

GULZAD

DRY FRUITS & NUTS

PRODUCT CATALOGUE 2024

"Delivering quality goods for over 100 years"

www.gulzadgroup.com





ABOUT US

Welcome to the world of Gulzad Dried Fruits, Nuts, Spices and Legumes where we proudly present the finest selection of food commodities sourced from the sun-kissed lands of Afghanistan and Uzbekistan. Our legacy, spanning over a century, hails from the heartlands of these two remarkable countries.

Today, we continue to honor the enduring values and traditions that define us. Our mission is clear: to introduce the world to the bounty of Afghan and Uzbek dried fruits, legumes, spices and nuts. We believe our products are not just a delectable indulgence; they carry with them the story of these ancient lands. Collaborating closely with small-scale farmers, we champion sustainable agriculture, enriching the lives of rural communities and fostering economic growth.

By supporting the economies of Afghanistan and Uzbekistan, we are driven by the desire to make a lasting impact. Our extensive range includes treasures like black raisins, almonds, walnuts, mulberries, apricots, pistachios, saffron, and more. Each item is meticulously handpicked, ensuring that you experience nothing short of excellence.

Join us, and let these two extraordinary nations enrich your plate and your heart.

AFGHAN PRODUCTS



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ALMONDS
(In Shell)



P. 4

ALMONDS
(Peeled)



P. 5

**DRIED LONG
APRICOT**



P. 5

**DRIED
APRICOT**



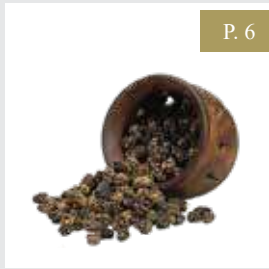
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**BLACK
RAISINS**



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**WHITE
MULBERRY**



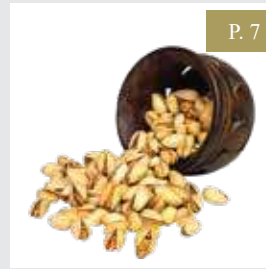
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**BLACK
MULBERRY**



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PINE NUTS



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PISTACHIOS



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(Round)



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RAISINS
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(Unshelled)



P. 9

WALNUTS
(Shelled)



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SAFFRON



P. 10

**AFGHAN
CUMIN**



P. 10

ASAFETIDA
(Hing)

ALMONDS

(In Shell)

Grown in the fertile soils of Samangan, our Afghan Almonds are some of the finest in the world. Handpicked and carefully processed, we ensure that you get the freshest and highest quality almonds possible.

These almonds are known for their exceptional taste and texture, and are perfect for those who prefer to shell their own almonds, or for adding a unique touch to your dishes. At Gulzad Dried Fruits, we take pride in offering you the best Afghan Almonds from Samangan while promoting sustainable agriculture and supporting local farmers.



ALMONDS

(Peeled)

Our premium Afghan Almonds without Shell are a nutritious and delicious addition to any diet. Packed with fiber, protein, healthy fats, and essential vitamins and minerals, these almonds are a nutritious and satisfying snack that can help you maintain energy levels throughout the day.

Without the shell, these almonds are ready to eat, making them a convenient and easy option for snacking or adding to your favorite dishes.



DRIED LONG APRICOT

Discover the exquisite taste of Gulzad Dried Fruit's long dried apricots, crafted from the saqi variety using a unique drying method called chapa namak. This exclusive method is only practiced in the remote mountainous provinces of Bamiyan and Daykundi in Afghanistan. The saqi variety is selectively grown in these provinces, with efforts to expand to other suitable parts of the country. The apricots are first flattened and exposed to intense sunlight for a day before being dried in a shaded area, resulting in a bright orange, rolled apricot with a delicate flavor and natural sweetness. Chapa namak is a traditional technique used by almost 40% of farmers in Kahmard and Saighan districts of Bamiyan province during the one-month harvest season, from July to August.

DRIED APRICOT

Our dried apricots are made from the finest quality apricots, carefully selected from the best orchards in Afghanistan. These apricots are naturally sun-dried, without the use of any additives or preservatives, to bring out their delicious flavor and preserve their nutritional value.

Our traditional drying method ensures that the apricots are gently dried, retaining their sweet and tangy taste, soft texture, and vibrant orange color. These apricots are packed with essential vitamins and minerals, including Vitamin A, potassium, and iron, making them a healthy and nutritious snack for all ages.



BLACK RAISINS

Gulzad Dried Fruits brings you the finest Afghan black raisins, carefully selected from the best vineyards in the country. Grown in the sun-drenched valleys of Afghanistan, these raisins are known for their rich flavor and dark color.

They are naturally sun-dried and handpicked to ensure the highest quality. Black raisins are a rich source of antioxidants, fiber, and essential vitamins and minerals, making them a healthy addition to your diet. Enjoy the sweet and delicious taste of Afghan black raisins and experience the natural goodness of Afghanistan's finest fruits.



WHITE MULBERRY

Introducing our exquisite white mulberries, grown in the breathtaking mountainous region of Badakhshan. These rare and unique mulberries are harvested from a special variety of trees that produce pure white fruit, making them a true delicacy. Handpicked and naturally sun-dried, these mulberries are sweet, chewy, and bursting with flavor. Not only are they delicious, but white mulberries are also a nutritional powerhouse, rich in antioxidants, vitamins, and minerals. In fact, they are classified as a Super Food and are particularly high in vitamin C and anthocyanins, which gives them their pinkish-purple color.



BLACK MULBERRY

Experience the rich flavor and natural sweetness of our black mulberries, grown and harvested in the scenic province of Kandahar, Afghanistan. These small, dark-colored berries are packed with antioxidants, vitamins, and minerals, making them a nutritious and delicious snack. Our black mulberries are handpicked and sun-dried to perfection, preserving their distinctive taste and texture.

Experience the taste of these extraordinary fruits and discover why our white mulberries from Badakhshan are considered some of the best in the world.





PINE NUT

Experience the rich and complex flavor of our premium Afghan Pine Nuts, sourced from the rare species of pine trees found in the eastern forests of Afghanistan. Jalghoza, as they are known, are carefully harvested in late summer and toasted over fire to unlock their buttery and powerful taste. Unlike common Chinese and Siberian pine nuts, our Afghan pine nuts are larger and offer a more satisfying flavor that lingers in your mouth.

Enjoy the added health benefits of increased energy levels, reduced risk of diabetes and heart disease, and improved skin health and appearance. With a shelf life of up to 6 months at room temperature and over a year in the fridge, our pine nuts are perfect for snacking or cooking.

PISTACHIOS

Savor the rich flavor and natural goodness of our Afghan pistachios. Our pistachios are grown in the ideal climate and soil conditions of Afghanistan, resulting in a rich, buttery flavor and satisfying crunch. Each pistachio is carefully handpicked and sorted to ensure that only the highest quality nuts make it into our packaging.

Afghan pistachios are a nutrient-rich superfood that is packed with protein, healthy fats, fiber, and essential vitamins and minerals. We source our nuts directly from the best growers in the country and ensure that they are packaged to retain their freshness and flavor.





RAISINS *(Long)*

A unique and flavorful variety of raisins that sets itself apart from the round yellow raisins. These long raisins are made by drying the seedless grapes of the Sultana variety, which are grown in the sunny and fertile regions of Afghanistan.

The drying process is carefully monitored to ensure that the raisins are not over-dried, resulting in plump and juicy raisins that are sweet and tangy.

Long yellow raisins are a popular ingredient in baked goods, such as cakes and bread, due to their chewy texture and unique flavor.

RAISINS *(Round)*

Experience the taste of Afghanistan with our Afghan Yellow Raisins, also known as golden raisins. Grown and produced in the fertile province of Kandahar, these raisins are made from green seedless grapes that are carefully dried with sulfur dioxide for color retention. Packed with healthy vitamins, minerals, and soluble fiber, these golden raisins offer numerous health benefits, including aiding digestion and reducing stomach issues.

They have a plump texture and sweet-tart flavor, making them a versatile ingredient for use in salads, grain dishes, dips, salmon, and more. Our yellow raisins are stored in airtight containers in cool, dry places, ensuring they have a shelf life of 6 to 12 months.



WALNUTS

(Unshelled)

Enjoy the convenience of our premium quality walnuts without shell. These delicious nuts have been expertly shelled and carefully selected to ensure the highest quality.

Our walnuts without shell are packed with essential vitamins, minerals, and antioxidants that help improve brain function, lower cholesterol levels, and reduce the risk of heart disease.

As a proud supplier of Afghan walnuts, we bring you the best of this nutrient-dense superfood straight from the heart of Afghanistan.



WALNUTS

(Shelled)

Indulge in the natural goodness of our premium quality walnuts with shell. Carefully sourced from the finest orchards, these walnuts are freshly harvested and carefully selected to ensure the highest quality. Our walnuts with shell are packed with essential vitamins, minerals, and antioxidants that help improve brain function, lower cholesterol levels, and reduce the risk of heart disease. Crack open the shell to reveal the rich, meaty kernels inside.

Our walnuts with shell can be stored in a cool, dry place for up to 6 months, and are a convenient and nutritious option for on-the-go snacking or adding to recipes.

SAFFRON

Indulge in the exquisite flavor and aroma of our premium quality Afghan saffron. Hand-picked from the vibrant fields of Herat, this precious spice is renowned for its deep red color, delicate flavor, and myriad of health benefits. Saffron is a potent antioxidant and a natural mood enhancer that can also help alleviate symptoms of depression and anxiety.

Our saffron threads are carefully harvested and hand-selected to ensure only the finest quality, resulting in a rich and intense flavor that can enhance any dish. Whether you use it to add a burst of color and flavor to your favorite recipes or to brew a cup of soothing saffron tea, our Afghan saffron is a luxurious addition to any pantry.



AFGHAN CUMIN

Discover the bold and aromatic flavor of our premium quality wild cumin. Hand-picked by the finest growers in the Hindukush Mountains in Badakhshan, our Afghan cumin seeds are carefully selected and processed to retain their distinctive flavor and aroma.

The Afghan Cumin, also known as Zira, is hand-harvested, cleaned, and processed by local Afghan farmers. Cumin is a popular spice throughout central and south Asia and is used in many cuisines worldwide as it is known for its numerous health benefits.

It contains antioxidants that protect against free radical damage and promotes healthy digestion. It has been a favorite spice among both professional chefs and home cooks for its unique taste that can enhance the flavor of various cuisines.



ASAFETIDA (Hing)

Asafetida (Hing), also known as Afghan asafoetida, is a pungent resin extracted from the roots of Ferula species native to Afghanistan. Renowned for its strong flavor, it adds a distinctive taste to various dishes, especially in Afghan and Indian cuisines. Commonly used as a spice, Afghan Hing not only enhances the taste of foods but also boasts potential health benefits. Its unique aroma and rich cultural significance make it a staple in Afghan culinary traditions.





At Gulzad Group, we ensure that only the best food commodities are offered to the world, reflecting our commitment to excellence.





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ALMONDS
(In Shell)



P. 13

ALMONDS
(Peeled)



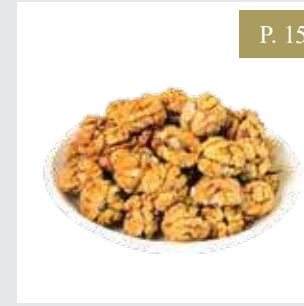
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PRUNES
(With Seeds)



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PRUNES
(Seedless)



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WALNUTS
(Unshelled)



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**GOLDEN
RAISINS**



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**BLACK
RAISINS**



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PEANUTS
(Without Shell)



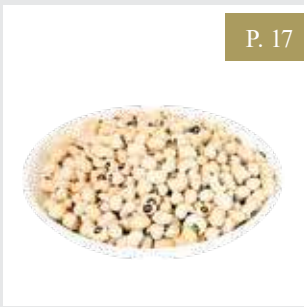
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PEANUTS
(In Shell)



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**LIGHT SPECKLED
BEANS**



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**BLACK EYED
BEANS**



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KIDNEY BEANS
(Purple Speckled)



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KIDNEY BEANS
(Red Speckled)



P. 19

GREEN MUNG BEANS
(Calibration A 3+)



P. 19

GREEN MUNG BEANS
(Calibration A 4+)

ALMONDS

(In Shell)

The meticulously selected and expertly Uzbek Almonds are renowned for their exceptional flavor and sweetness. These botanical wonders originate from Uzbekistan's thriving almond orchards, are a harmonious interplay of environmental factors and cutting-edge cultivation techniques converge to yield almonds of unparalleled quality.

Their shells serve as a protective barrier, preserving their freshness, flavor, and nutritional integrity until they reach your hands. With the utmost care, we package these almonds, ensuring they retain their natural allure and provide an exceptional taste experience.



ALMONDS

(Peeled)

Our Peeled Uzbek Almonds are meticulously handpicked and undergo rigorous quality checks to ensure excellence. One remarkable feature of our Uzbek Almonds is their substantial kernel size. These almonds are larger in size compared to their Californian counterparts, providing a satisfying crunch and a more substantial bite. Their generous size makes them a preferred choice for confectioners, chefs, and nut enthusiasts seeking almonds that make a visual and gustatory impact.

Renowned for their exceptional taste and texture, our Peeled Uzbek Almonds boast a unique combination of attributes that sets them apart in the world of culinary delights. The carefully curated conditions for their flowering and growth result in almonds that exude a superior sweetness, making them a coveted choice for discerning palates.



PRUNES

(With Seeds)

Uzbekistan Prunes sourced from the fertile orchards along the historic Silk Road. The Prunes brag a luscious, dark purple hue, indicating their ripeness and richness. Each prune is plump and tender, with a slightly wrinkled exterior that testifies to the sun-drying process that enhances its natural sweetness. Their seeds are an integral part of the fruit, contributing to the prune's unique texture and charm.

Beyond their delectable flavor, Uzbekistan Prunes are a nutritional powerhouse. Packed with dietary fiber, essential vitamins (such as vitamin K, B6, and A), and minerals (potassium, magnesium, and iron), they are a perfect addition to a balanced diet.

PRUNES

(Seedless)

Admired for their superior quality and rich taste, these premium Seedless Prunes are carefully nurtured, handpicked, and expertly processed to preserve their innate flavors and deliver a truly delightful snacking experience.

Through meticulous farming and harvesting practices, the seeds are selectively removed from the prunes, ensuring a consistently seedless product. This thoughtful process not only enhances the convenience of consumption but also allows you to fully savor the naturally sweet and tangy flavors without any interruptions.



WALNUTS

(Unshelled)

Grown in the heart of Central Asia, our Walnuts Kernel are meticulously cultivated in orchards where generations of expertise converge with a deep respect for the land.

Harvested at the peak of maturity, each Walnut Kernel is carefully selected and packaged, ensuring that you receive the freshest and highest-quality product possible. Encased within their protective shells, these kernels retain their natural freshness, preserving their inherent nutritional benefits and delicate oils.

Beyond their captivating taste, the texture of these walnuts is equally exquisite. The firm yet tender texture ensures a delightful mouthfeel, making them an absolute pleasure to enjoy in both sweet and savory culinary creations.



GOLDEN RAISINS

Uzbekistan Golden Raisins boast a radiant, golden-yellow hue that is characteristic of their premium quality and sun-drying process. Each raisin is plump, succulent, and free from imperfections, showcasing the meticulous care taken during their cultivation and preparation.

Sourced from the sun-drenched vineyards of the region, these premium raisins boast a vibrant golden hue that reflects the abundance of sunshine they bask in during their growth.

Each grape is nurtured to perfection, allowing it to naturally develop into a succulent fruit before being skillfully handpicked at the peak of ripeness.



BLACK RAISINS

Gulzad Dried Fruits brings you the finest Uzbek black raisins, carefully selected from the best vineyards in the country. Grown in the sun-drenched valleys of Uzbekistan, these raisins are known for their rich flavor and dark color.

They are naturally sun-dried and handpicked to ensure the highest quality. Black raisins are a rich source of antioxidants, fiber, and essential vitamins and minerals, making them a healthy addition to your diet. Enjoy the sweet and delicious taste of Uzbek black raisins and experience the natural goodness of Uzbekistan's finest fruits.





PEANUTS *(Without Shell)*

Our Uzbek Peanuts without shell are a treasure trove of nutrition, brimming with protein, healthy fats, fiber, and a wealth of essential vitamins and minerals. The nuts are the edible seeds obtained from the peanut plant, scientifically known as *Arachis hypogaea*. The kernels are oval-shaped, typically split into two halves, and have a light brown skin covering them.

The authentic essence of Uzbekistan's fertile soil is reflected in the peanuts' taste, leaving a subtle earthy undertone that enhances the overall experience. Each peanut bursts with a delicious nuttiness that is complemented by a hint of sweetness, making them a truly enjoyable treat for any palate.

PEANUTS *(In Shell)*

Experience the natural charm and authentic appeal of our Uzbek Peanuts with shell, a classic nutty treat that harkens back to timeless traditions. Sourced from select regions, these peanuts are carefully harvested and packaged with their protective shells intact, preserving their genuine essence and nutritional benefits.

Beyond their enticing taste, the texture of peanuts with shell further adds to the experience. The distinguishing feature of this product lies in its intact shell, which encapsulates the peanut kernel. The shells exhibit an earthy color palette and rough texture, providing a natural barrier that safeguards the nuts inside. From a nutritional perspective, Uzbek Peanuts with shell offer a valuable source of protein, healthy fats, and essential minerals, including magnesium and phosphorus.





LIGHT SPECKLED BEANS

Uzbekistan Light Speckled Beans, also known as Adzuki beans, are a type of legume widely cultivated in Uzbekistan and other regions. They are small, oval-shaped beans with a distinctive light cream color and reddish-brown speckles or streaks on their surface. The beans are usually dried and used for various culinary purposes. The beans have a mild, slightly nutty flavor with a subtle sweetness. They have a tender texture when cooked, making them suitable for a wide range of dishes.

The distinguishing feature of light speckled beans lies in their distinctive appearance. Each bean exhibits a light-colored background adorned with distinct speckles, an attribute that signifies their genetic purity and careful post-harvest handling. These visually appealing beans undergo stringent quality control measures to ensure uniformity, ensuring that only the best beans make it to your table.

BLACK EYED BEANS

Our Black-Eyed Beans stand out for their distinctive appearance. Characterized by a cream-colored background with a prominent black spot, resembling an eye, these beans are a testament to their genetic purity and meticulous post-harvest handling. The careful selection process ensures that only beans of impeccable quality reach your table.

These beans are a valuable source of essential nutrients, making them a nutritious addition to various culinary creations. With an average composition of approximately 23% protein, 3% dietary fiber, and notable amounts of iron, potassium, and other minerals, our Uzbek Black-Eyed Beans offer substantial health benefits, contributing to balanced and wholesome diets.



KIDNEY BEANS

(Red Speckled)

Uzbek Kidney Beans are a variety of kidney beans that are widely cultivated in Uzbekistan. The Kidney Beans are the edible seeds of the kidney bean plant. They are medium-sized, kidney-shaped beans with a red background color and speckled or mottled appearance. The speckles can vary in intensity and may be darker or lighter shades of red or brown. The beans have a rich, earthy flavor and a slightly firm and creamy texture when cooked.

Uzbek Red Speckled Kidney beans are known for their nutritional value. They are an excellent source of plant-based protein and dietary fiber, making them a valuable addition to a balanced diet. Kidney beans also contain essential nutrients such as iron, potassium, folate, and vitamin B6.



KIDNEY BEANS

(Purple Speckled)

The Uzbek Purple Speckled Kidney Beans are the edible seeds of the kidney bean plant. Similar to other kidney bean varieties, they are medium-sized, kidney-shaped beans. The unique feature of the purple-speckled kidney beans is their purple or dark violet background color with speckles or mottled patterns in various shades.

Uzbek Kidney Beans (purple speckled) are a nutritional powerhouse, providing an abundant source of essential nutrients. With approximately 24% protein, 7% dietary fiber, and notable levels of iron, potassium, and other vital minerals, these beans contribute significantly to a balanced and health-conscious diet.



GREEN MUNG BEANS

(Calibration A 4+)

Uzbekistan Green Mung Beans (Calibration A 4+) are a type of legume grown and exported from Uzbekistan. They are small, green-colored beans with a smooth texture and a slightly oval shape. "Calibration A 4+" is a classification used in the grading and sizing of mung beans. Uzbekistan Green Mung Beans have a mild, earthy flavor and a tender yet slightly firm texture when cooked. They can absorb the flavors of other ingredients in a dish, making them versatile for use in both savory and sweet recipes.

Green Mung Beans are a nutritious source of plant-based protein, dietary fiber, vitamins (such as vitamin C, vitamin K, and folate), and minerals (including iron, potassium, and magnesium). Packaged with utmost care, our Beans retain their freshness and quality, ensuring that you experience the true essence of these esteemed legumes.



GREEN MUNG BEANS

(Calibration A 3+)

Sourced directly from Uzbekistan, our Green Mung Beans come with complete traceability, ensuring transparency and authenticity. Our Green Mung Beans (Calibration A 3+) showcase a vibrant green color and a uniform size, making them a visually appealing addition to any culinary creation.

These Green Mung Beans are no ordinary legumes; they possess a unique taste that enchants the senses.

The Calibration A 3+ grading guarantees that each bean adheres to stringent quality requirements, ensuring that you receive a product of exceptional quality and consistency.



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