



Paradise
PlantsBerlin



Saffron

/Types of Saffron/

Negin Saffron:
a new variety of saffron that is longer and thicker than common saffron.

Sargol Saffron (All red saffron): it is pure saffron and contains the stigma without the style. Out of 105 kg of saffron flowers, one can collect 1kg of Sargol saffron.

Pushal Saffron (Mancha saffron):
Pushal saffron refers to the stigmas with a 5-3mm style. 1kg of Pushal saffron is collected out of 101kg of saffron flowers.

Daste Saffron (Bunches Saffron):
Daste saffron includes the stigma with the whole style.

Style Saffron: Style saffron only contains the style without the stigma.

1

/Uses/

It is generally believed that Saffron was first cultivated in Greece but it is mainly produced in Iran at present. In ancient times, Saffron was commonly used as a part of the offerings to the Persian divinities by worshipers; moreover, it had other usages in producing a luminous yellow dye, a medicine, fragrance in perfumes, and also, body washes. As a medicine, it was prescribed for treating melancholic bouts. Its threads were brewed into mixtures of hot teas and scattered on the bed of the depressed person.

Furthermore, saffron brings a brilliant yellow-orange coloring to foods. Persian, Indian, European, and Arab cuisines widely use it in their recipes especially mixing with rice. Saffron is often included in confectioneries and liquors.

As a spice, Saffron frequently contributes to many culinary products such as sausages, cake powders, margarine, and many desserts. Saffron is also included in other food products such as ice cream, candy, beverages, jelly, seafood, wine, soup, sweets, chicken, rice, and bread.

Saffron has been historically known for its effects on health. As a powerful antioxidant, it is very useful for skin treatments and is effective in treating depressive symptoms, asthma, cough, insomnia, atherosclerosis, shock, Alzheimer's disease, and infertility. In addition, it acts as an aphrodisiac, reduces PMS (Premenstrual Symptoms), appeases appetite, and therefore, aids weight loss.

Finally, saffron has also proven some special properties for fighting cancer.

/Why Paradise Plants Berlin/

Depictions of prehistoric places with 50,000-year-old in northwest Iran show that Saffron-based pigments have been used in coloring these illustrations. Saffron was anciently cultivated by Persians in Derbena, Isfahan, and Khorasan by the 10th century BC. 90–93% of Saffron global production is harvested in Iran and thereby, exported to the world. Khorasan Province and a few drier eastern and southeastern provinces in Iran, including Fars and Kerman, produce the bulk of modern global production in Iran.

Qaenat is the center of saffron production in Iran. Having a close relation to the Saffron local farmers is a privilege for us to check the processing of the product and keep directly in touch with producers. Our attempt in Paradise Plants Berlin is to supply our customers with the best quality.



/Packaging and Delivery around the world/

Delivery of your order is available in the 5-15 kg packages; However, our proposed packaging size is 10 kg. For export, we are able to deliver the orders all around the world in 3-5 weeks.

2

3 /Saffron Analysis and Nutritional Value/

Saffron (<i>Crocus sativus</i> L.) Nutritional value per 100 g (3.5 oz)	
Energy	1,298 kJ (310 kcal)
Water	11.90 g
Vitamin A	530 IU
Thiamine	(vit. B1) 0.115 mg (10%)
Riboflavin	(vit. B2) 0.267 mg (22%)
Niacin (vit. B3)	1.460 mg (10%)
Vitamin C	80.8 mg (97%)
Calcium	111 mg (11%)
Iron	11.10 mg (85%)
Magnesium	264 mg (74%)
Fat	5.85 g
- saturated	--1.586 g
- monounsaturated	-0.429 g
- polyunsaturated	-2.067 g
Phosphorus	252 mg (36%)
Potassium	1724 mg (37%)
Sodium	148 mg (10%)
Zinc	1.09 mg (11%)
Selenium	5.6 µg
Folate	93 µg
Vitamin B6	1.010 mg
Ash	5.45 g
Carbohydrates	65.37 g
- Dietary fibre	-3.9 g
Protein	11.43 g

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