

# GLOBAL CONNECTION

INTERNATIONAL MEDIA



Discover the potential

# BEN AFFLECK MEETS GLOBAL CONNECTION!

THE HOLLYWOOD ACTOR BEN AFFLECK HAS WON THE ADMIRATION OF MILLIONS AROUND THE WORLD THANKS TO BOTH HIS ACTING SKILLS AND ATHLETIC BODY, AND HE BELIEVES IN THE UNIQUE POWER OF VITAMIN C. THE FAMOUS ACTOR STRESSES THE IMPORTANCE OF CITRUS IN HIS LIFE.





# Citrus sweeten Turkey's horticulture exports to the region

The prospects for enhanced Turkish citrus exports to the GCC look healthy given current trends and the efforts of the country's Citrus Promotion Group.

MALCOLM DIAS

Home to the headwaters of the vitally important Tigris and Euphrates rivers, fertile Turkey is bountifully blessed with abundant agricultural production. The intercontinental country straddling two continents is a major exporter of over 1,800 varieties of agricultural products to more than 190 countries globally, with 2015 monetary value of \$16.8 billion, say official sources. According to the Investment Support and Promotion Agency of Turkey, the nation is the world's seventh largest agricultural producer overall.

The citrus sector constitutes a major segment of horticulture exports internationally and to the GCC, particularly to the Kingdom of Saudi Arabia and the UAE. Thanks to the productive soil and favourable climate, superior citrus products comprising lemons, grapefruits, mandarins and oranges are grown profusely in the lush farmlands of the country's Aegean and Mediterranean regions.

According to the Turkish Citrus Promotion Group (CPG), a government-recognised industry body, the country produces around 4% of the total world citrus output. Ali Kavak, Chairman, CPG, says that in order to gain comparative advan-

tage in world export markets, the body is working closely with renowned agricultural universities and horticulture research institutes to improve agricultural production through hybrid indigenous citrus varieties that are both healthy and delicious.

"The Citrus Promotion Group is committed to cultivating, producing and continually improving both through our customary farming methods and through research partnerships, the finest, highest-quality and superior agricultural fruit that Turkey is traditionally famous for," said Ali Kavak. "Citrus constitutes an important component of our agricultural exports and we are keen to boost and enhance market share, particularly to the GCC and the wider Middle East in our backyard, and within close proximity of our country. We have made much headway, our products have been well received and we have witnessed steady growth over the years."

The importance attributed to the region is evidenced in the fact that during the WOP Dubai, or International Perishables Expo Middle East, held in November 2016, the CPG met key officials from participating countries in the region. The event presented a unique opportunity for the Group to promote exports and explore avenues for increased sales to the region. \*

## AFFORDABLE PRICES AND SUPERIOR QUALITY

*Turkey is an influential country in the world's citrus production, and it achieves new feats each day. Turkish offers superior quality citrus products at affordable prices, making the country a prominent player in the industry.*



The Turkish Citrus Promotion Group Chairman Ali Kavak

Turkish citrus fruits are superior in taste and quality, which makes them much in demand around the world. The Turkish citrus industry is worth nearly \$1 billion, with an average annual production of 4 million tons. One-third of this large volume is exported throughout the globe. Citrus Promotion Group (NTG) Chairman Ali Kavak answered frequently asked questions about Turkish citrus.

**NTG is an influential organization in the Turkish citrus industry. Could you tell us a little about NTG?**

The Citrus Promotion Group was founded by the Ministry of Economy in 2007 to increase foreign and local demand of citrus products. The main purpose of the NTG is to boost the consumption of Turkish citrus fruits and improve consumer habits. I can easily say that the major competitive advantage of Turkish citrus lies in the high quality of our fruits. Since day one, we have striven to ensure that our superior quality citrus fruits are promoted in the domestic and international

**was last year in terms of relations between the two countries, and what direction they are headed?**

The Saudi market is vital for Turkey, and we are particularly interested in boosting our presence even more there. The first 10 months of 2016 were extremely fruitful with regard to citrus exports, with exports reaching \$491.4 million. Saudi Arabia ranked number four in our exports in general. The ranking is an indication of the considerably healthy relations between the two countries. We exported citrus worth \$37.5 million to Saudi Arabia in 2016. Our priority is to send more Turkish citrus to the region in the coming period. As such, we working intensely to make this happen.

**Can you give us an overview of Turkish citrus? What are your plans for the future as the Chairman of TCGP?**

Citrus harvest was productive in 2016: lemons, tangerines, oranges, and grapefruit accounted for 45 percent, 21 percent, 20 percent, and 14 percent of our citrus exports, respectively. We have no difficulties in production. Each year we produce citrus fruits regularly and abundantly, and we are always able to meet the demand. We forge ahead to accomplish our main objectives: to advance Turkish citrus consumption and increase demand domestically, and to complete the branding process by emphasising the Made-in-Turkey image in citrus products abroad. \*

### HEALTH FRUITS: CITRUS

Citrus stands among the top industrial products throughout the world and in Turkey due to its diverse product range, long harvest periods, extensive storage duration, and ease of transportation. Scientific studies show that demand for vegetables and fruit products will continue to increase in the coming years. This is due to the rising world population, the continuous growth of world economy, and the increase of widespread awareness for healthy nutrition. The positive health benefits of citrus fruits are accepted by everyone.

markets, and to increase the consumption of our products around the world. And we will continue to do so.

**Saudi Arabia stands out as one of Turkey's growing partners in citrus exports. How**



INTERNATIONAL MEDIA



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# Citrus: A Health Miracle

Detox your body and boost your energy and health with natural drinks prepared from citrus and vegetables, the delicious gifts of the Mediterranean.

**W**e all know that healthy food usually tastes terrible. Now, forget everything you've heard! These recipes are truly delicious. With inviting combinations of various vegetables and fruits, it is possible to make a healthy diet a pleasure. Nothing is more refreshing or tasty than these healthy beverages prepared in your own kitchen with fresh fruits and vegetables!

Don't forget that these cocktails are full of vitamins, minerals and antioxidants -- the most effective defence against diseases such as cold and flu. Giving your body the nutrients it needs means a strong immune system and maximum resistance to diseases and aging.

### Detox Effect

Detoxing with vegetable and fruit juices has become very popular in recent years. The rationale behind cleansing the toxins from your body is giving your body a rest. You get the nutrition and energy you need from fresh vegetables and fruit juices while freeing your body from the burden of digesting solid foods. You can try different combinations throughout the detox. But try to focus on formulas prepared with lemon, grapefruit, and green leafy vegetables.

Citrus is known to have an extremely powerful detox effect. Lemon, in particular, has rightfully earned this reputation. Consuming a thin-skinned, juicy lemon captures all the healing qualities of the Mediterranean climate. It is the most effective and practical way to remove toxins from your body. If you find that cutting out solid foods makes it difficult to go on a full detox program, try squeezing a lemon into a cup of warm water and drinking it first thing in the morning. This simple ritual will also help you lose weight by balancing your blood sugar.

**CITRUS IS KNOWN TO HAVE AN EXTREMELY POWERFUL DETOX EFFECT. LEMON, IN PARTICULAR, HAS RIGHTFULLY EARNED THIS REPUTATION.**

### Increase Your Energy

Without exception, all fruit and vegetable juices have an energizing effect, as their nutrients are easily absorbed by the body. In order to produce energy, the body needs vitamins C and B as well as iron and copper. Make the citrus fruits rich in vitamin C the focus of the foods you prepare. With the vegetable and fruit juice recipes in this section, you will prepare a concentrated source of nutrition that your body will easily digest.

Although it is ideal to try different recipes with different nutrients each day of the week, it's also fine to stick with the same ones. You will notice the positive health effects of even two or three servings a week.

### CITRUS COMBO

Boost your immune system and protect yourself against diseases.

- 1 peeled lemon
- 1 peeled orange
- 1 carrot
- 1 small piece of fresh ginger root

### ENERGY BOOST

Start the day with a boost and increase your energy level.

- 2 peeled lemons
- 2 oranges
- 4 stalks celery
- 2 carrots. \*

# TURKEY: A CITRUS COUNTRY

Turkey is a popular spot for citrus fruits. They are cherished here and consumed in plenty. Here are production specifics for Turkey's citrus industry

**40%** Citrus makes up 40 percent of the fruits exported from Turkey.

**10** Various types of lemon are grown in Turkey 10 months a year.

**12%** Twelve percent of Turkey's total lemon production is exported to Saudi Arabia, making it third among countries that import Turkey's lemons.

**4th**

In the first 10 months of 2016, Saudi Arabia is fourth among countries where citrus fruits are imported from Turkey.

**3/10**

Lemons make up three-tenths of exported Turkish citrus fruit.

**5 MILLION**

Five million people make their living from the citrus agriculture in Turkey, mainly in the Aegean and Mediterranean regions.

**14.7 MILLION**

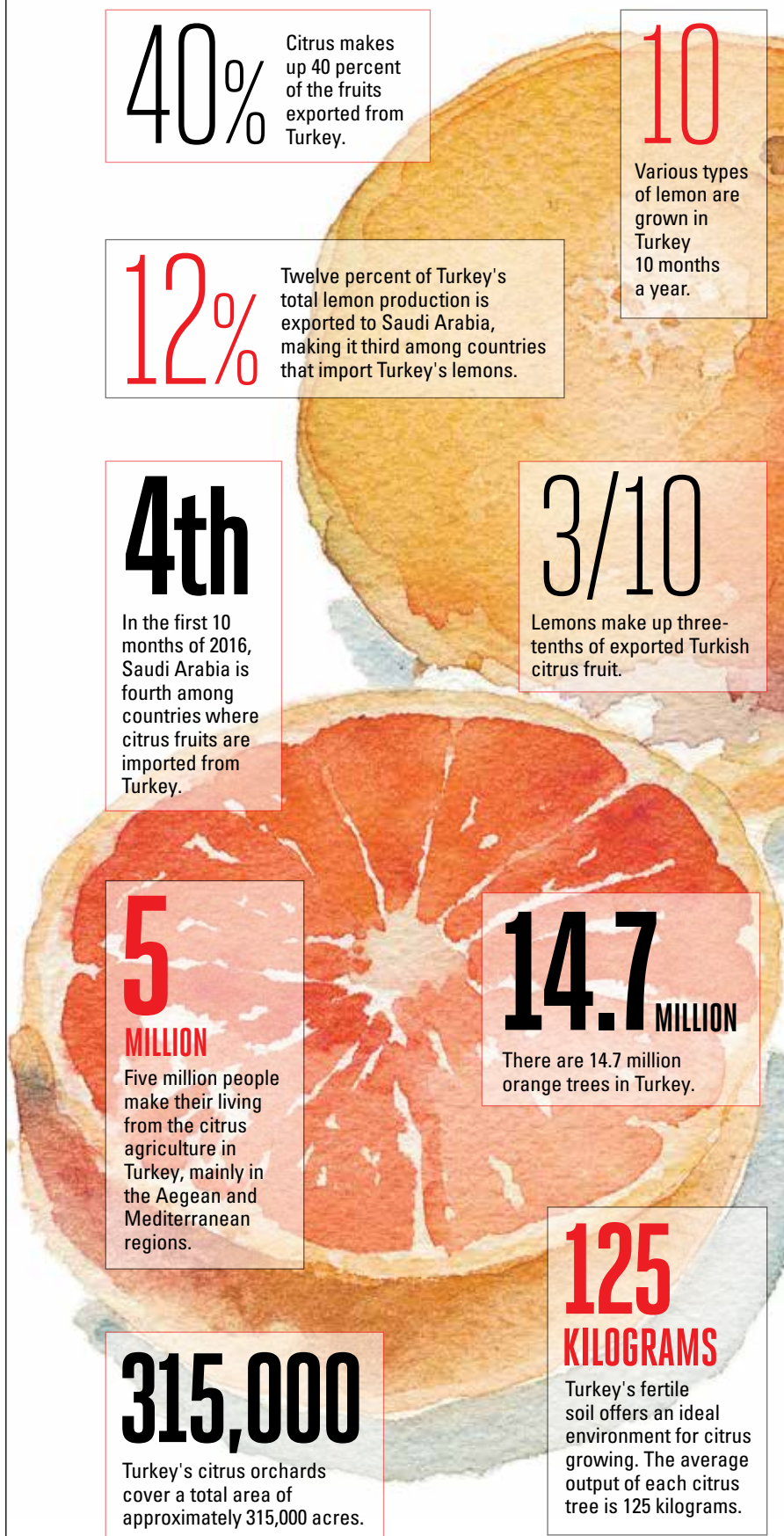
There are 14.7 million orange trees in Turkey.

**125 KILOGRAMS**

Turkey's fertile soil offers an ideal environment for citrus growing. The average output of each citrus tree is 125 kilograms.

**315,000**

Turkey's citrus orchards cover a total area of approximately 315,000 acres.





# The many different uses of citrus fruits

Citrus fruits are refreshing, healthy, and delicious. All over the world many people enjoy the benefits they receive from eating such wonderful treats. These days, many people are also using citrus fruits to freshen up their houses.

PATRICK MARQUEZ

**T**he citrus family is one of the most produced and consumed fruit groups in the entire world. While many are aware that they are a crucial part of a healthy diet, many are unaware that they are also in great demand in multiple industries. Take for example the essential oils that come from citrus fruits can be found in perfumery, cosmetic creams, and deodorants. They also have a high demand in the pharmaceutical industry. But did you know that you can also use citrus fruits for household purposes?



**THE CITRUS FAMILY IS ONE OF THE MOST PRODUCED AND CONSUMED FRUIT GROUPS IN THE ENTIRE WORLD.**

Nowadays, many people are taking a much more nature friendly and safer approach when it comes to cleaning their houses—and citrus fruits have proven to be an excellent way to freshen up your living space.

For as long as many can remember, the lemon has served as the perfect complement to a cold glass of ice tea or water on a hot summer's day. Beyond this, the lemon serves a few

different purposes as well. Instead of using heavy chemicals to clean your copper silverware, try rubbing lemon juice that has been soaked in a cloth to polish them. Brass and aluminum can be polished by using a paste of lemon juice and cream of tartar. You can also rub a lemon on your faucets to get rid of that disgusting lime scale, soap residue, or hard water stains. Next time you have a load of laundry to do, remember that lemon juice helps brighten your whites, removes mineral stains, and leaves your laundry with a fresh and clean smell. Cutting boards tend to collect a lot of awful smells and harmful bacteria that can remain over time—the next time you need to clean yours, try using half of a lemon to eliminate the bacteria and the terrible smelling odors.

You can also use citrus fruits to clean up grease you typically find around the stove, outdoor grills, and around your garage. Vinegar has shown again and again that it is a great household cleaning material, but many people strongly dislike the smell of it—this problem is eas-

ily remedied by adding citrus peels. Fill a jar with both vinegar and citrus peels, let it sit for about four weeks, and shake it a few times throughout each week. After four weeks, remove the peels, dilute with fresh water, and get to work cleaning your stovetops, bathroom areas, floors and mirrors. In addition, oranges provide a fresh smell that can be used to combat odors coming from your trash areas. Place orange peels at the bottom of your rubbish bins to reduce the foul smells; this will also help with stopping insect infestations.

The citrus fruit group is the gift that keeps on giving, and it is always the healthy alternative. With a wide array of different uses, it only makes sense to make this life impacting change. So, the next time you do your shopping, think twice before buying the heavy duty commercial cleaners that are riddled with toxins that are harmful for you and your family. The natural ingredients found in citrus fruits are just as effective as the industrial cleaners without the harmful side effects—simply put, there is no losing in this situation! \*

## DELICIOUS TURKISH GRAPEFRUIT

*Turkish grapefruit is known for its juice and flavour. Four types of delicious grapefruits grow here, where the Mediterranean climate offers the best conditions for citrus cultivation.*



**Star Ruby**  
(Red Grapefruit)

Identified in 1959, Star Ruby has a smooth, reddish peel. It is one of Turkey's most important citrus products. The fruit has a slightly flattened round shape and weighs around 500 grams. It is harvested during December-January. It is the darkest of all grapefruits with the lowest acidity level. This red grapefruit shows sensitivity to the sun in high heat.



**Ruby Red**  
(Pink Grapefruit)

Identified in 1934, Ruby Red has a slightly granular, orange peel. It has a light pink colour, and it weighs around 350 grams. It is harvested during December-January. Ruby Red is the most produced type of red grapefruit in the world. The ones grown in Turkey are juicy, aromatic, and of high quality. A mid-season grapefruit, Ruby Red can stay on the tree for a long time. It can also be stored up to four months under proper conditions.



**White Marsh Seedless**  
(White Grapefruit)

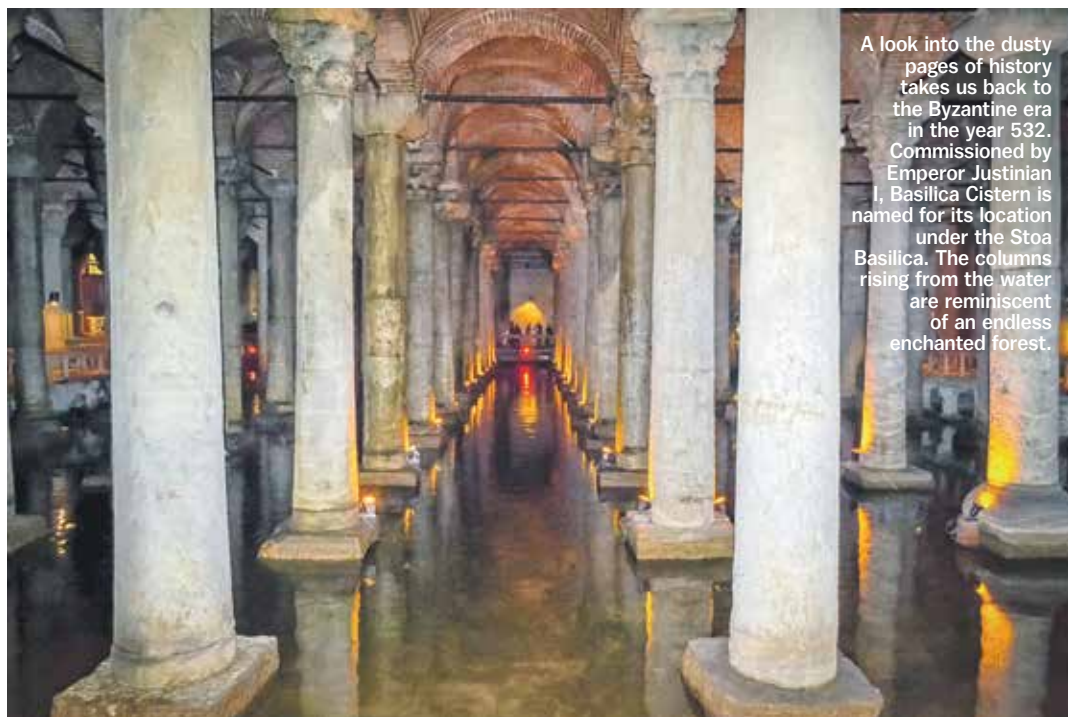
Identified in 1890, White Marsh Seedless is a tasty, aromatic, juicy, and high quality grapefruit with a few seeds. Its shiny, thin peel is yellow and smooth. This round, slightly flattened citrus weighs around 350 grams. It is harvested from the middle of January until the beginning of March. It can stay on the tree for a long time. It can also be stored and transported under proper conditions.



**Rio Red**

Identified in 1959 and the last type to be grown, Rio Red's trees are highly strong. The fruits have few seeds and a thin peel. Rio Red's peel is dark red and smooth. It is preferred by those who like late-cultivated red grapefruit. Its fruit, with a long, round shape, weighs around 450 grams. It is harvested in January-February.





A look into the dusty pages of history takes us back to the Byzantine era in the year 532. Commissioned by Emperor Justinian I, Basilica Cistern is named for its location under the Stoa Basilica. The columns rising from the water are reminiscent of an endless enchanted forest.

## Basilica Cistern: The Depths of History

Yerebatan Sarnıcı (literally "Cistern Sinking Into Ground"), an ancient mystery hidden deep under ground, is one of Istanbul's spectacular historic structures.

**A** look into the dusty pages of history takes us back to the Byzantine era in the year 532. Commissioned by Emperor Justinian I, Basilica Cistern is named for its location under the Stoa Basilica. The columns rising from the water are reminiscent of an endless enchanted forest. Visitors to this magnificent structure become immediately immersed in that era. The water for the cistern, which 7,000 slaves worked to build, came from the 971-meter-long Valens (Bozdoğan) Aqueduct, built by Emperor Valens in 368, and the 115.45-meter-long Mağlova Aqueduct, built by the Emperor Justinian I. Today, the water level at the cistern varies between 25 cm and 1 m. Big fish will come to greet you. The majority of its columns are cylindrical. A few are angular or grooved. Nevertheless, these columns feature an aesthetic character. One column stands out with multiple engravings of peacock-eyes, slanted branches, and teardrops. As you walk along the elevated walkway, you are overcome by an inexplicable melancholy. It is said that the tears on the column pay tribute to the hundreds of slaves who died during the construction of the Great Cistern. This column



is similar to the columns on the Byzantine-era Triumphal Arch of Theodosius (379-395), known as the Forum Tauri, that stands today in Beyazıt Square.

A look into the past from the mythological beauty Medusa's eyes. Do you enjoy mythological stories? It's impossible not to be taken by the two Medusa heads used as pedestals under the two columns in the northwest corner. We are not sure where these mesmerizing fourth century heads came from. It is thought that they were brought to the cistern after being removed from an early Roman building. Countless mythological rumours regarding the Medusa make this structure even more mysterious. It is said that Medusa was a girl who was proud of her dark eyes, long hair,

and nice body. She loved Perseus, son of the Greek god Zeus. Goddess Athena also loved Perseus, and she was jealous of Medusa. Athena turned Medusa's hair into frightening snakes. Whomever Medusa set her eyes on turned into stone. Believing that Medusa was under a spell, Perseus cuts off her head and then uses it to turn his enemies to stone. Whoever sees the head turns into stone, and Perseus destroys all of his enemies. It is said that after this incident, Medusa was engraved upside down and sideways on hilts and column pedestals. Another story has it that Medusa turns into stone after seeing her reflection on the sword of Perseus. The sculptor who made the Medusa modelled it in three different positions: upright, upside down, and sideways, according to the reflection of light. The upright Medusa head was brought from Didim.

Great history and countless stories surround the Basilica Cistern. They are evident in each of its columns and stones. The cistern has been renovated several times over the years. This mysterious venue is an essential stop on any Istanbul day trip, functioning as a both museum and a site for many national and international events. \*



## THE SECRET OF YOUTH IS HIDDEN IN ORANGES

*Being young and staying young is everyone's dream.  
And the secret of youth is closer than you think!*

**Y**outh is beauty. Who wouldn't want to be young forever? Most of us see this as an impossible pursuit and seek expensive solutions. But the secret of staying young is closer than you think: citrus fruit! Starting your day with a glass of freshly squeezed orange juice can boost your energy and contribute to your well-being throughout the day. But be careful not to drink orange juice on an empty stomach; it's best with breakfast or after breakfast. You will feel much better and younger when you consume only 250 ml of this miracle fruit juice each day. But how is this possible? Biologists say freshly squeezed orange juice contains more than 180 phytochemicals. These phytochemicals are critical for maintaining a long, healthy life. Orange is also an excellent source of antioxidants. This is especially important for those who live in big cities or in highly polluted areas. Living in places where exhaust fumes accumulate or areas close to industrial facilities can create serious health problems and cause our body to age faster than usual. This leads to decreased vascular permeability, high blood pressure, and accelerated free radicals production rates. Cells with excess free radicals can cause life-threatening problems, including tumours, due to the biochemical processes they undergo. To prevent this, we should include antioxidants in our diet to neutralise free radicals. Oranges and orange juice is a strong source of antioxidants. Regular intake will help eliminate these dangerous forma-

tions. Fighting against free radicals also keeps us young. Oranges are our friends in this struggle. They can slow down the progression of atherosclerosis and nourish our skin, accelerating the synthesis of protein collagen that supports the frame of our face. Our skin gains a healthy colour, our nails become flexible and durable, and our hair develops a natural shine. In short, regular citrus consumption can help us stay younger longer.

Did you know that antioxidants are also indispensable for cardiovascular health? Cardiologists strongly recommend antioxidants, especially for those over 40. Men aged 40 through 60 are considered high risks for heart and vascular diseases and heart attack. You can minimise this risk with a healthy lifestyle that includes foods rich with antioxidants. Oranges, grapefruits, and pumpkins are at the top of the list of foods rich in antioxidants. Grapefruit consumption is important, especially for smokers and those under stress. There is scientific research that proves freshly squeezed grapefruit juice helps to quit smoking. Orange and grapefruit intake also helps fight obesity and regulates digestion. It promotes both health and fitness. Furthermore, the high amount of hesperidin contained in oranges is a natural agent that lowers blood pressure without any side effects. When you notice that your blood pressure is slightly higher than usual, drink a glass of orange juice two to three times a day. Remember to opt for freshly squeezed fruit juice! \*



Consuming only 250 ml of freshly squeezed orange juice a day makes you feel much better and helps you stay young.



# Beauty from citrus soaps

If skin care is important to you, then you definitely invest in soaps, creams, and tonics. Fresh-scented orange and tangerine soaps are a great way to amplify your beauty.

Soap is as old as human history. Even under the lava in Pompeii, they found the remains of soap. Modern soap production evolved after the 19th century, when French chemist Eugène Chevreul demonstrated that soap is a fatty acid salt. With the invention of the steam engine, soap production became a major industry. From Sumerian inscriptions dating back to 2,500 B.C., we learn that the first soap was used around 3,000 B.C. The recipes in these inscriptions suggest that the Sumerians produced soap by boiling the ashes from burned wood and slowly dissolving fat in it. From other sources, we also learn that in the Babylonian civilization in southern Mesopotamia, leprosy and skin diseases were treated by throwing the patients in a pool of soapy water. The famous Turkish physician Ibn-i Sina used soap as a germicidal disinfectant to treat open wounds and rabies.

In everyday terms, soap is a substance used to clean greasy, dirty things. In chemical terms, soap is a compound material made from fatty acids and either sodium or potassium salts. These elements give soap its cleansing properties. Soaps can easily absorb oily impurities from a surface in an aqueous environment. They can also soften things like leather and fabric to make it easier to remove stains. Today, the essential cleaning properties of soap is indispensable, especially for women.

## Soap for your skin

Women want to be well-groomed throughout the day to feel good. In the evening, the skin should definitely be cleansed with soap. But the point to note here is that the soap should be made from the most natural and organic materials possible. As many people have aller-

## THE BENEFITS OF CITRUS SOAPS

**Bergamot Soap:** This fragrant soap relieves stress and fatigue. It is very effective for oily hair and skin. It prevents eczema.

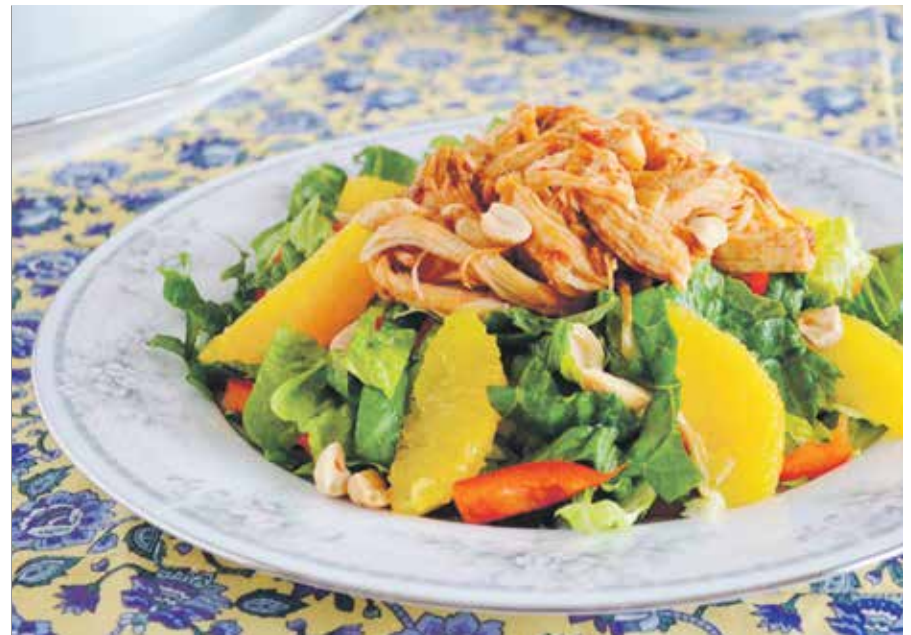
**Orange Soap:** The natural orange oil in this soap is very effective for oily skin and hair. Massaging it onto areas with cellulite creates partial improvement in appearance. It relieves fatigue and soothes and tightens skin. It helps heal wounds, pimples, and blemishes. It revitalizes and relaxes the body and it is a natural antidepressant.

**Lemon Soap:** Soap with lemon oil unclogs the pores, allowing the skin to breathe. Effective against black spots and freckles, this soap improves the moisture balance of the skin. The lemon oil and acids in lemon soap are perfect for rejuvenating the skin. This soap can be used for all skin types. A massage with foam from lemon soap is good for head and body aches.

gies nowadays, exposure to even the smallest allergen can lead to problems. The use of organic soap for beauty and hygiene is common today thanks to increasingly conscious consumers in recent years. Oils and essences from citrus products such as oranges, tangerines, and lemons are widely used in soap. Citrus soap cleanses, refreshes, and revitalizes skin. When you use citrus soap, you will notice that your skin becomes prettier and healthier than ever before. You can moisturize dry skin and get rid of the imperfections it causes with soap made from the natural essences of organic citrus oil. Citrus soaps are extremely healthy. Skin moisturized with natural citrus oils maintains a healthy appearance. \*



Take advantage of the power of the citrus fruit to better resist the effects of time. The highest quality and healthiest citrus fruits come from Turkey.



## CHICKEN SALAD WITH MANDARINS

*As the weather starts to get colder, it's especially important to consume all the protein and vitamins your body needs. Our delicious and practical salad recipe is a good choice for evening meals. It is low in calories and rich in protein, vitamins, and minerals.*

Unfortunately, the misconception about healthy food is that it cannot be tasty. However, there are flavourful and practical dishes that can help you stay in shape without giving up on delicious meals. When citrus fruits are the star of these recipes, dieting is a pleasure. Juicy and rich in minerals, they make healthy food taste amazing.

### Ingredients

150 gr. boneless chicken  
1 mandarin  
1 small purple cabbage  
1 small iceberg lettuce  
3-4 parsley leaves  
2-3 fresh mint leaves  
2 scallions  
1 cucumber  
1 tomato  
1 carrot  
5 walnuts  
balsamic vinegar  
sour pomegranate syrup  
1 tbsp olive oil  
salt

### Instructions:

Chop chicken into cubes. Stir in a pan with very little oil. Thoroughly wash salad ingredients, especially the greens. Finely slice lettuce, purple cabbage, parsley, scallions, and mint. Grate the car-

rot. Put the prepared ingredients into a large bowl. Add sliced cucumber and mandarin, and cubed tomato. Stir in salt and one tbsp. each of balsamic vinegar, sour pomegranate syrup, and olive oil. Top with walnuts and the cooked chicken. Enjoy! \*

## TURKISH CITRUS IN FOUR SEASONS

The citrus grown in Turkey stands out for its superior quality and taste. Turkey is also a successful citrus producer and trading partner. So what makes Turkey so successful in the citrus industry? The number one factor is the freshness of the products. As Turkey is located on the best farming lands in the world, fruit can be produced naturally, with no artificial enhancers, and without compromising human and environmental health. The produce can be offered in their natural state to markets in other countries quickly and consistently, maintaining freshness and taste. At the same time, Turkey is able to meet high standards in quality and price. Turkish citrus fruits are widely available and reasonably priced all over the world during all four seasons.



## Energized and happy with orange

Reflect the summer spirit in your home with an energetic orange colour. Do not hesitate to use orange in your decor to brighten, warm up, energize, and invigorate your home.

Shades of orange are inspired by the fruit bearing the same name. Oranges are the star of citrus fruits and a source of energy and health. You can use shades of this colour in every space, including your living room, kitchen, and garden, and in accessories. Orange is the colour of the sun and conveys vigour. You can renew your house with shades of an orange sunset.

Start revamping your home from the living room and feel the energy of orange all day. Shades of orange on the walls will reflect the warmth of the sun, creating a therapeutically energizing ambience. The best colour to complement your white furniture is orange. Use orange couches to jazz up your living room or upholster your old couches with orange fabric. You can achieve fantastic harmony with brown and orange, especially in curtains, walls, and other decorative objects. You can create a wonderfully modern at-

mosphere by combining the purity of turquoise with the exhilaration of orange.

The colour orange represents trust, happiness, and warmth. For these reasons, it is one of the ideal colours for a kitchen or a child's room. You can combine modern and classic styles by using warm colours like orange in your dining room. Fragrant and beautiful flowers are no doubt the best adornments. Energizing orange geranium roses are your best choice for fresh flowers.

Spice up your environment with touches of orange. You can paint a bookshelf, coffee table, or nightstand in an orange hue. Achieve the appeal of orange with paintings, orange-scented candles, orange pillows, and other accents.

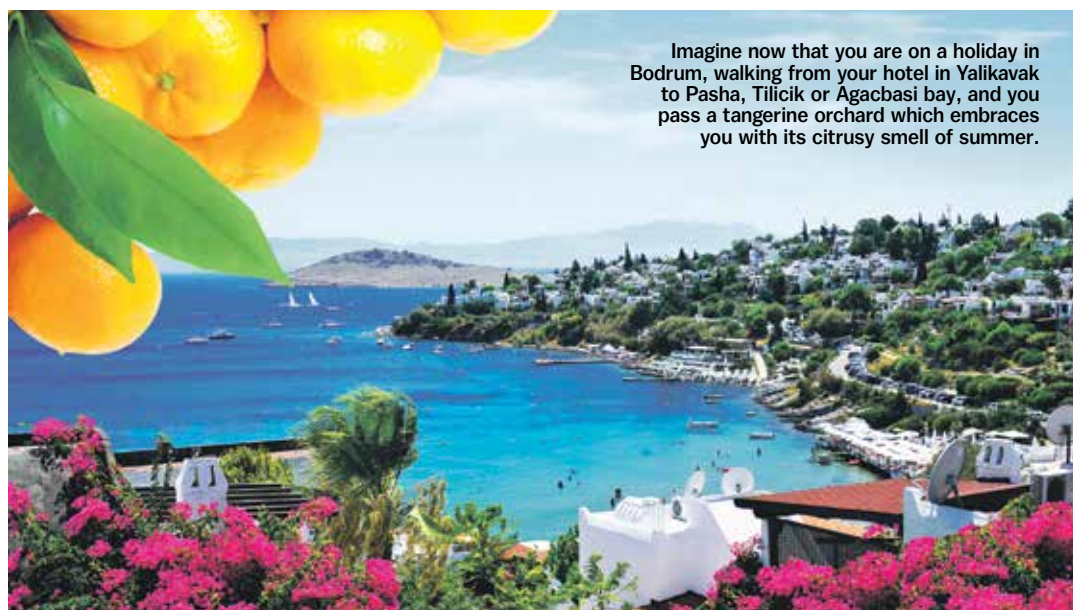
The colour orange represents many energy-related materials and activities. So fill your home and your soul with the energy of orange, one of the colours of Helios, the Greek god of Sun. \*



By consuming citrus grown in Turkey, you can make your dishes more enjoyable while staying in shape.

## BODRUM: THE TANGERINE PARADISE

*Bodrum, located at the Aegean coast of Turkey, is unquestionably the most famous vacation getaway of the country. Apart from its historical sights, natural splendors, warm sun and welcoming sea, Bodrum has one more treasure to offer: Lovely tangerine orchards. With its distinctive taste and exclusive aroma, the Bodrum tangerine is definitely a winner.*



Imagine now that you are on a holiday in Bodrum, walking from your hotel in Yalikavak to Pasha, Tilicik or Agacbasi bay, and you pass a tangerine orchard which embraces you with its citrusy smell of summer.

GERARD HOLMES

Before Bodrum became famous as a tourist area, notionally and internationally, the people were setting their province on the map as the place where they grew the most aromatic local tangerines. It is believed that the tangerines first came to Bodrum in the early 20th century from the eastern Islands in the Aegean Sea and Palestine. Due to Bodrum's climate it is the perfect place to grow tangerines, and that has shown. For two hundred years now has Bodrum been growing their tangerines and with success. It is a citrusy heaven, the smell of the Bodrum tangerine is just breathtakingly delicious as you can smell it right off the peel.

The orchards are mainly run by families and every town has tangerines that are slightly different in taste. The orchards are situated all over Bodrum, you can even spend a weekend at a bed and breakfast right next to or in the middle of an orchard. Waking up to the smell of tangerines is just divine. But be warned, do not pick tangerines from a locals own garden, they do not pick the tangerines themselves as it has become a symbol



**FOR TWO HUNDRED YEARS NOW HAS BODRUM BEEN GROWING THEIR TANGERINES AND WITH SUCCESS.**

rather than a commodity they just sell. If you cannot resist the urge, then please ask them politely before you do pick one off the branch. Maybe if you are lucky you will come across a tangerine tree when you visit the historical sights, as its obvious that Bodrum is the Mekka of tangerines, they can be found almost everywhere. The locals have invested a lot in

their pride and next to growing and harvesting tangerines they also process it into numerous products. Tangerine Turkish delights, tangerine jams and marmalade, tangerine honey, Turkish coffee infused with tangerine, cosmetic products, tangerine sodas, and the list goes on and on. It is everywhere, from your dinks to your deserts, and you can get it everywhere in Bodrum.

Imagine now that you are on a holiday in Bodrum, walking from your hotel in Yalikavak to Pasha, Tilicik or Agacbasi bay, and you pass a tangerine orchard which embraces you with its citrusy smell of summer. The fresh smell that immediately increases your energy and makes you happy at the same time, making it the summer you will not forget, nor would you want to. As soon as you go back home, all you need to do is go to your local grocery store and pick up a tangerine, a Bodrum Tangerine, to remind you of the beautiful orchards in Bodrum along the Aegean Coast.

If you want to get the freshest tangerines you should visit Bodrum anywhere between November and March, when the tourism season is over and you will have Bodrum to yourself, and of course, the locals. \*



# Ben Affleck meets Global Connection!

The Hollywood actor Ben Affleck has won the admiration of millions around the world thanks to both his acting skills and athletic body, and he believes in the unique power of vitamin C. The famous actor stresses the importance of citrus in his life.

BARBAROS TAPAN

**G**lobal Connection's Barbaros Tapan travelled to Los Angeles to meet with Ben Affleck. The Oscar and Golden Globe-winning director, screenwriter, and filmmaker is one of Hollywood's leading actors and the latest actor to portray the superhero Batman.

**You're the new Batman, and you're looking incredibly fit. What does it take to keep fit, and how do you take care of your body?**

As a kid, I grew up on my grandfather's farm in rural New York, enjoying the best meat and milk. I remember we used to eat venison (laughs). We also had fruits and vegetables, the freshest of everything. I continue that tradition. Eating fresh fruits and vegetables is vital for me. Citrus fruits have significant place in my diet. Vitamin C help protect my immune system. You see, you don't have the luxury of getting sick in this line of work. Naturally, exercise is also important.

**You wrote, directed, and acted in your last film, "Live by Night". Don't you feel strained when you take on too much at the same time?**

I absolutely do. Especially when writing a screenplay. It's a complicated process. It gets even more challenging when your movie is an adaptation of a book, as my last one was, because everything turns into a calculation; you take out one part, and everything else falls to pieces. That's why the writing stage is crucial. I try to write the best I can by focusing solely on the screenplay. When you set out with a good screenplay, you can lean on it as a director.

**"Live by Night" is a crime thriller. Did you feel like you had a gangster hiding inside while shooting the movie?**

No, I didn't (laughs). It was just a character I enjoyed playing. I'm not a tough guy. If I see someone pulling out a gun, I'll start running right away (laughs).

**You've been an actor, a screen-**

**play writer, and now, you directed your fourth movie. You are extremely confident and self-assured in everything you do. That's some motivation you have.**

Confident?! If only you knew what goes on in my head! I began to feel more comfortable in the director's chair only by the end of my fourth movie. I had a better grasp of the process by then, and I felt less stress and fear. My confidence has improved mainly because of the talented actors I work with. Also, I felt more confident because I wrote the screenplay and did a lot of preparation and research prior to shooting. I may feel more comfortable now, but I'm also smart enough not to be too self-assured.

**What's your favourite holiday tradition during Christmas time?**

Naturally, the time I spend with the family is special. Jennifer (Garner) and I take the kids for a skiing holiday every Christmas. It's now a tradition for us. The kids anticipate the Christmas holidays and skiing all year long. This is my favourite way to spend with my family. It's what I love about Christmas.

**Let's look back at your youth a little. You're very handsome. I'm sure you've always been popular with girls. Do you recall your craziest moment?**

Oh! I've done so many stupid things. Especially when it comes to girls (laughs). I went to the University of Vermont because of my girlfriend from high school. It was -5 C, and I used to ask myself, "What am I doing here?" Then my girlfriend left me. And I moved to Los Angeles (laughs).

**Okay. Lastly, what are the movies that Ben Affleck can't get enough of?**

I have a poster of "The African Queen" in my office. It's one of my favourite movies of all time. Who doesn't love "The Godfather?" "Reds", starring and directed by Warren Beatty. "The Bridge Over the River Kwai", "Lawrence of Arabia". These movies inspire me every time I watch them. They always teach me something new and help me improve myself. The list could go on and on. But these are the main ones (laughs). \*

"Vitamin C helps protect my immune system. You see, you don't have the luxury of getting sick in this line of work. Naturally, exercise is also important."

