not cultivated, not fertilized, not treated with any pesticides.



6. PISTACHIO (PISTACIA VERA)

- Nutritional value per 100 g: 20.8 g protein, 51.6 g fat, 16.4 g carbohydrates 2.6 g minerals, Vitamin B1 1.08 mg, 1.24 mg vitamin B2 0.08 mg vitamin E.
- Energy value of 100 g - 642 kcal.
- Pistachios contain a higher amount of protein in comparison with other nuts such as almonds, cashews, hazelnuts, macadamias, pecans, and walnuts. The amount of protein found is 6 g per 1 ounce, which is the highest in comparison to other nuts.
- High mountain region, natural walnut forests (last of such kind in the world), bioproducts, «wild» grown not cultivated, not fertilized, not treated with any pesticides.



7. ALMOND (PRUNUS DULCIS)

- Nutritious, high-calorie product that is characterized by a high content of fat. 100 g almond 649 kcal.
- Almonds, carry higher proportions of protein, fat and minerals. They are good source of vitamin E, hold about 25 grams per 100 g (about 170% of RDA). Vitamin E is a powerful lipid soluble antioxidant.
- Almonds are free from gluten protein, and for the same reason, they are one of the popular ingredients in the preparation of gluten-free food formulas.
- High mountain region, natural walnut forests (last of such kind in the world), bioproducts, «wild» grown not cultivated, not fertilized, not treated with any pesticides.



8. DRIED HAWTHORN (CRATAEGUS TURKESTANICA POJARK)

- Hawthorn berries are famous since ancient times for healing and curing qualities (prescribed for heart diseases, nervousness, insomnia, excessive fatigue) Prepared as infusions, juices, teas, pharmacological agents).
- Dried berry contains 142 calories / 100 grams
- The dried hawthorn berries contain vitamins (A, C, E, K, B group), minerals, organic acids, namely, ursolic, very rare and indispensable for human, natural sugars.
- High mountain region, natural walnut forests (last of such kind in the world), bioproducts, «wild» grown not cultivated, not fertilized, not treated with any pesticides.



9. DRIED ROSEHIP (ROSA CANINA)

- Dried rosehips - ancient medicine, its therapeutic properties were known in Uzbekistan in the XV century.
- Calories of dried rosehip is 110 kcal / 100 grams of product.
- Dried Rosehips contain sugar, pectin, tannins, citric acid, malic acid and other organic acids, vitamin C, carotene, vitamins B, K, P, glucosides kaempferol and quercetin, lycopene pigments and rubixsantin.
- High mountain region, natural walnut forests (last of such kind in the world), bioproducts, «wild» grown not cultivated, not fertilized, not treated with any pesticides.



10. DRIED BARBERRY (LATIN BÉRBERIS)

- Berries are sweet-sour, purple, elongated, assembled in the brush.
- Calories of dried barberry is 152 kcal /100 grams of product.
- The dried berries of barberry contain ascorbic, malic, tartaric and citric acid. Contained substance berberine, which is a cholagogue. Also dried barberry berries possess antipyretic, anti-inflammatory properties, stimulates the thyroid gland, nervous system and sex hormones. With its astringent properties, barberry berries are removed from the body toxins, heavy metals and other harmful substances. Used as spices for cooking
- High mountain region, natural walnut forests (last of such kind in the world), bioproducts, «wild» grown not cultivated, not fertilized, not treated with any pesticides.



13. DRIED MOREL (MORCHELLA) MORELS

- Earliest spring mushrooms, appears as soon as the snow melts. Fresh morels contain 3% of nitrogenous substances, 1% sugar and many fragrances.
- Spring snowdrops morel mushrooms are not only a wide spread high class restaurant delicacy - in ancient times our ancestors successfully used to treat rheumatism and other diseases of the joints - infusion prepared from hats and rubbed into the sore spots. Healers used ancient morels for the treatment of myopia, presbyopia, and even cataracts.
- High mountain region, natural walnut forests (last of such kind in the world), bioproducts, «wild» grown not cultivated, not fertilized, not treated with any pesticides.



14. MOUNTAIN HONEY (MEL MONTIS.)

- Mountain honey - one of the most valuable and expensive varieties of honey. It belongs to the elite or premium class due to the high environmental performance of the product.
- There are many mountain honey regions in Kyrgyzstan. For example, the Chon-Kemin Valley, located at an altitude of 1400-2800 meters, with various herbs such as peppermint, sage, thyme, camel thorn, heather, and clover. These plants are considered to be the foundation of the classical variety. Toktogul grade «sweet gold» – from sage, clover, Leuzea, thyme, sainfoin, dandelion, clover, goldenrod, fireweed, peppermint, St. John's wort.
- High mountain region, natural walnut forests (last of such kind in the world), bioproducts, «wild» grown not cultivated, not fertilized, not treated with any pesticides.

