



A.H.M.S for Exports

# AHMS for Exports





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## WHO WE ARE?

### A.H.M.S FOR EXPORTS

*is a family-owned company specializing in the cultivation and exportation of fruits and vegetables. We oversee our production process, with farms situated across various regions in Egypt, primarily in El Gharbia Governorate, strategically located within the prime growing areas for fruits and vegetables. Serving the global market, we have consistently and reliably supplied Europe with certified fruits and vegetables of the highest quality. Drawing upon decades of knowledge and experience*





## Vision



**we strive to lead as a top global exporter of premium fruits and vegetables, emphasizing excellence, sustainability, and innovation. Our goal is to enhance worldwide health through fresh, organic produce that delights and nourishes our customers**



## Mission

**To excel in producing and exporting premium fruits and vegetables globally, prioritizing quality, sustainability, and organic practices. Their commitment to long-term partnerships and community support contributes to agricultural growth and sustainability.**



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# Vegetables



Tomato

Spring Onions

Golden Onions

Red Onions

Sweet Potato

Pepper

Carrots

Broccoli

potato

Garlic

Iceberg Lettuce

Okra

Green Peas





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# Vegetables



## OKRA

Egyptian Okra  
Botanical Name: *Abelmoschus*  
*Esculentus*  
Origin: Egypt  
Availability Of Frozen Egyptian  
Okra: June to October  
Also known as Lady's Finger  
Packing Available:  
400 Grams x 20 packages  
per 8 KG Cartons.  
Lead time: 2- 3 weeks  
Product shelf life: 4 Months  
Category: Vegetables



## GREEN PEANS

Specifications and details:  
Product Name: green peas  
Color: Natural Green  
Size: 7: 11 cm  
Broken rate: 2% No black dots  
and no impurities  
Packing : 4: 5kg / carton Or  
according to customer needs.  
Shipping : Container 40 feet 22 ton  
Category: Vegetables



# Vegetables



## ICEBERG LETTUCE

Specifications and details :  
Product Name: Iceberg lettuce  
Caliber: 7: 9 pieces in a carton  
Packing: Plastic box or carton  
Unit weight: 5: 6 kg  
Container 40 ft 12 tons  
Category: Vegetables



## CARROTS

Egyptian Carrots  
Carrots have a sweet flavor, crisp texture, and a distinctive orange color.  
Baby carrots which are cooked whole, are especially tender and sweet, have smooth skin and a bright color.  
DELIVERY:-  
Air and sea shipments  
PACKING:- Upon client request  
SEASON:-  
Available during the year  
SIZE:-  
10: 25 CM  
Category: Vegetables



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# Vegetables



## GOLDEN ONIONS

Variety:-  
Golden Onion  
Size:-  
40, 50, 60, 70, 80, 90, 100 mm  
Packing:-  
Mesh Bag  
Unite weight:-  
5, 10, 15, 20, 25 KG  
One Container 40 ft 25 Ton  
OR As per the customer's request  
Category: Vegetables



## GARLIC

Sizes & Packing:  
Sizes: 35, 45, 55 +mm  
package: 1 (4,5,6) kg Cartons /  
(4,5,10) kg Net Bag/5-10 kg /basket  
or as per customer name  
production capacity: 1.000 Tans  
per year  
General Description:-  
Name: Fresh Garlic  
Origin: Egypt.  
Varieties: Red, Golden.  
Color: According to Variety.  
Season: Around the year.  
Category: Vegetables



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# Vegetables



## **BROCCOLI**

**Egyptian Fresh Broccoli.**

**DELIVERY:-**

**Air and sea shipments**

**PACKING:-**

**7 kgs N.w. 11 kgs G.W. Foam**

**Box with ice.**

**SEASON:-**

**Dec till May**

**Category: Vegetables**



## **POTATO**

**Specifications and details :**

**Product Name: Egyptian Potatoes**

**Variety: All Egyptian kinds  
of Potatoes**

**Size: 50 mm: up**

**Packing: Mesh Bag**

**Unite weight: 5, 10, 15, 20, 25 KG**

**One Container 40 ft 25 Ton**

**Category: Vegetables**



# Vegetables



## SWEET POTATO

Product Name: SWEET POTATOES  
Variety: White Flesh, Red Flesh,  
Beauregard  
size: 300: 800 Gm per Piece  
Packing: 3:6 kg carton  
Benz 500 600 KG  
Unit weight :5Kg/ As Client Request  
Shipping Reefer: 40 Ft  
20: 25 Ton Based on Packing  
Category: Vegetables

## PEPPER

Egyptian Capsicum  
Pepper in green, orange,  
yellow, and red colors  
DELIVERY:- Air shipments  
PACKING:- Upon the  
client's request  
SEASON:- November till May  
VARIETY:- Green, Yellow,  
Orange, and Red  
Category: Vegetables



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# Vegetables



## RED ONIONS

Product Name

Egyptian Onion

Variety:-

Red Onion

Size:-

40, 50, 60, 70, 80, 90, 100 mm

Packing:-

Mesh Bag

Unit weight:-

5, 10, 15, 20, 25 KG

One Container 40 ft 25 Ton

OR As per the customer's request

Category: Vegetables



## TOMATO

Product Name: Tomatoes

Type: 196, 84, Chery

Color: Dark Red / Green / Red

Packing : 2: 2.5 kg carton

4: 5kg carton Or

according to customer needs.

Container 40 ft could

contain 24-ton

Category: Vegetables





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# Vegetables



## SPRING ONIONS

**Product Name :**

**Egyptian Onion**

**Variety :** ♂

**Giza & Fotton**

**Size of bulb :**

**10mm: 50 mm**

**Packing :**

**Loose & Bunches**

**Package ;**

**8, 10, 12, 14, 16, 18, 20,24**

**Bunches/carton**

**40, 48, 50, 55, 60**

**Bunches, Plastic basket**

**Unite weight ;**

**2KG ,2.5KG , 3KG , 4KG , 5KG , 6 KG**

**One Container 40 ft 25 Ton**





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# Fruits



Peach

Grapes

Dates

Guava

mango

Strawberries

Pomegranate

Melon

Watermelon





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# Fruits



## MELON

The fiber, potassium, and vitamin C present in cantaloupe are vital nutrients for your heart health. Potassium can help to lower high blood pressure, which is a risk factor for heart disease. Fiber helps to decrease levels of "bad cholesterol" in your body. It can also keep your blood pressure in check.

**DELIVERY:-**

Air and sea shipments

**PACKING:-**

Upon client request

**SEASON:-**

March till July

**SIZE:-**

300 gm: 1 kg

**VARIETY:-**

Cantaloupe



## MANGO

Product: Fresh Egyptian mango

Assortment: Heidi, Kent, Naomi, Taymour, Owais, Hindi, Alfons, Zabdiya, Sukkarieh, Kate, Sannara, Zabdiya, Mabrouka, Sedika and Fajr Kaila

Sizes: Medium sizes 7-8 pieces per carton

Packaging:-

5 kg standard carton

2.50 kg carton open from the top

Availability: July through November

Shipping: air freight and sea freight

Category: Fruits





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# Fruits



## DATES

Variety:-  
Zaghoul, Hayany, Barhi, Siwa  
Common Name:- Dates  
Size:-  
3-7 cm long 2.5cm wide  
Packing Specification:-  
Vacuumed plastic bags, 250grms,  
500grms, 1kg punnets  
Season:- October  
Transport conditions:- Cool, dry  
temperature Good ventilation  
Transported in cold stores or  
standard containers  
Category: Fruits



## WATERMELON

Specifications and details :  
we have watermelon type Common.  
we could Pack in a 10kg Standard Carton.  
The container 40 feet HC could have 22 tons.  
20 Palette in the container.  
55 cartons in the Pallet.  
Each container contains 1100 cartons.  
Category: Fruits





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# Fruits



## STRAWBERRIES

Product: Egyptian strawberry

Varieties: Festival lineup

Sizes: 25-35mm/pc

High Punnet:-

option 1: 20 Punnet x 225 Gm = 4.50 Kg N.W / CRTN

option 2: 12 Punnet x 400 Gm = 4.80 kg N.W / CRTN

Flat Punnet:-

option 1: 10 Punnet x 250 Gm = 2.50 kg N.W / CRTN

option 2: 8 Punnet x 250 Gm = 2.00 kg N.W / CRTN

Availability: December May

Shipping: Airfreight

MOQ: 1 ton through

Category: Fruits



## GRAPES

Packing:- Carrying bags  
or baskets

Baskets: 250-500 grams, the  
net weight of the carton is 5 kilos.

Carrying bags: plastic carrying  
bags with cartons,  
net weight 4.5 kg.

Varieties:

Early: May.

Flames: May, June, and July.

Sugarcane: May, June, and July.

Thomson: July and August.

Crimson: July, August – September

Red Globe: June, July, and August

Category: Fruits





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# Fruits



## GUAVA

Egyptian fresh Guava.  
Natural Yellow Green  
Guava is green, with slightly bumpy skin, often ripening to a yellow or almost maroon color. Though guava smells a lot like a lemon, its pale pink flesh and juice are sweet and mild, sometimes described as a cross between a ripe pear and a strawberry  
NET WEIGHT IN CARTON BOX  
2.5 kgs and 5 kgs N.W.  
SEASON:-  
September till January  
SIZE:-  
10, 12, 14, 16, 18, 20  
DELIVERY:-  
Air shipments  
Category: Fruits

## PEACH

Egyptian Fresh Peach  
Peach is a soft, round, slightly furry fruit with sweet yellow flesh and pinky-orange skin.  
2. colour. Something that is peach is pale pinky-orange in color.  
The flesh of white peaches has a delicate, floral sweetness, while yellow peaches have a more acidic taste.  
Peach is a great source of vitamins C, and A, low in calories, and free of cholesterol, sodium, and fat.  
DELIVERY:-  
Air shipments  
PACKING:-  
5 kgs in Carton or Blastic box  
SEASON:-  
Middle May till Middle August  
SIZE:-  
12, 15, 18 Pieces  
VARIETY:-  
Florida and Desert varieties







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# Fruits



## POMEGRANATE

Origin: Egypt

Varieties: Wonderful – 116

Color: Natural Red

Season: August to October

Loading & Shipping:- 40 "container, t \* +6

Container Capacity: 17 tonnes on 20

pallets, each pallet has 170 boxes.

All the boxes in the container:3400

Category: Fruits





# Citrus



**Navel**

**Valencia**

**Lemon**

**Mandarin**





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# Citrus



- **HS Code:** 080520.
- **Product:** Egyptian Mandarins
- **Varieties:** Clementine
- **Sizes:** 36, 42, 48, 54, 60
- **Package:** 8 Kg Carton, 6.5 Kg Plastic Box
- **Availability:** from Nov. until Feb.
- **Shipping:** Sea Shipment.



Sizes & Packing:

Packing: Packed in 15 kg or as per customer's service

Sizes: 42-48-56-64-72-80-88-100-113

Production Capacity: 20000t per season





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# Citrus



## VALENCIA

Our especially juicy Valencia oranges.  
Specification:  
Availability: Starts first week of January through June  
Sizes: from 125, 100, 88, 80, 72, 64, 56, and 48  
Packaging: 15kg telescopic carton, 15kg open-top carton  
Our Sorting  
Blemishes free



## LEMON

Our Tasty & Refreshing Lemon  
Specification:  
Availability: Starts first week of December through April.  
Sizes: from 180, 160, 138, 125, 113, 100, 88, 80, 72, and 64  
Packaging: 15kg telescopic carton, 8kg open-top carton  
Our Sorting  
Blemishes free





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# Citrus



## NAVEL

Our Tasty & Refreshing  
Navel oranges.

Specification:

Availability: Starts first week of  
December through April.

Sizes: from 113, 100, 88, 80, 72,  
64, 56, 48, and 40

Packaging: 15kg telescopic  
carton, 15kg

open-top carton

Our Sorting

Blemishes free





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Contact us

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