

Iranian almonds



It is one of Middle East and south Asia species fruits. Almond originally comes from genus *Prunus*. Almonds can be used in various forms, one of common ways of using almond is when the almonds get dipped in hot water in order to soften the seed coat and after removing the seed coat it will become to blanch almonds. Different countries use almonds in their own unique forms for instance in Iran, when the almonds are still raw and green, they dip them in sea salt and eat them as snacks, Iranians eat roasted almonds too.

In terms of nutrition, almonds are very rich as they contain vitamin E, B vitamins, niacin, mineral calcium, zinc, phosphorus, magnesium as well as iron. Recent researches show that consumption of almonds are very nutritious for body as it can lower low density lipoproteins and on the other hand can increase blood level of high density lipoproteins.

One of the producers of almond is Iran due to favorable climate state for growing almonds; different parts of Iran grow almonds such as Qom, Yazd, Kerman, Sirjan, Najaf abad, shahre kord and Mashhad. There are mainly two types of almonds, which grow in Iran first type Normal almonds, which are similar to California almonds and second type Mamra almonds that 85% of this type (mamra almond) grow in Iran. Iranian normal almonds are not as famous as its Mamra almond as Mamra almonds do not have bitter pieces and almost whole of this crop produce in Iran and very small volume produce in Afghanistan.

Although mamra almonds are the most expensive type of almond, Mamra almonds are rare, tastier and rich source of nutrition in comparison to American almonds. Mamra almonds have also high level of healthy oil compared to American almonds, as Americans pasteurize the almond through high heat. Some of Mamra almonds health benefits can be identified as being good for brain and consumption of Mamra almonds can develop the brain. Second benefit of Mamra almonds, which is known by everyone, is skin care, many dermatologists suggest to skin patients to massage their skin with Almond oil. Prevention of cancer is another benefit of Almond. As almonds contain folic acid, it also reduces the incidence of birth problem for pregnant women and their newborn babies. Weight loss is very common advantage of Almond and majority of athletes and who do sports are recommended to consume almonds on a daily basis in order to boost their energies as well as balancing weights.





ALMOND MAMRA
TYPE : AAAAAA
SIZE: 80-90



ALMOND MAMRA
TYPE : AAAAA
SIZE: 90-100



ALMOND MAMRA
TYPE : AAA
SIZE: 100-105



ALMOND MAMRA
TYPE : AA
SIZE: 110-115



ALMOND MAMRA
TYPE : A
SIZE: 120-125



ALMOND MAMRA
TYPE : ES
SIZE: 130-135



ALMOND MAMRA
TYPE : ESB
SIZE: 140-145



ALMOND MAMRA
TYPE : MINI
SIZE: 150-200

