



OUR CHEFS HAVE DETERMINED HOW SWEET IT IS THIS WEEK: 9/6/10 - 9/12/10

### SUMMER FRUIT

99947	CALIFORNIA WHITE PEACHES 56-64CT BRIX: 9.5	98475	CALIFORNIA NECTARINES 56-64CT BRIX: 10.9
98450	CALIFORNIA YELLOW PEACHES 56-64CT BRIX: 9.9	98510	BLACK PLUMS 60-70SZ BRIX: 9.9
99345	RED PLUMS 65SZ BRIX: 9.6	99969	DAPPLE DINO EGG PLUOT 36 CT BRIX: 9.6
98494	BIG DADDY PLUOT 56 CT BRIX: 9.2	98500	LARGE BLACK PLUMS 35-50 SZ BRIX: 9.4
99949	RASPBERRY JEWEL PLUOT 28 CT BRIX: 11.7	99839	CALIFORNIA WHITE NECTARINE 48-56 CT BRIX: 10.6
98423	RED SIMKA PLUMS 28 LB BRIX: 9.7	98494	BIG DADDY PLUOT 56 CT BRIX: 9.9

WOW!

### MELONS/PINEAPPLES

97475	HONEYDEWS 5-6 CT BRIX: 10.6	99962	DEL MONTE GOLD PINEAPPLES 5-6 CT BRIX: 11.7
99805	SEEDLESS WATERMELONS 4-5 CT BRIX: 9.5	97090	GOLD PINEAPPLES 5-6 CT BRIX: 11.9
97500	CANTALOUPE 12-15 CT BRIX: 9.9	97478	GALIA MELON 6-8 CT BRIX: 10.6
98572	ORANGE FLESH HONEYDEW 6 CT BRIX: 12.4	97590	SANTA CLAUS MELON 5 CT BRIX: 12.7
97510	CRENSHAW MELON 6 CT BRIX: 12.5	97503	ORANGE MOON WATERMELON 1 CT BRIX: 11.3
97530	JUAN CANARY MELON 6-8 CT BRIX: 12.6		

WOW!

### GRAPES/BERRIES

98265	BLACK GRAPES, SEEDLESS 18 LB BRIX: 11.4	98307	STRAWBERRIES 8/1 LB BRIX: 9.7
98275	RED GRAPES, SEEDLESS 18 LB BRIX: 12.6	97725	STRAWBERRIES 12 PT BRIX: 9.5
98300	GREEN GRAPES, SEEDLESS 18 LB BRIX: 10.9	98915	RASPBERRIES 12 CT BRIX: 9.3
99774	CAPE GOOSEBERRIES (PHYSALIS) 12 PT BRIX: 9.6	99740	BLACKBERRIES 12 CT BRIX: 9.6
97750	BLUEBERRIES 12/6 OZ BRIX: 9.9		

WOW!

### APPLES/PEARS

97800	RED DELICIOUS XFCY APPLES 80-88CT BRIX: 9.4	98570	RED STARKRIMSON PEARS 45CT BRIX: 9.7
98868	GALA APPLES 100CT BRIX: 9.6	98618	GREEN BARTLETT PEARS 80CT BRIX: 9.1
98950	GOLDEN DELICIOUS APPLES 80CT BRIX: 9.5	98580	GREEN LARGE D'ANJOU PEARS 80CT BRIX: 9.5
98905	GRANNY SMITH APPLES 80CT BRIX: 9.5	99090	LARGE BROWN BOSCH PEARS 80CT BRIX: 9.3
97813	GINGER GOLD APPLES 100CT BRIX: 9.6		

WOW!

WOW!



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# Sugar Sweet Index

Our buyers, receivers and chefs have developed this program as a guide for you. Please keep in mind the following: A refractometer is used to measure the Brix content of fruit and vegetables. • Brix is the percentage of sucrose, fructose in 100 pounds of juice • Brix value varies with each species and should be used to compare species to species ie: not peaches to strawberries or melons to grapes. • Brix=Quality

Item #	PRODUCE	Average Brix	Good Brix	Bursting Brix
<b>Melons</b>				
98572	HONEY ORANGE FLESH MELON	10	12	14
97475	HONEYDEW	10	12	14
97517	CASABA	10	12	14
97500	CANTALOUPE	10	12	14
97510	CRENSHAW MELON	10	12	14
97478	GALIA MELON	10	12	14
97530	JUAN CANARY MELON	10	12	14
97512	SHARLYN MELON	8	10	12
99805	WATERMELON	10	12	14
97516	GOLDEN HONEYDEW	10	12	14
97514	CAN-A-DEW	10	12	14
96915	PEPINO	10	12	14
99948	YELLOW SEEDLESS WATERMELON	10	12	14
97520	PERSIAN MELON	10	12	14
97590	SANTA CLAUS MELON	10	12	14
<b>Berries</b>				
97725	STRAWBERRY	8-9	10-12	14-16
99740	BLACKBERRY	6	8	12
97750	BLUEBERRY	8	10	12
98915	RASPBERRY (RED)	6	8	12
98930	RASPBERRIES (gold)	8	10	12
<b>Fruit</b>				
98300	GRAPE- green	12	17.5	22+
99365	MANGO	6	10	15
98475	NECTARINES	6	12	14
98450	PEACH	9.3	13.3	17.3+
99962	PINEAPPLE	12	14	20
98510	PLUMS	10	12	16
	PLUOTS	10	12	16
	APPLES	13	15	17
	PEARS	11	13	15
	ORANGES	10	12	16

Brix value varies with each species and should be used to compare species to species ie: not peaches to strawberries or melons to grapes. The temperature of fruit can affect the brix count by up to 1% per degree.

Visit our website at [www.jkings.com](http://www.jkings.com) daily to receive the latest update on seasonal fruits and vegetables.