



OUR CHEFS HAVE DETERMINED HOW SWEET IT IS THIS WEEK: 8/2/10 - 8/8/10

SUMMER FRUIT

99947	CALIFORNIA WHITE PEACHES 56-64CT	BRIX: 10.0	98475	CALIFORNIA NECTARINES 56-64CT	BRIX: 12.0
98450	CALIFORNIA YELLOW PEACHES 56-64CT	BRIX: 10.0	99325	CALIFORNIA APRICOTS 72-84CT	BRIX: 10.0
98479	DONUT (SATURN) PEACH 56CT	BRIX: 10.02	98510	BLACK PLUMS 60-70SZ	BRIX: 10.5
99345	RED PLUMS 65SZ	BRIX: 11.0	99969	DAPPLE DINO EGG PLUOT 36 CT	BRIX: 10.5
98498	BLACK RASPBERRY PLUOT 36 CT	BRIX: 10.05	98500	LARGE BLACK PLUMS 35-50 SZ	BRIX: 10.4
99949	RASPBERRY JEWEL PLUOT 28 CT	BRIX: 16.4	99839	CALIFORNIA WHITE NECTARINE 48-56 CT	BRIX: 11.0
98514	HONEY SUCKLE ROSE PLUOT 28 CT	BRIX: 18.1			

WOW!

MELONS/PINEAPPLES

97475	HONEYDEWS 5-6 CT	BRIX: 10.0	99962	DEL MONTE GOLD PINEAPPLES 5-6 CT	BRIX: 12.0
99805	SEEDLESS WATERMELONS 4-5 CT	BRIX: 9.8	97090	GOLD PINEAPPLES 5-6 CT	BRIX: 11.5
97500	CANTALOUPE 12-15 CT	BRIX: 11.0	97474	HAMI MELON 4-6 CT	BRIX: 12.5
98572	ORANGE FLESH HONEYDEW 6 CT	BRIX: 10.8	97478	GALIA MELON 6-8 CT	BRIX: 11.0
97510	CRENSHAW MELON 6 CT	BRIX: 12.7	99948	YELLOW WATERMELON 5 CT	BRIX: 10.0
97517	CASABA MELON 5-6 CT	BRIX: 13.0	99848	SUGAR BABY WATERMELON 6 CT	BRIX: 10.0
97530	JUAN CANARY MELON 6-8 CT	BRIX: 13.5	97520	PERSIAN MELON 5 CT	BRIX: 12.5

WOW!

GRAPES/BERRIES

98265	BLACK GRAPES, SEEDLESS 18 LB	BRIX: 11.0	98307	STRAWBERRIES 8/1 LB	BRIX: 10.0
98275	RED GRAPES, SEEDLESS 18 LB	BRIX: 11.5	98915	RASPBERRIES 12 CT	BRIX: 9.8
98300	GREEN GRAPES, SEEDLESS 18 LB	BRIX: 11.0	98918	WASHINGTON RASPBERRIES 12 CT	BRIX: 10.0
99774	CAPE GOOSEBERRIES (PHYSALIS) 12 PT	BRIX: 9.5	98930	WASHINGTON GOLDEN RASPBERRIES 12 CT	BRIX: 10.3
97757	NY BLUEBERRIES 12/1 LB	BRIX: 10.0	99740	BLACKBERRIES 12 CT	BRIX: 9.8
97750	BLUEBERRIES 12/4.4 OZ	BRIX: 10.5	99743	WASHINGTON BLACKBERRIES 12 CT	BRIX: 10.0
99773	WASHINGTON GOOSEBERRIES 12 CT	BRIX: 9.6			

WOW!

APPLES/PEARS

97800	RED DELICIOUS XFCY APPLES 80-88CT	BRIX: 9.0	98570	RED STARKRIMSON PEARS 45CT	BRIX: 9.0
98868	GALA APPLES 100CT	BRIX: 9.3	98618	GREEN BARTLETT PEARS 80CT	BRIX: 9.5
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: 9.6

WOW!

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Food Service Professionals, Inc.

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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

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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.