

Asparagus

always fresh
always tasteful
always pure!



BioAgros



Bioagros SA was established in 1990 and focused on the production and trade of Greek organic products in the Greek and European market.

GreGo SA was established in 2013. GreGo is the export division of Bioagros SA.

We respect the consumer, controlling and optimizing the quality standards of our products.

We communicate and inform our consumers constantly, through articles, speeches and presentations, primarily to making them aware of the delicate and crucial links that lie between citizen, society and environment and connecting that to our products.

We invest at extroversion which boosts the Greek economy. We export Greek products and with them Greek culture. Only in the last two years we have invested in total 50.000 euros for the promotion of Greek products in the markets abroad.

We are close collaborating with Aristotle University of Thessaloniki to concertize education and research programs aiming to the constant growth of the organic agriculture sector.

We own private cold store warehouses, covering an area of 4000 m2 and a capacity of 3000 tons, for fresh and 800 pallets of frozen products, while providing controlled atmosphere for fruits vegetables and dairies.

BioAgros
Organic Products



How to Grow

All fruits and vegetables are grown in small farms by organic growers with the traditional cultivation methods they have learned from their grandparents, with love for the land they cultivate, with love for the environment and with great love for humans. No chemical pesticides or fertilizers are used in any stage of the cultivation

The aim of organic farming is to offer authentic fruits and vegetables, keeping the traditional flavors of the Mediterranean Sea untouched.

At the same time it is ensuring consumer's health and protecting the environment from chemical pollution.

Collection Traceability

Harvesting of fruits and vegetables is applied by hand. Just after the harvesting, the crop is moved to our pack house, checked, standardized, packed and shipped to customers in refrigerated trucks to be found on the consumer's plate, keeping the freshness like it was taken out of the plant.

All legal traceability procedures are followed from harvesting to consumption, to give the consumers the ability to know the field, the producer and manufacturer of the products.

Quality Safety

Bioagros follows strict rules of operation, that ensure product quality and safety to the consumer's health. Producing, packaging and shipping are taking place, using all modern machinery equipment. European standards for environmental management and food safety are followed according to ISO 22000, IFS and Global Gap requirements.

All products are tested from the field of production to the shelf of the retail shop. They are also certified by EU Organic Standards, EU Reg 834/2007.

The quality Control procedures plus the EU certifications, constitute a guaranty for high quality and safe products.





Why consume fresh Fruits & Vegetables?

Because they provide a balanced diet with low calories, giving body the needed energy without being fattening.

Why do I consume Greek Organic products?

Consumers interested in a healthy lifestyle, need to know what their food is contained from. Consuming Greek organic fruits and vegetables have multiple benefits.

1. No pesticides are found.
2. They do not contain Genetically Modified Organisms (G.M.O.).
3. They contain 10% - 50% higher content of nutritional components (phytonutrient) than conventional products.
4. They are very rich in antioxidants.
5. The Mediterranean sun and climate, give a special flavor to organic fruits and vegetables.

The inspection and certification under European standards, ensures that they follow all the necessary procedures so that the final product that is produced, is absolutely authentic, without chemical residues or GMO residues.



Asparagus The absolute miracle!

A product with very low energy content. It has excellent properties and its low calorie value is conversely analogue of its nutritiveness, so it is suitable for diet. It's full of nutrients and it is good for health, it helps our hair, our nails and our skin. It helps normal heart function and it is also included to the foods which help to the fecundity.

Asparagus officinalis, is a food which garlic, onion and leek belong in its family. Asparagus has no leaves but it has bracts which seem like scales.

Green Asparagus

Almost all of its body is green. Asparagus grows up outdoor and its color comes from the sun effect and by chlorophyll. It has many nutrients but it's low in energy (20-30kcal per 100gr of boiled product).

It is a diuretic food, because of its content in asparagine and also it gives a high water quantum 90-95% at the same time. Furthermore, it contains glutathione, a substance which helps cancer prevention. Also, it has erythrin which is very good for blood vessels.



Nutritional Value (per 100g boiled asparagus)

Energy (Kcal)	20
Protein (g)	2,2
Carbohydrates (g)	3,6
Fat (g)	0,2
Potassium (mg)	183
Sodium (mg)	1
Phosphorus (mg)	50
Iron (mg)	0,6
Retinol (mg)	90
Vitamin A (mg)	45
Vitamin C (mg)	26
Thiamine (Vitamin B1) (mg)	0,8
Riboflavin (Vitamin B2) (mg)	0,4
Niacin (Vitamin B3) (mg)	1,4
Folic Acid (Vitamin B9) (mg)	3,9
Vitamin E (mg)	1



Harvesting - Production Line

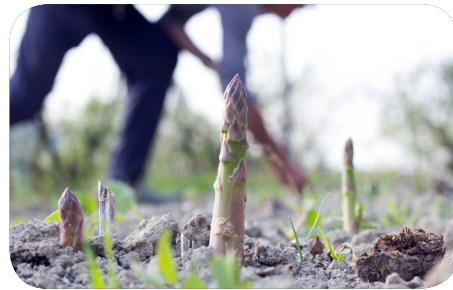


Table with the availability of Fruits & Vegetables by species, variety & per month.

VEGETABLES	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
CUCUMBERS												
CARROTS												
CAPSICUMS (peppers/chillies)												
CAULIFLOWER												
ONIONS												
CABBAGES												
LETTUCE												
BROCCOLI												
POTATOES												
SPINACH												
ASPARAGUS												
TOMATOES												
FRUIT	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
KIWIS												
WATERMELONS												
MANDARINS												
APPLES												
NECTARINES												
MELONS												
ORANGES												
PEACHES												
POMEGRANATES												
GRAPES (TABLE)												



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