



OUR CHEFS HAVE DETERMINED HOW SWEET IT IS THIS WEEK 8/13 - 8/19/18

SUMMER FRUIT

| | |
|---|--|
| 98450 California Yellow Peaches 18 lb Brix: 13.0 | 99345 California Red Plums 28 lb Brix: 10.0 |
| 99947 California White Flesh Peaches 56-64 ct Brix: 15.0 | 98493 Red Sugar Plums - Local Retail 9/1.25 lb Brix: 13.0 |
| 98559 Large Peaches 2 1/2" 25 lb Brix: 10.0 | 99969 Dino Egg Dapple Dandy Pluot 54-56 ct Brix: 13.0 |
| 98479 Donut Peaches (Saturns) 48-50 ct Brix: 13.0 | 98558 Summer Punch Pluot 42 ct Brix: 17.0 |
| 98489 Donut Peaches - Local Retail 9/1.3 lb Brix: 13.0 | 98488 Flavor Grenade Pluot 42 ct Brix: 12.0 |



GRAPES & BERRIES

| | |
|---|---|
| 98275 Red Grapes Seedless 18 lb Brix: 17.0 | 97750 Blueberries 4.4/6 oz Brix: 12.0 |
| 98300 Green Grapes Seedless 18 lb Brix: 17.0 | 98307 Consumer Pack Strawberries 8/1 lb Brix: 10.0 |
| 98915 Raspberries 12 ct Brix: 13.0 | 97725 Driscoll Strawberries 8/1 lb Brix: 8.0 |
| 99740 Blackberries 12 ct Brix: 13.0 | 97743 Blackberries Half Pint 12/Half Pint Brix: 10.0 |



MELON & PINEAPPLES

| | |
|--|--|
| 97475 Honeydew 5-6 ct Brix: 12.0 | 99805 Seedless Watermelon 4-5 ct Brix: 12.0 |
| 97505 Cantaloupe Extra Large 9-12 ct Brix: 12.0 | 97510 Crenshaw Melon 4-5 ct Brix: 14.0 |
| 97090 Gold Pineapple 5-6 ct Brix: 14.0 | |
| 99962 Del Monte/Dole Gold Pineapple 5-6 ct Brix: 13.0 | |



APPLES & PEARS

| | |
|---|--|
| 98905 Granny Smith Apples 80-90 ct Brix: 12.0 | 99968 Extra Large Fancy Asian Pears 45/50 ct Brix: 11.0 |
| 98952 Extra Fancy Gala Apples 80 ct Brix: 11.0 | |





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 |
|----------------|----------------------------|--------------|-----------|---------------|
| Melons | | | | |
| 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 |
| 97474 | HAMI MELON | 10 | 12 | 14 |
| 99948 | YELLOW SEEDLESS WATERMELON | 10 | 12 | 14 |
| 97520 | PERSIAN MELON | 10 | 12 | 14 |
| 97590 | SANTA CLAUS MELON | 10 | 12 | 14 |
| Berries | | | | |
| 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 |
| Fruit | | | | |
| 98300 | GRAPE- green | 12 | 17.5 | 22+ |
| 99365 | MANGO | 6 | 10 | 15 |
| 98475 | NECTARINES | 6 | 12 | 14 |
| 98450 | PEACH | 9 | 13 | 16 |
| 99962 | PINEAPPLE | 12 | 14 | 20 |
| 99345 | 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 daily to receive the latest update on seasonal fruits and vegetables.