



Global Leading Supplier For Fresh Produce



MAFAZA®



## **Mission:**

We deliver to our customers the highest quality and safest food according to their needs, looking for our long term repport we invest in our people through training as we believe they are the main resource and we encourage them for sustainable innovation to be a market leader in our field.

## **Vision:**

We want to be the biggest producer and supplier of fresh and convenience food in Middle East and Africa.





# Citrus Fruits

Citrus is a genus of flowering trees and shrubs in the rue family, Rutaceae. Plants in the genus produce citrus fruits, including important crops such as oranges, lemons, grapefruits, pomelos, and limes. The most recent research indicates an origin in the Himalayas.



Nutrition Facts (Approximate values) per 100g Orange	
Calories	40-50 kcal 167-210 kJ
Total Fat	0 g
Saturated Fat	0 g
Trans Fat	0 g
Total Carbohydrate	14 g
Dietary Fiber	1.6 g
Sugars	9 g
Protein	0.8 g
Cholesterol	0 g
Sodium	3 g

16

## Seasonality:

Valencias: Feb - May | Navels: Nov - Feb  
Grapefruit: Oct - May | Lemon: Nov : Jan

## Valencia Orange

The Valencia is the ultimate juice orange. Its bright, beautiful, abundant juice looks great and stores beautifully. If you're an orange juice fiend, this is the one to buy! But because they're virtually seedless and have a great, full flavor. These juicing oranges are, well, juicy! You can expect a nice yield of juice when you buy Valentias.



### Seasonality:

15 February : 15 May

Carton	Carton Weight	Package	Carons / Pallet
open top	-15	60*40*16	65
telescopic	-15	36*29*26	80

## Navel Orange

The sweet, seedless, easy-peeling Navel Orange is a classic. If you're not sure what to buy and want to stick with a popular favorite, the Navel is a great choice. The Navel is a perfect orange for eating out of hand. It's easy to peel, and it sections up beautifully. In fact, it's one of the most popular orange varieties in the world.



### Seasonality:

15 November : 28 February

Carton	Carton Weight	Package	Carons / Pallet
open top	-15	60*40*16	65
telescopic	-15	36*29*26	80

## Red Grapefruit

The grapefruit is a subtropical citrus tree known for its relatively large sour to semi-sweet, somewhat bitter fruit. Grapefruit is a citrus hybrid originating in Barbados as an accidental cross between two introduced species bred in the 18th century as a cross between a pomelo and an orange. It was given the name grapefruit due to growing in clusters, similar to grapes.



### Seasonality:

15 August : 15 May

Carton	Carton Weight	Package	Carons / Pallet
open top	-15	60*40*16	65



## Lemon

The lemon, *Citrus limon* Osbeck, is a species of small evergreen tree in the flowering plant family Rutaceae, native to South Asia, primarily North eastern India.



### Seasonality:

15 August : 15 May

Carton	Carton Weight	Package	Carons / Pallet
Telescopic	~15	36*29*26	80



# Asparagus

Asparagus, or garden asparagus, folk name sparrow grass, scientific name *Asparagus officinalis*, is a perennial flowering plant species in the genus *Asparagus*. Its young shoots are used as a spring vegetable. Asparagus is a herbaceous, perennial plant growing to 100–150 cm (39–59 in) tall, with stout stems with much-branched, feathery foliage.



Nutrition Facts (Approximate values)  
per 150g Cherry Tomato

Calories	20
Total Fat	0.1 g
Saturated Fat	0 g
Trans Fat	0 g
Total Carbohydrate	3.9 g
Dietary Fiber	2.1 g
Sugars	1.9 g
Protein	2.2 g
Cholesterol	0 g
Sodium	2 mg

16

Seasonality:

1 January : 31 May



# Cherry tomato

A cherry tomato is a rounded, small fruited tomato believed to be an intermediate genetic admixture between wild currant-type tomatoes and domesticated garden tomatoes. Cherry tomatoes range in size from a thumbtip up to the size of a golf ball, and can range from being spherical to slightly oblong in shape.



Nutrition Facts (Approximate values)  
per 150g Cherry Tomato

Calories	25
Total Fat	0 g
Saturated Fat	0 g
Trans Fat	0 g
Total Carbohydrate	10 g
Dietary Fiber	2 g
Sugars	6 g
Protein	2 g
Cholesterol	0 g
Sodium	25 mg



## Seasonality:

1 January : 31 August



Address: 94 Al-Tahrir Street,  
Plaza Tower 3d floor, Giza, Egypt

Telephone: +2 02 37623771  
+2 02 37623772

Fax: +2 02 37623773

E-Mail: [export@hg-egypt.com](mailto:export@hg-egypt.com)

Website: [www.hg-egypt.com](http://www.hg-egypt.com)

