



## OUR CHEFS HAVE DETERMINED HOW SWEET IT IS THIS WEEK 6/25 - 7/1/18

### SUMMER FRUIT

98450 California Yellow Peaches 18 lb                    Brix: <b>15.0</b>	98475 Yellow Nectarines 48-56 ct                Brix: <b>17.0</b>
99947 California White Flesh Peaches 56-64 ct                Brix: <b>15.0</b>	99325 Apricots 96 ct                    Brix: <b>16.0</b>
99570 Large Big Smile Peaches 2½-2¾" 25 lb                    Brix: <b>12.0</b>	99343 California Red Plums 28 lb ct                 Brix: <b>14.0</b>
99570 Donut Peaches (Saturns) 48-50 ct                Brix: <b>13.0</b>	



### GRAPES & BERRIES & CHERRIES

98275 Red Grapes Seedless 18 lb                    Brix: <b>18.0</b>	97750 Blueberries 4.4/6 oz                Brix: <b>13.0</b>
98300 Green Grapes Seedless 18 lb                    Brix: <b>16.0</b>	97756 Blueberries Fresh Pint 12 pt                    Brix: <b>13.0</b>
98915 Raspberries 12 ct                    Brix: <b>11.0</b>	98307 Consumer Pack Strawberries 8/1 lb                    Brix: <b>10.0</b>
99740 Blackberries 12 ct                    Brix: <b>11.0</b>	97725 Driscoll Strawberries 8/1 lb                    Brix: <b>11.0</b>
98290 Large Fresh Cherries 10-12 row              Brix: <b>22.0</b>	98293 Jumbo Fresh Cherries 9-9.5 row              Brix: <b>19.0</b>



### MELON & PINEAPPLES

97475 Honeydews 5-6 ct                    Brix: <b>12.0</b>	99962 Del Monte/Dole Gold Pineapples 5-6 ct                    Brix: <b>14.0</b>
97505 Cantaloupes Extra Large 9-12 ct                  Brix: <b>13.0</b>	99805 Seedless Watermelons 4-5 ct                    Brix: <b>11.0</b>
97090 Gold Pineapples 5-6 ct                    Brix: <b>14.0</b>	



### APPLES & PEARS

98905 Granny Smith Apples 80-90 ct                Brix: <b>12.0</b>	98570 Red D'Anjou Pears 45/50 ct                Brix: <b>17.0</b>
99046 Fuji Extra Fancy Apples 80-88 ct                Brix: <b>13.0</b>	99090 Large Brown Bosc Pears 45/50 ct                Brix: <b>16.0</b>
98952 Extra Fancy Gala Apples 80 ct                    Brix: <b>13.0</b>	99968 Extra Large Fancy Asian Pears 45/50 ct                Brix: <b>13.0</b>





# 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
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
<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	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

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