

**PRESS RELEASE March 2021**

**The most delicious guests of Ramadan dinner tables are coming to your table,**

**Bahçeden Date and Bahçeden Fig...**

**While date, an indispensable for the month of Ramadan, is a tasty accompaniment to iftar tables, dried figs appear to be the choice of those looking for a different taste. Bahçeden, the expert for the taste of naturalness, is preparing to be enthroned of the dinner tables with potassium-rich dates and dried figs, which are a source of calcium.**

The month of Ramadan, which once again reminds us of the value of sharing, patiently waiting for the evening, and being together with the loved ones around the table, starts with a sweet rush. Healthy and balanced nutrition becomes even more important when our meals per day are reduced to two. **Bahçeden**, which presents the best dates and dried figs in special packages with zippers, takes place at the seat of honor of Ramadan tables with its most fresh, gourmet flavors.

**Its nutritiousness is from nature; its flavor is from Bahçeden**

**Bahçeden Date**, which keeps you full with its high-in-fiber component, supports the digestive system's everyday function and helps the month of Ramadan get on in ease. With its soft texture and thin skin, **Bahçeden Date** makes the experience of date delightful, balances blood sugar, and provides easiness throughout the long-lasting fasting period.

Due to drying, the calorific value of **Bahçeden Date**is high compared to most of the fresh fruits and turns into a tasty supplement for traditional dishes. As a beneficial source of potassium consumed apart from the month of Ramadan, **Bahçeden Date**accompanies our dinner tables by being picked from the most fertile soil with the healthiest methods.

**The taste of fig on Ramadan tables**

**Bahçeden Dried Fig**, another star of taste of the Bahçeden family, is a natural source of calcium with its gluten-free and high fiber component... **Bahçeden Dried Fig**, which both draws attention with its tasty and nutritious property, also helps the body retain being full throughout the month of Ramadan, where the routine of nutrition changes and enriching the flavors of meals and desserts.

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