



# 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	CRANSHAW 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
<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

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