



OUR CHEFS HAVE DETERMINED HOW SWEET IT IS THIS WEEK: 6/29/09 - 7/5/09

SUMMER FRUIT

98450 CALIFORNIA PEACHES  
48-64 CT BRIX: 10.4  
98475 CALIFORNIA NECTARINES  
48-64 CT BRIX: 11.0  
99325 CALIFORNIA APRICOTS  
64-72 CT BRIX: 17.4  
99345 CALIFORNIA RED PLUMS  
65-70 CT BRIX: 11.5

99570 SOUTHERN PEACHES  
25 LB BRIX: 9.1  
99947 CALIFORNIA WHITE FLESH PEACHES  
48-64 CT BRIX: 9.2  
98479 DONUT PEACHES  
22-24 CT BRIX: 13.2  
98498 FLAVOROSA PLUOTS  
72 CT BRIX: 14.0



MELONS/PINEAPPLES

97475 HONEYDEWS  
5-6 CT BRIX: 12.3  
99805 SEEDLESS WATERMELONS  
4-5 CT BRIX: 10.8  
97500 CANTALOUPES  
12-15 CT BRIX: 12.8  
97510 CRENSHAW MELON  
5 CT BRIX: 10.7  
97590 SANTA CLAUS  
5 CT BRIX: 14.3

99962 DEL MONTE GOLD PINEAPPLES  
5-6 CT BRIX: 14.6  
97090 GOLD PINEAPPLES  
5-6 CT BRIX: 13.5  
98572 ORANGE FLESH HONEYDEW  
6 CT BRIX: 11.5  
97478 GALIA MELONS  
6 CT BRIX: 10.9  
97530 JUAN CANARY MELON  
6-8 CT BRIX: 10.5



GRAPES

98265 BLACK GRAPES, SEEDLESS  
18LB BRIX: 16.2  
98275 RED GRAPES, SEEDLESS  
18LB BRIX: 18.2  
98300 GREEN GRAPES, SEEDLESS  
18LB BRIX: 13.8

BERRIES

97725 STRAWBERRIES (DRISCOLL)  
12 PT BRIX: 8.7  
97750 BLUEBERRIES  
12/4.4 OZ BRIX: 10.5  
98915 RASPBERRIES  
12CT BRIX: 10.8  
98930 GOLD RASPBERRIES  
12CT BRIX: 11.3  
99740 BLACKBERRIES  
12CT BRIX: 10.4



WESTBROOK FARMS PRODUCE 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>				
97475	HONEYDEW	10	12	14
97500	CANTALOUPE	10	12	14
99805	WATERMELON	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
<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

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.



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