



 Paradise  
Plants Berlin



# 1

## Dates

Dates are a sweet fruit from the date palm (*Phoenix Dactylifera*) which grows in many tropical regions around the world. It belongs to the family of flowering palm trees, *Arecaceae*. Although the exact place of origin is lost in history, it is thought to have come from Egypt. Today the date palm is widely cultivated throughout the Middle East, North Africa and Southern Asia. The palm tree takes around 7 to 10 years from planting to be ready for commercial harvesting, with mature Palms producing 70-140kg (150-300lb) of Dates per season.

Dates are often dried and have become a popular food in Western countries as well. They have a soft chewy texture and sweet taste. Dates come in a range of sizes and color from bright red to bright yellow.

Iran is one of the leading producers of premium grade Dates, with many to choose from including Zahedi Dates, Piyarom Dates, Rabbi Dates, Kabkab Dates, Mozafati Dates, as well as Fresh yellow Dates.







## Health Benefits

Dates are high in calories and add a variety of vitamins and minerals to your meal. Natural Phytonutrients found in the Dates promote good health. Research has shown that consuming the fruit can stimulate the immune system, reduce inflammation, reduce the risk of heart disease, prevent DNA damage and regulate hormones. Dates contain antioxidants which slow or fight cancer cells and lower triglycerides. They are high in fiber which binds to bad (LDL) cholesterol and reduces its absorption into the blood stream, keeping te fat from building up in arteries and reducing blood pressure. The high fiber content helps you to feel fuller for longer making these useful snacks in weight management plans.

2



## Preparation Process

1. Selection of the produce from locations far from farms using any pesticides or other harmful chemicals.
2. Initial quality control previous to the transportation to the processing unit.
3. Arrival at the sorting line and separation of dates and date scraps by a screening machine.
4. Cleaning of the produce with a water circulation pump.
5. Gentle dehydration of the produce to reach the crop moisture required by the customer.

6. Quick and efficient sorting with a grader machine to classify the produce in terms of appearance, color, and size.
7. Laser sorting.
8. Manual sorting.
9. Polishing dates from dust to make the product clean and commercially attractive.
10. Sterilization of the produce.
11. Further manual quality control checks to obtain a product purity of 99.8%.
12. Nylon and carton packaging.

3





4

## Packaging and Delivery

Delivery of your order is available in different packages as your requirement is. For export, we can deliver the orders all around the world in variable weights by express or economical shipment to meet our customer's needs and delivery time frames.





# Dates Analysis and Nutritional Values

*For a Serving Size of 100 g*

Calories	277 kJ
Carbs	75 g
Fiber	7 g
Protein	2 g
Potassium	20% of the RDI
Magnesium	14% of the RDI
Copper	18% of the RDI
Manganese	15% of the RDI
Iron	5% of the RDI
Vitamin B6	12% of the RDI



Paradise Plants Berlin GmbH  
Pfarrer-Theile-Str. 87  
13591- Berlin  
+49 (0) 30 28645366  
info@paradisepplantsberlin.de  
www.paradisepplantsberlin.de