



OUR CHEFS HAVE DETERMINED HOW SWEET IT IS THIS WEEK: 3/8/10 - 3/14/10

APPLES/PEARS



98860	MCINTOSH XFCY APPLES (NY)	
	80CT	BRIX: 11.6
99842	ROYAL GALA APPLES	
	100CT	BRIX: 9.9
97800	RED DELICIOUS XFCY APPLES	
	80-88CT	BRIX: 10.6
98868	GALA APPLES	
	100CT	BRIX: 10.4
98862	EMPIRE APPLES (LOCAL NY)	
	100CT	BRIX: 10.6
98950	APPLES GOLDEN DELICIOUS	
	80CT	BRIX: 9.7
98905	GRANNY SMITH APPLES	
	80CT	BRIX: 9.3
99705	CORTLAND APPLES (LOCAL NY)	
	100CT	BRIX: 9.8

98570	RED STARKRIMSON PEARS	
	45CT	BRIX: 9.5
98618	GREEN BARTLETT PEARS	
	80CT	BRIX: 10.6
99968	EXTRA LARGE ASIAN PEARS (SHINSUI)	
	16CT	BRIX: 9.8
98580	GREEN LARGE D'ANJOU PEARS	
	80CT	BRIX: 9.5
99090	LARGE BROWN BOSCH PEARS	
	80CT	BRIX: 10.4
99095	FORELLE PEARS	
	70 CT	BRIX: 9.9
99096	FRAGRANT CHINESE PEARS	
	62 CT	BRIX: 11.0
99249	JAZZ APPLES	
	100 CT	BRIX: 10.9



WINTER CITRUS



99030	LARGE TANGERINES	
	120CT	BRIX: 10.5
99984	GIFT BOX CLEMENTINE	
	24-28CT	BRIX: 11.6
99977	KUMQUATS	
	1CASE	BRIX: 9.2
99981	BLOOD ORANGES	
	20 LB	BRIX: 12.0

99370	FANCY NAVEL ORANGES	
	88CT	BRIX: 11.7
99837	MINNEOLA TANGELOS	
	100 CT	BRIX: 10.1
97654	CARA CARA NAVEL ORANGES	
	24 CT	BRIX: 11.9

GRAPES/BERRIES



98265	BLACK GRAPES, SEEDLESS	
	18LB	BRIX: 14.8
98275	RED GRAPES, SEEDLESS	
	18LB	BRIX: 16.6
98300	GREEN GRAPES, SEEDLESS	
	18LB	BRIX: 15.3
99631	KIWI BERRIES (BABY KIWI)	
	12 CT	BRIX: 18.0

98307	STRAWBERRIES	
	8/1 LB	BRIX: 8.6
97750	BLUEBERRIES	
	12/4.4 OZ	BRIX: 17.1
98915	RASPBERRIES	
	12CT	BRIX: 10.4
99740	BLACKBERRIES	
	12CT	BRIX: 10.9



MELONS/PINEAPPLES



97475	HONEYDEWS	
	5-6 CT	BRIX: 10.6
99805	SEEDLESS WATERMELONS	
	4-5 CT	BRIX: 9.6
97500	CANTALoupES	
	12-15 CT	BRIX: 11.4

99962	DEL MONTE GOLD PINEAPPLES	
	5-6 CT	BRIX: 11.9
97090	GOLD PINEAPPLES	
	5-6 CT	BRIX: 11.7



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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.