

Healthy polish  
welcome gift



Welcome gift  
**POLSKI  
POMIDOR**  
ZWYCZAJNIE NIEZWYKŁY







*Association of Producers  
of Tomatoes and Cucumbers  
Under Shields*

Dear Sir or Madam;

You are a group that has a very important and responsible role in the gastronomy - hospitality.

The decisions that you make have a significant impact on your guests satisfaction, and at the same time for their further consumer decisions.

Therefore, we would like to draw your attention to „going” with the progress of time as well identifying with the mentality of society (all want to be healthy, physically fit) - as a welcome gift offer the guests a plate, bowl or basket of delicious, fresh, healthy, colorful **POLISH TOMATOES**.

Thanks to this kind of „welcome gift”, the guest will feel positively surprised, secondly appreciated and important. Every sign of interest in the guest, his health and well-being - guarantees the success of HoReCa's entire industry.

We hope that the healthy trend we propose will meet your interest.

We deeply hope that you will be happy to use the purchase of Polish tomatoes from their suppliers. In case of problems with determining the variety of tomatoes or lack of knowledge about where they are available - please call us on: 500 555 990.

We would like to invite you to join the „Fruit and Vegetables Hotel Welcome Gift”

We share our respects,

Maciej Mularski  
President of the Association Producers  
of Tomatoes and Cucumbers Under Shields

# HEALTHY POLISH

Welcome gift





## ABOUT THE PROJECT

The main idea of the project „Fruit and vegetable WELCOME GIFT” is the introduction of a new, good industry practice in the HoReCa segment.

All kinds of „Welcome gift” are very good received by customers / guests. Going against the nutritional trends we want Turn sweet, chocolate welcome gifts for gifts with health benefits.

The project involves promoting among the hoteliers a new standard of welcoming hotel guests, who would receive a welcome gift - in their room - composition consisting of Polish fruits and vegetables, especially from Polish tomatoes.

Exhibited, elegantly arranged Polish fruits and seasonal vegetables (Polish tomatoes in each case) they will warmly welcome hotel guests by providing a positive reception impressions. Excellent taste values of vegetables and the fruits found in the room will translate into positive the image of the domestic market, which will encourage shopping, also after returning home.

Exposure in a bowl, basket, or on a platelet will reminded of the house and fixed positive associations.



## VARIETIES OF TOMATOES

In Poland, there are many varieties of tomatoes available throughout the year. To enrich your knowledge of their appearance and characteristics, here below a brief presentation of varieties of tomatoes

We hope that it will inspire you to take on new culinary challenges and discoveries a new tomato world.



**TOMIMARU MUCHOO**  
(Pomidor MALINOWY)



**GARDEN PERLE**  
(Pomidor KOKTAJLOWY)



**CUMATO MINI**  
(Pomidor CZARNY)



**COEUR DE BOEUF**  
(Pomidor BAWOLE SERCE)



**MOONRAY**  
(Pomidor TRUSKAWKOWY)



Pomidor **ZIELONY**



Pomidor **SUNGOLD**



**CONFETTO**  
(Pomidor PAPRYCZKOWY)



Pomidor  
**KOKTAJLOWY ŻÓŁTY**



Pomidor  
**ORANGE STAR**



**BAMBELLO**  
(Pomidor ŻÓŁTY)



**VOLANTI**  
(Pomidor ŚLIWKOWY CZERWONY)



Pomidor  
**ŻÓŁTA GRUSZKA**



*CLASSIC*



*SINGLE*

*ROYAL*







# *SET I* *SPRING*

The **CLASSIC** composition was made from tomatoes Orange Star. Tomatoes were exposed in a round vessel.

The **SINGLE** composition was made in a glass vessel. It was used small cocktail tomatoes: red Confetto peppers, yellow orange star, black (Mini Cumato).

Four types of tomatoes were used in the **ROYAL** composition: cocktail yellow Orange Star, black (Mini Cumato), strawberry (Moonray), yellow (Bambello).

Each layer of tomatoes in a glass dish, be the row on the plate (dish) was separated in a contrasting manner from the next.

# *SET II* *SUMMER*

Small compositions were used to prepare the summer composition dishes (bowl style / bowl).

To emphasize the values of summer (hot sun, sunset) - selected small red and yellow cocktail tomatoes

**CHAMPAGNE** was made in glass vessel. It was used small cocktail tomatoes:

Red Confetto Peppers, Yellow Orange Star and grape dark

**BUSINESS** composition is red Confetto and yellow Tomatoes Sunlemon stacked in a glass dish.

**DUET** compositions included: red - Garden perle, Yellow - Sunlemon





CHAMPAGNE



BUSINESS



DUET

DANCE



HEART



MIX





## *SET III* **AUTUMN**

For autumn compositions in addition to various species tomatoes - we also include autumn fruits (apples, pears). Rich color palette of fruits and vegetables will provide pleasant to the eye and delicious for the palate

Angelo's tomatoes were used in the **DANCE** composition and tomato - buffalo heart (Rosamunda).

The **HEART** composition uses the buffalo tomato heart (Rosamunda), Yellow Pear tomatoes and black tomatoes (Cumato mini).

Garden Perle red tomatoes are used in the **MIX** composition

# *SET IV* **WINTER**

Winter compositions are a specific color contrast with winter aura. Each dish was garnished green accent (basil) and tomatoes were used in warm colors: red, yellow, maroon.

The composition of **TRADITION** uses: apricots, tomatoes raspberry, tomatoes (orange star)

**BOAT** composition, tomatoes were used on the twig Tchin.

**FOUR SEASONS** composition uses tomatoes strawberry (moonray), yellow cocktail tomatoes, tomatoes cocktail black (Cumato mini)



*TRADITION*



*BOAT*



*FOUR SEASONS*





## HEALTHY TOMATO



Vegetable dominating at the hotel welcome gift will be TOMATO occurring in different varieties. Thanks to that, Guest will have the opportunity to learn new varieties, and at the same time taste them.

Our project promote healthy eating, native, fresh, all year round, delivered from verified and trusted farms.

Besides watching the trend prevailing in a worldwide society, and related healthy lifestyle, we want to go out facing this phenomenon and replace „predictable, old „welcome gift” new, certainly a positive trend vegetable and fruit.

Every exhausted guest staying away from home will surely see and appreciate the care of the Hotel. The welcome gift -

a bowl of fresh vegetables with the information in the leaflet will inform you about the health of tomatoes such as:

- **Tomatoes prevent atherosclerosis and infarcts**

Thanks to their contained acid, which in the liver cells intensifies the oxidation processes fatty acids and inhibits the accumulation of triglycerides in them. Cholesterol level reduce the pectin contained in the tomatoes. Lycopene is also beneficial for the heart.

- **Tomatoes improve immunity**

Thanks to the high content of vitamin C tomato covers over half the daily requirement organism for this vitamin

- **Tomatoes help digestion**

Regulate the digestive system through diet. It is also in stones, which do not remove.

- **Tomatoes have anti-cancer effect**

Men who regularly eat tomatoes are 34 percent. Less prone to developing prostate cancer. There are also studies showing that lycopene reduces the risk of cervical cancer in women.



- **Tomatoes work diuretics**

By the action of diuretic tomatoes lower blood pressure, because they are extremely rich in potassium. High levels of potassium also have a positive effect on heart function.

- **Tomatoes are helpful in overweight**

100 g of tomatoes are only 18 kcal, so they are helpful in overweight. They belong to vegetables rich in water (94%), therefore quenches thirst perfectly.

- **Tomatoes improve the nervous system**

They favorably influence the nervous system because of the bromine content.

- **Tomatoes have beautifying properties**

Vitamin C strengthens the blood vessels and affects better oxygenation, vitamins A and E moisturizes the skin and acts anti-wrinkle. Cosmetics containing tomato extracts brighten discolorations and alleviate acne lesions.

- **Tomatoes protect from the sun**

Lycopene neutralizes harmful processes caused by ultraviolet radiation. Regular eating of tomatoes provides natural sun protection.



### The nutritional value of raw tomatoes (100 g)

|   |                |
|---|----------------|
| Energy value of                         | 18 kcal        |
| Total protein                           | 0,88 g         |
| Fat                                     | 0,20 g         |
| carbohydrates (including simple sugars) | 3,89 g<br>2,63 |
| Fiber                                   | 1,2 g          |

#### Minerals

|            |         |
|------------|---------|
| Calcium    | 10 mg   |
| Iron       | 0,27 mg |
| Magnesium  | 11 mg   |
| Phosphorus | 24 mg   |
| Potassium  | 237 mg  |
| Sodium     | 5 mg    |
| Zinc       | 0,17 mg |

#### Vitamins

|            |          |
|------------|----------|
| Thiamine   | 0,037 mg |
| Riboflavin | 0,019 mg |
| Niacin     | 0,594 mg |
| Vitamin B6 | 0,080 mg |
| Folic acid | 15 µg    |
| Vitamin A  | 833 IU   |
| Vitamin E  | 0,54 mg  |
| Vitamin K  | 7,9 µg   |
| Vitamin C  | 13,7 mg  |

# SPPIOPO

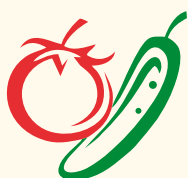
The Association of Producers of Tomatoes and Cucumbers Under Covers (SPPIOPO) with registered office in Krakow was registered in the National Court Register on January 24, 2013. Total area under cover At the disposal of the Association members is 480 hectares.

## **The statutory objectives of the Association are:**

1. Representing the collective interests of the members of the Association before the legislative and executive organs, Offices of governmental administration and local and state self-government bodies organizational units as well as representation of the Association members in relation to third parties and cooperation on legislative processes;
2. Raising the knowledge and skills of effective management of members of the Association;
3. Dissemination of scientific achievements in the field of veggies under cover, as well as participation in works research and scientific;
4. Supporting activities related to the education of the members of the Association, including ecology and the environment;
5. Exchange of market information for greenhouse vegetables with particular emphasis on tomatoes and greenhouse cucumbers;
6. Promote high quality Polish greenhouse vegetables and their consumption due to their health benefits and tasteful;
7. Caring for the high quality of tomatoes and cucumbers;
8. Promote knowledge producers on the principles of the common organization of the market in fruit and vegetables in countries The European Union;
9. Creating an atmosphere of understanding, trust and respect for the horticultural environment and mutual help;
10. Creating positive attitudes towards the integration of gardeners - vegetable growers under cover;
11. Cultivating the cultural heritage of Polish horticulture;
12. supporting economic development, including the development of entrepreneurship;
13. Supporting the development of technology, inventiveness and innovation and dissemination and implementation of new solutions
14. technical in business practice;
15. Granting assistance to members of the Association in matters related to the Association's objectives.

## **Set goals The Association realizes through:**

1. Collaborate with all actors in the law making and application process, and in particular the expression opinions and positions on issues related to legal acts and their projects and related regulations vegetable production under cover;
2. Organize training, conferences, conventions, exhibitions, fairs, educational trips including support public funds available for this purpose and participation in these undertakings;
3. Initiating and recommending systemic solutions beneficial to the development of the greenhouse vegetable sector;
4. Collaboration with research institutes and other institutions or self-dealing in the field implementation of new means of production, technology, as well as the flow of information and exchange of experience;
5. Support and inspire studies, studies, research and other activities that are aimed at ensuring the development of horticulture, including the development of the greenhouse vegetable sector;
6. Activities related to the broadly understood integration of the members of the Association;
7. Appointing and organizing the activities of committees, committees, working groups and other teams thematic, acting on the basis of the voluntary participation of members of the Association;
7. Cooperation and association with national, foreign and international organizations of similar nature nature;
8. Price monitoring and assistance in purchasing means of production;
9. Strive to find new markets;
10. To carry out activities popularizing the Association's objectives, eg publishing, advertising;
11. The association may also be the subject of agreements for joint action for the implementation of its own statutory purposes.



*Association of Producers  
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SINGLE



BUSINESS



CHAMPAGNE



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