



The Fruits & Vegetables Guide

www.organiccompany.net

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Fruit and vegetables are a very important part of the diet. Many are allowed freely and making good use of fruit and vegetables means meals are more varied and interesting.

Try to experiment and be more adventurous with fruit and vegetables. Many of the suggestions can be used for the whole family helping you all to eat the recommended 5 A DAY.

This is quite a long document so it is best to print the only the pages you want or to read it on your pc





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About

Organic Co. for import, export, trade agencies & supplies was founded in Cairo, Company's field of business is exporting and importing high-quality agricultural products. Our aim is to introduce Egyptian agricultural products to most markets of the Middle East and Europe through dealing with the best international shipping companies. Beside trade agency and supply services, meeting customer's needs.

Vision

To be a base on which a network for distributing Egyptian products is built and contribute to building a strong export-oriented economy.

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Mission

Based on our ambitious vision and attempt to develop and adopt exporting as a basis for the national economy, our company adhere to the highest quality standards in terms of production, storage and shipping. We also keen on making our products the preferred choice in the target markets.

Values

Our credibility is earned by our commitment to serve our customers according to the highest standards and quality assurance as our trademark.

Building a mutual trust relationship with customers in order to ensure optimal communication with them and full understanding of their requirements.

Maintaining the reputation of Egyptian products as a contribution to the development of the national economy.

Expand the scope of our activities and diversification, supporting the stability of our business.

Investing in human resources through the utilization of local competencies.



Goals

We believe that the principles and theories of success in business and prosperity are closely related to the concept of continuous diligence and innovation. Our company contributes to this by utilizing local talents and expertise to provide high-quality services, meeting the requirements of customers by:

- 1- Develop export and supply mechanisms and flexibility in transactions.
- 2-Target promising markets.
- 3-Pick up natural products that maintain consumers' good health.
- 4-Contribute to the development of the local economic sector.

Services

Organic Co. offers services of importing and exporting vegetables, fruits and all kinds of fresh and frozen agricultural products. In addition to offering trade agencies for various producers and services of supplying institutions and organization with food products.

In our company, we keep the list of services unlimited, looking forward to a better future and addressing the challenges posed by our vision for the future.





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Afew more hints

- Try to eat fruit and vegetables when they are in season. They will be cheaper then and usually taste better. There is a guide to seasons at the back.
- Markets, farm shops and farmers markets are often cheaper than supermarkets and will have seasonal produce
- Whenever baked goods, rice or pasta are mentioned be sure to use the low protein varieties.
- Always ask your dietitian if you are unsure about anything in this guide



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ORANGES

- Uses: marmalade, smoothies, wedges good for a snack, serve with desserts e.g. low protein rice pudding

Caramelized oranges

1. For each orange use 2 tablespoons of sugar with 1 tablespoon water
2. Remove the skin and white pith from the orange with a serrated knife and slice across in whole slices or down the side of each segment.
3. Heat the sugar and water in a saucepan over a high heat until it starts to melt and begin to bubble.
Continue heating until it turns a deep golden brown and then pour over oranges in a heat proof bowl (the sugar is very hot). Allow to cool and put in fridge for a few hours.





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PEARS

- Purchase whilst slightly green and they will ripen.
- Many different varieties.
- Uses: Raw, baked, poached for pies and crumbles or to serve with low protein custard, fruit salads.



Bananas

- **Are very good baked in their skins on the barbeque.**
- **Use in moderation**

- Hard skin, contains edible seeds in pink juice chambers.
- Slightly sweet and tart taste.

POMEGRANATE



PEACHES

- Red velvet skin with bright yellow flesh.
- Uses: roasted, tarts, salads, poached in water with vanilla pod and sugar, smoothies.



Apples

Sweet varieties-Cox's, Braeburn. Eat as they are, make toffee apples or apple crisps or remove core, chop and add to salads

Cooking varieties – Bramleys. Peel, core, chop and stew with a little sugar and use for pies, crumbles and sponges with low protein flour or can be mashed or pureed for weaning food.



- Very hard inedible skin with sweet, juicy flesh.
- To prepare cut off leafy top, then cut opposite end, then cut off the skin in slices going all the way round, cut out the eyes (similar to potatoes).

PINEAPPLE



PRICKLY PEAR

- Shaped like an avocado, ranges in colour from yellow or orange to red with a taste similar to melon
- Small prickly spines can be found on the skin these should be scrubbed off and then peel the fruit
- Sweet and juicy with crunchy seeds throughout.
- Uses: diced like pineapple, add to salads, sticky when cooked.



Apricots

- Orange with a brush of pink to their skin.
- Available fresh or tinned. Good for making jams, pie or crumble filling or as a dessert on their own sweetened with sugar or honey.
- Dried apricots make a nice snack.



Berries

- Many varieties of berries are now available. They make wonderful fruit salads on their own and are also great for making low protein muffins. Buy them in the summer when they are cheaper and keep in the freezer .
- Blueberries – deep purple, blue to blue black.
- Raspberries – medium to bright red.
- Blackberries – shiny and black.
- Strawberries – bright shade of red.

Dipped Strawberries

Melt Vitabite or Duobar in microwave. Dip strawberries into the melted bar, put in fridge to re-set. Delicious!!



CHERRIES

- Sweet, sour, and wild varieties.
- Shiny, firm, plump fruit.
- Meaty flesh surrounding large pit or seed related to plums and peaches.
- Uses: eaten fresh, low protein trifles, turnovers, pies or fruit cake, jams, compotes, sorbets.
- Dried cherries lovely in lp fruit cake

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CLEMENTINES

- Pleasant tangy sweet type of mandarin orange.
- Easy to peel, occasional seeds.
- Uses: Fruit salads, cooked dishes, flans, smoothies, eaten fresh.

GRAPES

- Variation in size and flavour.
- Different colours – black, blue, green, white, red.
- Can be given to small children if you cut them up.
- Uses: eat raw on their own or added to fruit salads, dried into raisins, salads.





GRAPEFRUIT

- Different varieties – pale orange or yellow skin with pink, red or white flesh. Also available tinned.
- Pink fleshed varieties tend to taste sweeter.
- Try sprinkling with brown sugar and grilling until the sugar melts and caramelises.
- Uses: juices, smoothies, fruit salad, raw.

MANGOES

- A juicy, delicious fruit with either green, red, yellow orange, purple or purple skin
- The riper it is the heavier the scent, softer to touch and the sweeter it is.
- They contain a large flat woody stone in the middle. Peel skin and slice flesh off around the stone or bite the soft flesh off.
- Uses: Curries, puree, excellent base for smoothies, salads, chutney, fruit kebab, ice lollies, salsa
- Delicious raw. Eat orange flesh
- You can drink mango juice without counting, like other fruit juices.

LEMONS

- Sharp acidic juice, fragrant oil found in zest.
- Should be firm and have a bright yellow colour.
- Prepare lemon zest by peeling off the thinnest layer of skin with a potato peeler.
- Squeeze some lemon juice over a fruit salad to stop it going brown.





SHARONFRUIT

- Seedless variety of the Fuyu Persimmon.
- Can be eaten while firm, the outer skin does not need to be peeled and discarded, there are no seeds in the crisp flesh.
- Uses: added to salads, (much like tomatoes), or used to complement other vegetable dishes.

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LIMES

- Glossy light to deep green in colour.
- Ripe limes are firm but not hard.
- Uses: lime juice and zest can be used in similar ways to lemons

Lime and ginger pears

Peel 2 pears ,cut in half and remove core. Put in a dish with a little water (about 1 cm deep). Scatter over the zest of 1 lime and a spoonful of chopped candied ginger. Bake in a warm oven for 30-40 minutes.

GUAVAS

- Oval shaped fruit - sweet with a slight tart aftertaste. Can have a musky smell so store wrapped to avoid contaminating other foods
- Firm texture similar to apples.
- Many varieties – yellow, red, purple, black, white.
- Uses: fresh, fruit salads, jellies, sauces.
- Cut in half and scoop out the sweet insides.
Great snack to eat anytime.
- Also good served with dips of honey or sugar on the side.





KUMQUATS

- Little baby citrus fruits. Quite sour flavor.
- Can eat both skin and flesh.

- Refreshing thirst quenching fruit.
- 92% water, 8% sugar. So very refreshing on a hot day

WATERMELON



The image shows three kiwis on a rustic wooden surface. One kiwi in the foreground is sliced in half, revealing its bright green flesh, black seeds, and white core. Another kiwi is sliced in half behind it, and a third whole kiwi is in the background. The lighting is soft, highlighting the texture of the fruit and the wood.

KIWI

- Use potato peeler to pare off skin and slice it or leave skin on slice top off and scoop out flesh with a spoon
- Uses: fruit salad, fruit kebab, smoothie, salsa, on cereal.

CRANBERRIES

- Too tart to eat raw, need to be cooked before eaten.
- Uses: baked/steamed with sweetener to make topping or sauce, juices, jellies.
- Dried cranberries are excellent baked in low protein muffins



CUSTARD APPLE

- Green and round with segmented look to their outer covering.
- Eaten – flesh scooped from skin and eaten as it is with a sprinkling of sugar.
- Uses: pressed through sieve and added to milkshakes, custards, sauce, fruit salad.

MANDARINS

- This group of citrus fruits includes mandarins, Satsuma's and tangerines
- Uses: eaten raw, added to fruit salads, fruit kebabs

DAMSONS/PLUMS

- Plums come in a variety of colours from pale orange to dark purple with yellow/reddish flesh . Damsons are smaller ,dark purple in colour with a more sour taste.
- Plums can be eaten as they are but damsons are best cooked and need to be sweetened. Use both damsons and plums for jam or stewed, baked, poached for pies and crumbles.





DRAGON FRUIT

- Bright red and green.
- Remove skin and eat the white fleshy seeded inside only.
- Good with other fruits in a salad.



COCONUT JUICE

- Coconut juice is the liquid inside a coconut and is allowed freely
- Tinned coconut milk is produced by squeezing grated coconut and so has a higher protein content and is not allowed
- Uses: rice pudding, smoothies, milkshakes, soups, curries.

*Note – fresh coconut juice only, not tinned coconut milk



H E R B & S P I C E

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A top-down view of a wooden table with various herbs, lemons, and a cup of tea. The table is covered with several small white and wooden bowls containing different types of dried herbs and spices. There are also fresh lemons, some sliced, and a few white flowers scattered around. In the top left corner, there is a white cup filled with a golden-brown liquid, likely tea, with a wooden spoon resting on the saucer. The overall scene is bright and fresh, suggesting a focus on natural ingredients.

HERBS

- Wide variety used to flavor and enliven appearance of main dishes.
- Parsley most widely used herb.
- Buy in small quantities so they are always fresh or grow in pots.
- Add real flavor.
- Herbs freeze well. Chop and place in freezer bags in small quantities
- Others include Marjoram, oregano, tarragon, mint, bay leaves, sage, dill, thyme.
- Uses: pastas, curries, garnishes.



Mint



Camomile



Nettle



Echinacea



Lemongrass



Parsley



Thyme



Lavender



Rosemary



Garlic



Bazilik



Ginger

Spices



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- French, runner or green beans are all types of long slender green beans.
- Wash thoroughly before use with tips trimmed.
- Uses: Boil, steam, microwave, stir-fry, salads.

To Prepare: Remove tips from both ends, boil for 2-4 minutes, drain and serve.

BEANS





ARTICHOKE GLOBE

- Globe artichokes – bottom parts of the leaf are edible, choke is inedible and the heart at the base is edible.
- It is the base of the leaf which is eaten – not the tip.
Avoid the hairy ‘choke’ but just below this the base is delicious.
- Also available in tins or jars in oil or water

A top-down photograph of fresh vegetables on a white surface. Two dark purple aubergines are the central focus, one slightly larger than the other. To their left, a wooden cutting board is partially visible. In the bottom left corner, two green cucumbers are shown. At the bottom center, there is a small wooden bowl containing a yellow substance, possibly oil or a dressing. The background is a plain white surface with some scattered dark soil or dirt.

AUBERGINE

- Also known as eggplant, come in all shapes and sizes.
- Colours range from white to lavender to dark purple- black.
- Uses: oven roasting, char grilling, stuffed, with dips, pizza, curries, brochette, good mixed with tomatoes and spices as absorbs other flavors very well.

- Large orange vegetable often associated with halloween.
- Uses: soups, pumpkin pie with low protein pastry, low protein risotto, curries, pasta.



PUMPKINS

RHUBARB

Very tart, needs the sweetness of sugar, honey, or fruit juice.

Uses: crumble, tarts, sauces. Good eaten raw and dipped into sugar.



Artichoke – Jerusalem

- Jerusalem artichokes have a distinctive flavor.
- Brown uneven misshapen vegetable.
- Uses: Roasted like potatoes, sautéed, or used in soups





ASPARAGUS

- Cut off the woody bottom. Steam for a few minutes until soft. Serve with melted butter and lemon juice squeezed over. Pick up and eat with fingers.

PEPPERS

- Red, green, orange, and yellow varieties.
- Good cut in half, seeds removed (leave on stalk) or sliced. Cover in 2 tablespoons olive oil and roast in hot oven for 20 minutes until soft and browned at the edges. Use all colours and serve hot or cold.
- Uses: pastas, curries, stuffed, salads, stir fries, pizza topping, raw with dips.

SWEET POTATO

- No relation to the potato.
- Dense sweet tasting orange or white flesh.
- Orange sweet potatoes have a softer and sweeter texture and taste.
- White sweet potatoes, which have a brown skin (found in Asian shops), are more like a potato with a drier texture. Recipes for both types are interchangeable.



LADY'S FINGER (OKRA)

To prepare: trim ends and cut crossways into coarse slices or slice lengthways. If large then will need to be lightly peeled.

- **Uses: soups, vegetable stir-fries, curries, raw in salad, pizza topping.**

CABBAGE

- Crisp leafy vegetable in many different varieties – white, green, red.
- Outer leaves should be intact, heart should be firm and leaves should squeak when removed.
- Uses: boiled, stuffed, in soups, pan fried, bubble 'n' squeak with made with a weighed exchange of potato



The image features a light-colored wooden background with a vertical grain. On the left and right sides, there are decorative borders of sliced cucumbers. The slices are arranged in a slightly overlapping, curved pattern. The word "CUCUMBER" is centered in the upper half of the image in a bold, black, sans-serif font.

CUCUMBER

- Green skin which can be peeled or left on.
- Seeds are edible.
- Uses: salads, with dips or can make a lovely chilled summer soup.



RADISHES

- Root vegetable, resembles beets or turnips in appearance and texture.
- Distinct flavour - part of mustard family.
- Uses: pasta, salads or raw on their own drizzled with herb butter.
- Try the French way with a little cold butter and dip into salt.



GHERKIN

- Small dark green cucumber
- Especially grown to make pickles
- Usually sold in jars, packed in pickling brine.
- Chop and add to salads or eat on their own.



ENDIVE

- Curly endive is a variety of chicory.
- Narrow curly leaves with a frizzy appearance and a slightly bitter taste.
- Darker outer leaves and paler or even yellow leaves towards centre.
- Uses: salads, dips.



TURNIP/SWEDE

- Root vegetable.
- Uses: roast, purees, boiled, mashed mixed with other vegetables e.g. carrot or parsnip.

CAULIFLOWER

- Member of cabbage family but looks like broccoli.
- Tough outer leaves and inner white flower separates into florets.
- Uses: boil, steam 6-7mins, microwave, puree, raw with dips, soups, pasta sauce.
- Use in moderation.





SQUASH

- Fleshy vegetable, many different varieties – summer and winter groups.
- Uses: steamed, sautéed, grilled, stir-fry, sliced/grated raw for salads, flavouring to low protein rice, soups, curries.
- Can be bland tasting so best mixed with herbs and spices to flavour.

Butternut squash

1. Peel, roughly chop into cubes and fry in olive oil.
2. Add crushed garlic, parsley chopped and coriander a pinch and a few drops of Worcestershire sauce, salt and pepper.

Or Steam until soft. Mash with butter and a clove of crushed garlic and salt and pepper.

Cajun Honey Roast

Peel, cut into cubes. Heat a good knob of butter and 1 tablespoon honey in a roasting pan. Add squash and a tsp Cajun spice. Roast for about 30 minutes until soft and browned.



COURGETTES/ MARROWS

- Delicate flavour.
- Coarsely grate the whole courgette and fry in a little butter and garlic.
- Uses: roasted – chop into chunks, drizzle oil over them and cook in hot oven 30-40minutes Stuffed and baked, pasta sauces, curries, char-grilled 10-15mins, fried in garlic and butter, steam or boil for 3-4 minutes
- **Marrows** – very large green summer squash, can grow to the size of watermelon.

LEEK

- Add flavor to dishes but also good as hot vegetable on their own.
- Prepare by removing the tougher outer leaves and trim at the top and root. Make sure you wash the leeks well as soil can get into the inner leaves.
- Uses: soups, stir fries

Buttered leeks

1oz (30g) butter, 1lb (450g) leeks, salt and pepper.

Wash and trim leek, cut all the way through vertically, chop into 1 inch (2.5cm) pieces. Place pan on heat, melt butter and stir fry leeks for 5 – 8 minutes. Season with salt, pepper and if available a little grated nutmeg





TOMATO

- Fresh, tinned or sun dried and many varieties.
- Add colour, flavour and texture to lots of dishes.
- Ignore the protein content on tinned tomatoes. The phenylalanine level is low enough for them to be free.
- Uses: salads, sauces for low protein pasta or rice dishes, salsa, soup, low protein tartlets, stuffed, baked, grilled, raw.



LETTUCE

- Adds crunch to a salad.
- Many different varieties including Iceberg, butter head, crisp head, little gem, cos, hearts of romaine
- Uses: raw in salads



MUSHROOMS

- Wide variety, different sizes, shapes, colours.
- Uses: sautéed, pasta sauces, stuffed, curries, stir-fries.



OLIVES

- Small, shaped like grapes, strong tasting fruit. All have large stones which should not be eaten.
- There are many different varieties of olives all with different tastes so experiment till you find the ones you like

Uses: salads, appetisers, topping on low protein pizza or low protein garlic bread

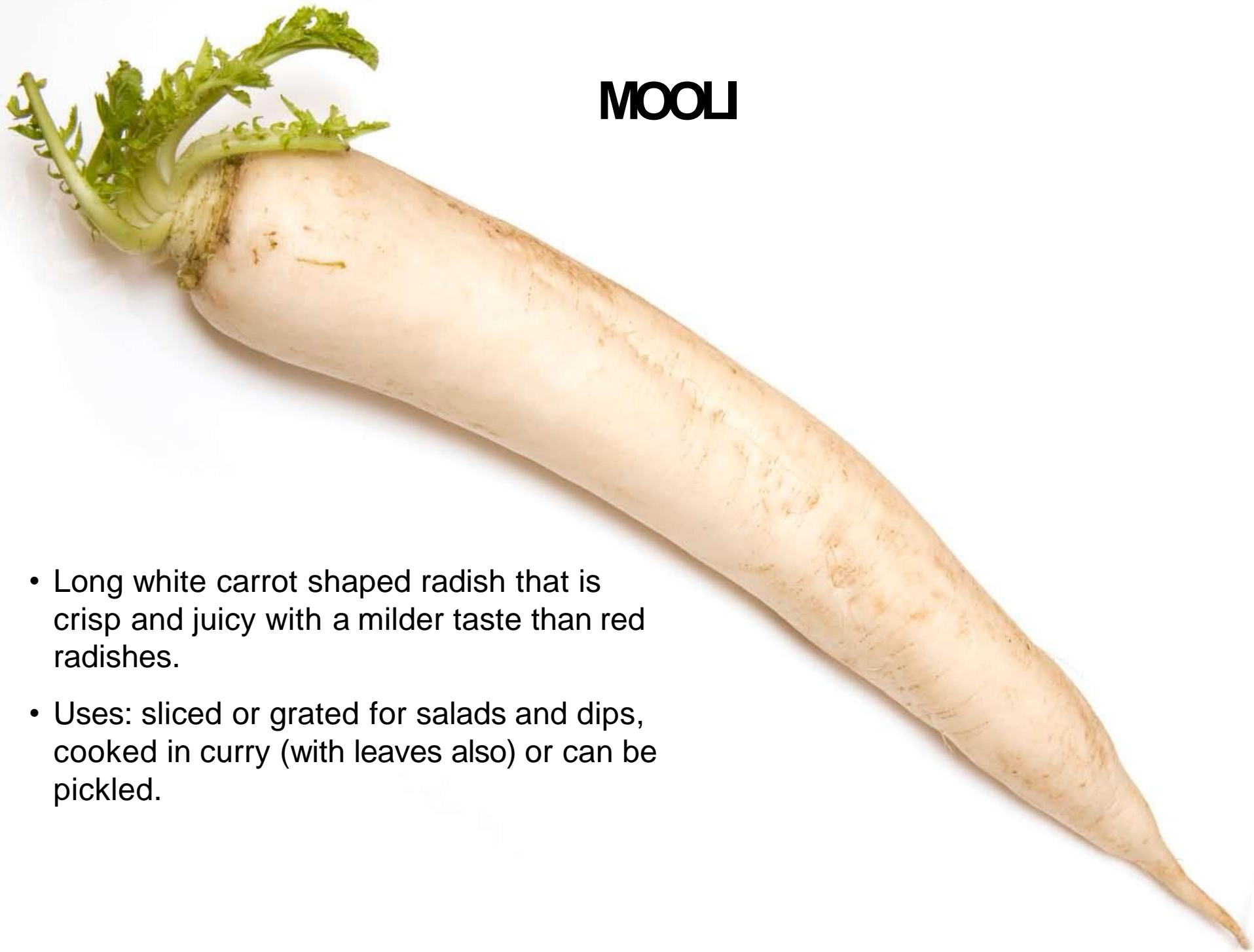
CRESS

- **Cress:** commonly used name of various herbs of the mustard family. Used to garnish salads and usually sold growing in tubs

KOHLRABI

- Variety of cabbage and tastes a bit like turnip.
- Edible part is a large turnip shaped swelling of the stem.
- Uses: Remove leaves, peel and grate into salads, or finely chop for stir-fries, sliced and salted served with olives or boil whole or sliced until tender.

MOOLI



- Long white carrot shaped radish that is crisp and juicy with a milder taste than red radishes.
- Uses: sliced or grated for salads and dips, cooked in curry (with leaves also) or can be pickled.

CARROTS

- Orange coloured root vegetable.
- Peel skin and chop into slices, cut lengthways or grate.
- Uses: raw, boiled 10-20mins, char-grilled, stir fried, roasted, steamed, soups, curries, juice.



PARSNIPS

- Root vegetable that looks like a pale carrot.
- Uses: roasted, wedges, soups, mashed with other vegetables e.g. carrots. Curried parsnip soup is especially good



KARELA

- An unusual looking vegetable, a bit like a small rough cucumber with spikes.
- Quite bitter, the younger the fruit the less bitter but it takes longer to cook.

PAKCHOI



- Also known as 'bok choy'.
- Leaves are crisp and crunchy
- To prepare roughly chop the leaves into wider strips and the stalks into slightly smaller pieces.
- Uses: boiled, steamed, stir fries. Serve with ginger.

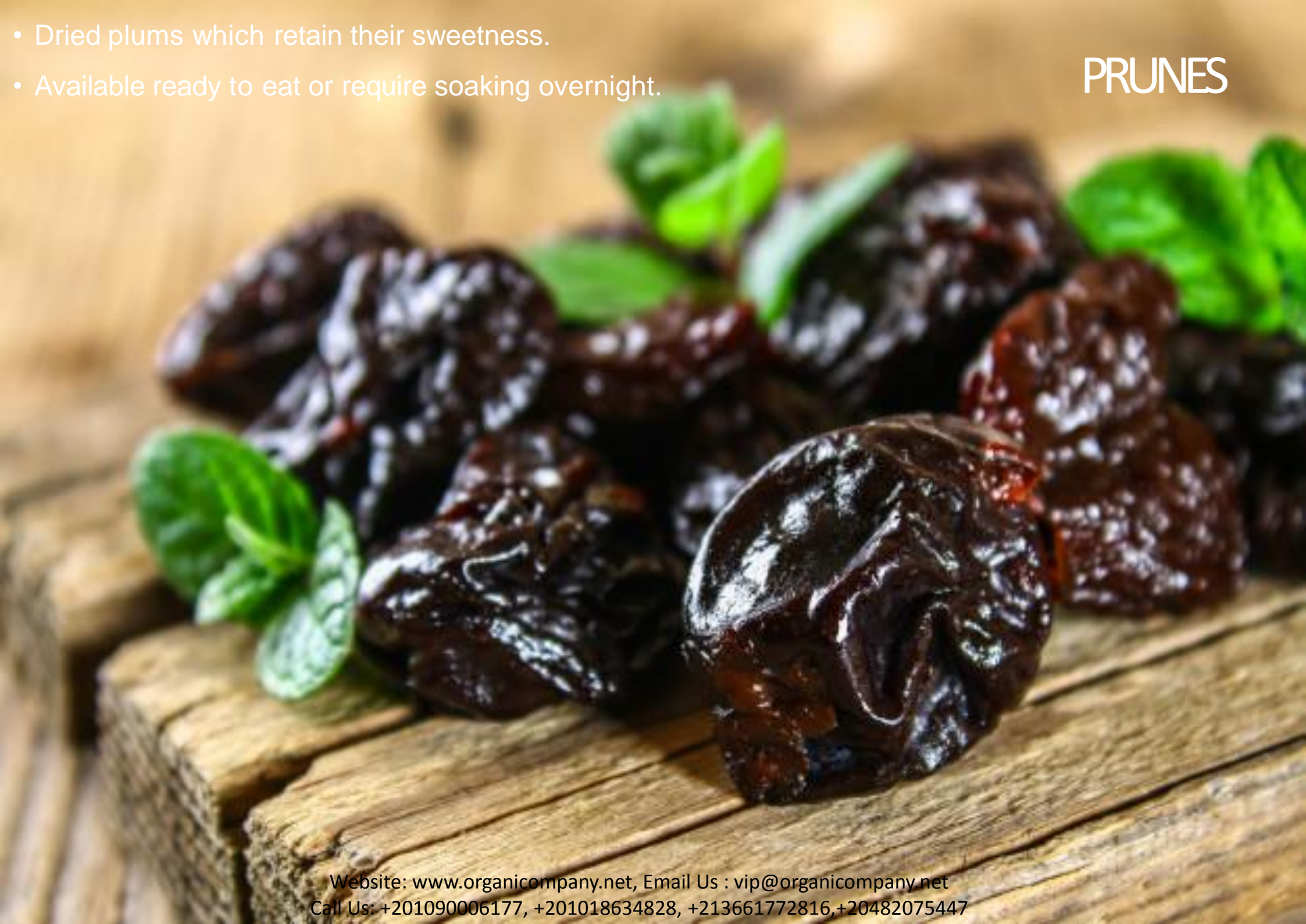
ONIONS

- Add flavor to both cooked dishes and salads. Come in different colors and sizes.



- Dried plums which retain their sweetness.
- Available ready to eat or require soaking overnight.

PRUNES



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Aguide to seasonal fruit and vegetables

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The next few pages are a guide to what is in season for

Winter (December to February)

Spring (March to May)

Summer (June to August)

Autumn (September to November)

- Remember most seasons are 3 months long so not all of the fruit and vegetables mentioned will be in season for the whole of that time.
- Many foods are available all year round but sometimes the quality and taste of these is not so good if they are not in season eg strawberries in December. Look for labels such as “new season” or “British grown” .





WINTER

- Jerusalem Artichokes, Beetroot, Brussels sprouts, Spring Greens, Cabbage, Carrots, Celery, Cauliflower, Broccoli, Parsnips, Onions, Leeks, Kohl Rabi, Lettuce, Kale, Turnip, Swede, Celeriac
- English varieties of apple, Bramley cooking apples, apricots, pears, rhubarb.

SPRING

- Asparagus, Jerusalem artichokes, Beetroot, Brussels sprouts, Spring Greens, Cabbage, Carrots, Cauliflower, Broccoli, Purple Sprouting Broccoli, Parsnip, Onions, Spring onions, Leeks, Kohl rabi, Lettuce, Peas, Kale, Spinach, Turnip, Swede, Celeriac, Radish
- English varieties of apple, Bramley cooking apples, Rhubarb, Gooseberries, Apricots, Peaches, Strawberries





SUMMER

- Asparagus, Beetroot, Summer cabbage, Carrots, Cauliflower, Broccoli, Spring Onions, Lettuce, Peas, Radish, Marrow, Courgettes, Lettuce, Cucumber, French and runner beans, Pumpkin, Tomatoes, Sweetcorn, Globe artichokes, Turnip.
- Bramley cooking apples, Apricots, Cherries, Peaches, Gooseberries, Rhubarb, Strawberries, Nectarines, most varieties of berries, red currants, Pears, Plums, Damsons.

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AUTUMN

- **Beetroot, Runner and French Beans, Brussels sprouts, Cabbage, Carrots, Cauliflower, Broccoli, Parsnips, Onions, Leeks, Kohl Rabi, Marrow, Courgettes, Lettuce, Cucumber, Peas, Pumpkin, Tomatoes, Turnip, Swede, Sweetcorn, Globe and Jerusalem artichokes, Celery, Celeriac, Spring greens, Kale.**
- **English apples, Pears, Plums, Damsons, some varieties of berries, nectarines and peaches (until September).**

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WORLD LOGISTICS

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