



BAHAR RAHKAR RUZ

International Trading Co.

ABOUT US

Bahar Rahkar Ruz General Trading is a Tehran-based company specializing in the Food and beverage sector. We export and import high-quality products across the MENA region. Our dedicated teams and trusted partners ensure seamless operations and high-quality service.



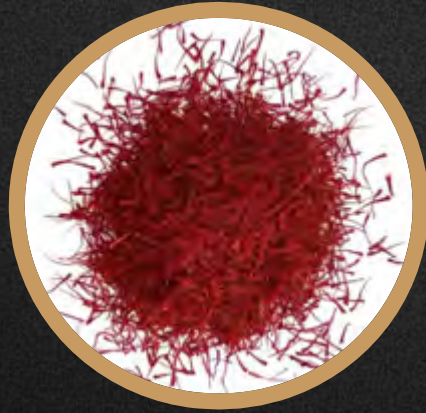
SAFFRON



TYPES OF SAFFRON



SUPER NEGIN



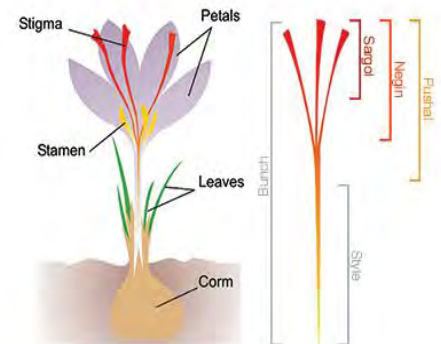
NEGIN



SARGOL



PUSHAL



SUPER NEGIN

Super Negin Saffron is recognized as one of the highest-quality saffrons globally. Known for its premium all-red stigmas, it features slightly larger threads than Negin Saffron, offering exceptional aroma and coloring properties



NEGIN

Negin Saffron is also one of the best quality types of saffron that is produced from grade 1 saffron and contains only the red parts of the stigma.



SARGOL

Sargol Saffron consists solely of the red parts of the stigma, featuring shorter threads compared to Negin and Super Negin Saffron. In Sargol, the stigmas are separated from the style, ensuring high coloring power



PUSHAL

Pushal Saffron contains both the red parts of the stigma and a small portion of the yellow style, resulting in slightly lower coloring power compared to Super Negin, Negin, and Sargol Saffron. Despite this, Pushal Saffron is highly valued for its unique flavor and aroma.



IRANIAN CAVIAR



TYPES OF CAVIAR



ALBINO



BELUGA



ALBINO

Albino Beluga Caviar is one of the world's rarest and most prized delicacies, harvested from albino beluga sturgeon raised in the pristine waters of the Caspian Sea. Its flavor is elegant and delicate, offering a creamy, subtle, and lasting taste on the palate

Size of roe: 3.0-3.2 mm

Texture: Soft

Color of roe: Ivory white

Combinations: Turbot, sea bream, sea bass, cauliflower

Storage temperature: 0° to +3°C

Origin: Farmed in Iran



BELUGA

Special Reserve Beluga Caviar features the largest and firmest roe, with colors ranging from light grey to platinum. Produced using a low-salt recipe compared to traditional Malossol, it delivers a rich, creamy flavor with subtle salinity, making it a truly luxurious delicacy.

Size of roe: 3.3-3.5 mm

Texture: Medium firm

Color of roe: Sterling gray to platinum

Combinations: Turbot, sea bream, sea bass, cauliflower

Storage temperature: -2° to +3°C

Origin: Farmed in Iran



TURKISH OLIVES



TYPES OF OLIVES



GREEN OLIVE



EDREMIT OLIVE



USLU KALAMATA
OLIVE



GEMLIK OLIVE



RIPE OLIVE





TYPES OF OLIVES

Olives can be a very delicious choice to eat with food. These days, a wide variety of them and their combinations can be found. To choose the right one according to your taste, the first step is to know the different types of olives.

Green olives are one type and are divided into many kinds. Halkidiki is one of the traditional Greek varieties. This type of olive is egg-like, fleshy, juicy, and has a spicy, peppery taste. Manzanilla is another type, mostly found in Spain, and is suitable for those who love the combination of spicy and salty flavors. Other types of green olives include Sicilian and Picholine.

On the other hand, we have black olives, which are divided into Kalamata, Ponentine, Gaeta, Lugano, and Alphonso.



OLIVE OIL





TYPES OF OLIVE OIL

There are six grades of olive oil: extra virgin oil, refined oil, pure oil, light oil, and olive pomace oil. Each of these items has a different smoke point, and this smoke point determines how to use them correctly. Extra virgin oil has the best quality and it is subjected to cold processing so as not to change its properties. So, if you are looking for a great oil, this kind could be a good choice.

Olive oil can promote heart health and reduce the risk of cancer. It also acts like ibuprofen which can relieve pain and inflammation increasing bone-building calcium and vitamin D which can be suggested to children especially. Besides, this oil balances blood sugar and prevents diabetes by slowing down the absorption of glucose into the bloodstream.



HAZELNUT





BENEFITS OF HAZELNUT

Hazelnuts are highly nutritious and are a good source of healthy fats, antioxidants, and a variety of vitamins, making them an ideal snack for those on a healthy diet. The good fats of these nuts play an effective role in supporting heart health and reducing the risk of cardiovascular diseases. This nut is a good source of vitamins such as E, B6, and folate. Vitamin E is a powerful antioxidant that helps protect cells from free radical damage. Also, vitamin B6 and folate are necessary for brain work and red blood cell production.

The combination of healthy fats, fiber, and protein in Turkish hazelnuts will keep you full for hours and reduce the possibility of overeating. Therefore, despite being high in calories, it is useful for weight control.





TYPES OF RAISIN



GOLDEN



SULTANA



DRIED SULTANA



**JUMBO
(MAVIZ)**



**LONG
(KASHMARI)**





TYPES OF RAISIN

According to reviews from both professionals and consumers, golden raisins are considered the highest-ranking in the industry.

One thing we can all agree on is that golden raisins are far superior to their brown, shriveled counterparts. They have a better, fruitier taste. While regular brown raisins are dry and grainy with a sweeter taste, golden raisins offer a more balanced flavor and are plump and soft.

Our product is made from the finest seedless grapes. Golden raisins are grown in sunny vineyards and undergo a sulfur fumigation process before being shade-dried, giving them their golden amber color and natural flavor. This popular variety is produced from grapes with unique natural characteristics and a distinct sugar level.





TYPES OF RAISIN

Sultana raisins are made from the finest seedless grapes. They range in color from light to dark brown and are dried using a specific, healthy method. Due to their high sugar content, sultanas are very sweet and have a flavor similar to honey.

The most popular type of sultana is the dark brown variety, which does not contain sulfur. It is widely used in the bread industry, cake and pastry bakeries, cereal production, and the dairy industry.

Another popular type of raisin is the golden and green Kashmiri raisin, also known as long raisins. This seedless variety is famous for its unique sweet and sour taste and elongated shape. It is a great choice for those who prefer a less intensely sweet flavor compared to other types of raisins.



GREEN KERNEL PISTACHIO



GREEN KERNEL PISTACHIO

Green Kernel Pistachios are highly valued for their use in confectionery and other industries. Produced by harvesting pistachios while still raw (Kaal), they offer the same quality as regular Kernel Pistachios but are more expensive due to their intricate processing. The greener the kernels, the higher their value. Iranian Green Kernels are considered a luxury food ingredient and are widely used in pastries, chocolates, ice cream, and even sausages and ham



MAZAFATI DATES





MAZAFATI DATES

The largest volume of date exports in Iran is attributed to Bam Mazafati dates. This fruit is primarily produced and packaged in Bam, Kerman. Depending on the harvest season, the moisture content of the dates ranges from 1% to 2%. In the Bam region, approximately 2,000 to 3,000 tons of Mazafati dates are produced annually, a significant portion of which is exported by companies for international trade.

CABBAGE





PACKAGING

Green Cabbage

Number of Products per Crate:	8-10
Number of Crates per Pallet:	60-70
Number of Pallets per Container:	20-24
Approximate Weight of each Crate:	8-10 kg

Red Cabbage

Number of Products per Crate:	8-10
Number of Crates per Pallet:	65-75
Number of Pallets per Container:	20-24
Approximate Weight of each Crate:	8-10 kg



BELL PEPPER





BELL PEPPER

Red and yellow bell peppers, known for their vibrant colors and sweet flavor, thrive in regions such as Rudan, Fars, and Isfahan, thanks to their warm climates and sunny conditions. Popular in salads, stir-fries, and stuffed dishes, these peppers showcase Iran's agricultural richness. We take pride in sourcing and delivering fresh, high-quality bell peppers to meet diverse customer preferences.

PACKAGING

Number of Products per Crate:	18-22
Number of Crates per Pallet:	144-156
Number of Pallets per Container:	22-26
Approximate Weight of each Crate:	4.5-5 kg



CAULIFLOWER





CAULIFLOWER

Cauliflower is a highly nutritious and versatile vegetable with a subtle flavor, making it ideal for dishes like mashed cauliflower and roasted preparations. Rich in vitamins C and K, fiber, and antioxidants, it offers numerous health benefits.

Regions such as Dezful and Karaj in Iran provide optimal conditions for cultivating high-quality cauliflower, supporting both local and international markets. Our company collaborates with trusted suppliers to ensure the consistent delivery of premium-grade cauliflower.





PACKAGING

CAULIFLOWER

Number of Products per Crate:	4-8
Number of Crates per Pallet:	60-70
Number of Pallets per Container:	20-24
Approximate Weight of each Crate :	6-10 kg



CELERY





CELERY

Celery, a nutritious and versatile vegetable, thrives in various regions of Iran, particularly Dezful and Karaj, which are known for their fertile soils and ideal climates. Popular in Iranian cuisine, it adds a refreshing crunch to salads, stews, and other dishes.

PACKAGING

Number of Products per Crate:	14-16
Number of Crates per Pallet:	170
Number of Pallets per Container:	22-26
Approximate Weight of each Crate:	6-8 kg



GREENHOUSE TOMATOES





GREENHOUSE TOMATOES

Greenhouse tomatoes are carefully cultivated in regions such as Haji Abad, Yazd, and Karaj, offering diverse varieties with unique flavors, sizes, and textures. These regions highlight the adaptability of greenhouse farming in Iran.

Our company supplies high-quality greenhouse tomatoes by partnering with trusted suppliers, ensuring consistent freshness, exceptional taste, and reliable delivery to meet customer demands.





PACKAGING

Greenhouse Tomatoes

Number of Products per Crate:	30-35
Number of Crates per Pallet:	117
Number of Pallets per Container:	35
Approximate Weight of each Crate:	6 kg



EGGPLANT





EGGPLANT

Eggplants, a versatile vegetable, are exported in two distinct varieties, each offering unique flavors and culinary uses. Key regions in Iran, such as Jiroft, Hormozgan, Yazd, and Isfahan, produce high-quality eggplants thanks to their diverse climates and fertile soils.

Our company specializes in exporting premium eggplants by collaborating with trusted suppliers. This ensures top-tier produce that meets strict quality standards for our customers' culinary needs.





PACKAGING

Eggplant

Number of Products per Crate:	16-22
Number of Crates per Pallet:	90
Number of Pallets per Container:	26
Approximate Weight of each Crate:	5-8 kg



LETTUCE



TYPES OF LETTUCE



ROMAINE LETTUCE



ICEBERG LETTUCE





ROMAINE LETTUCE

Celebrated for its crisp texture and vibrant green foliage, Romaine lettuce from Dezful and Karaj thrives in nutrient-rich soils. Our company ensures the consistent delivery of fresh, flavorful produce through trusted suppliers.

ICEBERG LETTUCE

Prized for its crispness, mild flavor, and high water content, Iceberg lettuce from Dezful and Karaj, Iran, thrives in fertile soils. We source it from trusted suppliers, ensuring exceptional quality.





PACKAGING

Romain Lettuce

Number of Products per Crate:	8-10
Number of Crates per Pallet:	60-75
Number of Pallets per Container:	20-22
Approximate Weight of each Crate:	8-10 kg

Iceberg Lettuce

Number of Products per Crate:	9-12
Number of Crates per Pallet:	65-75
Number of Pallets per Container:	20-24
Approximate Weight of each Crate:	8-10 kg



RED APPLE





RED APPLE

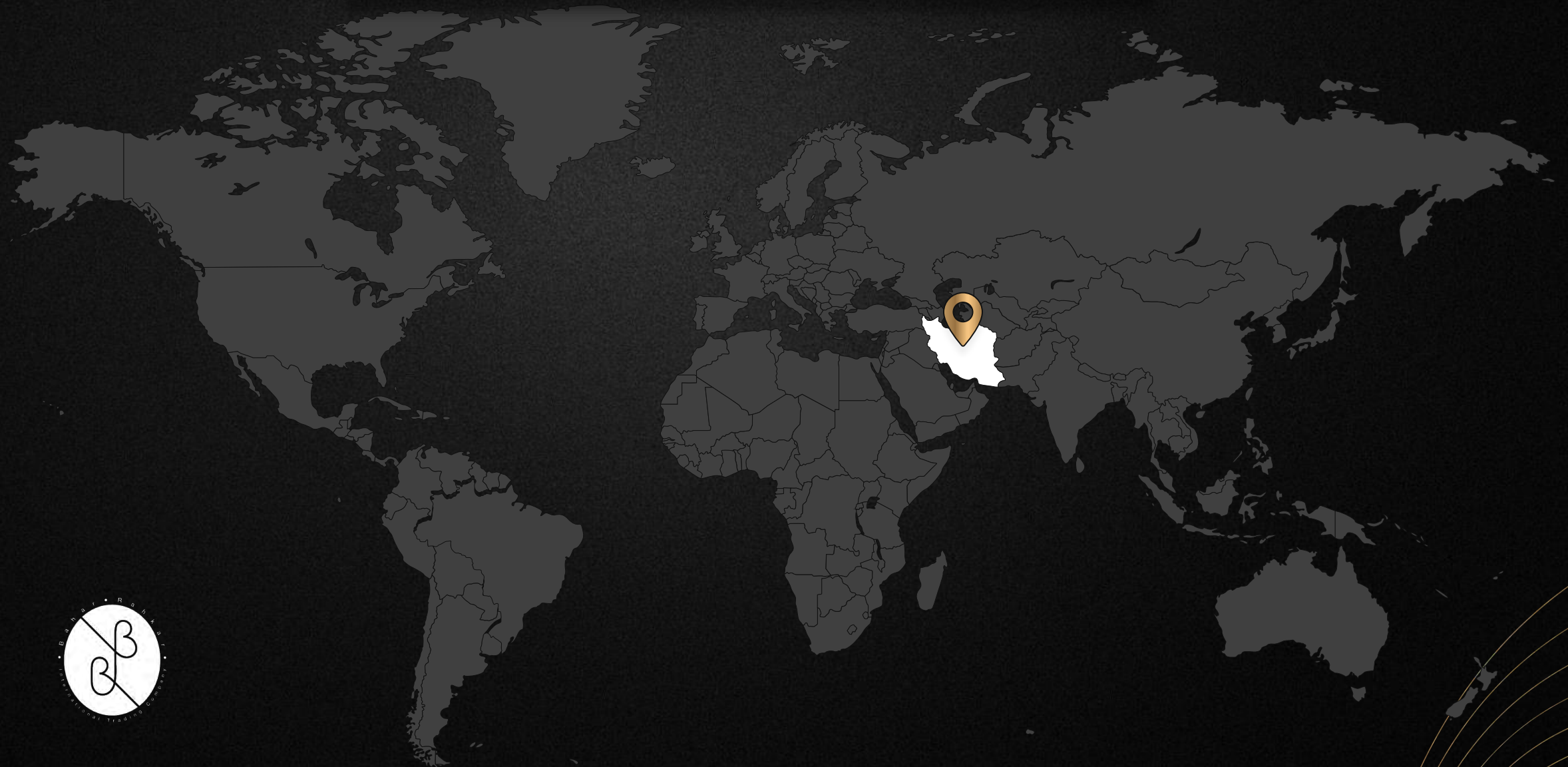
Iran's red apples, renowned for their crispness and sweetness, thrive in regions like Urmia and the Alborz Mountains. Combining tradition with modern methods, we partner with trusted growers to deliver premium-quality apples globally.

PACKAGING

Number of Products per Crate:	30-34
Number of Crates per Pallet:	100
Number of Pallets per Container:	26
Approximate Weight of each Crate:	7-7.6 kg



CENTRAL OFFICE





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