

Refractive Index of Crop Juices - Calibrated In % Sucrose Or °Brix

FRUITS	Poor	Average	Good	Excellent
Apples	6	10	14	18
Avocados	4	6	8	10
Bananas	8	10	12	14
Blueberries	8	12	14	18
Cantaloupe	8	12	14	16
Casaba	8	10	12	14
Cherries	6	8	14	16
Coconut	8	10	12	14
Grapes	8	12	16	20
Grapefruit	6	10	14	18
Honeydew	8	10	12	14
Kumquat	4	6	8	10
Lemons	4	6	8	12
Limes	4	6	10	12
Mangos	4	6	10	14
Oranges	6	10	16	20
Papayas	6	10	18	22
Peaches	6	10	14	18
Pears	6	10	12	14
Pineapple	12	14	20	22
Raisins	60	70	75	80
Raspberries	6	8	12	14
Strawberries	6	8	12	14
Tomatoes	4	6	8	12
Watermelons	8	12	14	16
GRASSES				
Alfalfa	4	8	16	22
Grains	6	10	14	18
Sorghum	6	10	22	30

Within a given species of plant, the crop with the higher refractive index will have a higher sugar content, higher mineral content, higher protein content and a greater specific gravity or density. This adds up to a sweeter, more minerally nutritious food with lower nitrate and water content, lower freezing point, and better storage attributes.

VEGETABLES	Poor	Average	Good	Excellent
Asparagus	2	4	6	8
Beets	6	8	10	12
Bell Peppers	4	6	8	12
Broccoli	6	8	10	12
Cabbage	6	8	10	12
Carrots	4	6	12	18
Cauliflower	4	6	8	10
Celery	4	6	10	12
Corn Stalks	4	8	14	20
Corn (Young)	6	10	18	24
Cow Peas	4	6	10	12
Cucumbers	4	6	8	12
Endives	4	6	8	10
English Peas	8	10	12	14
Escarole	4	6	8	10
Field Peas	4	6	10	12
Garlic, Cured	28	32	36	40
Green Beans	4	6	8	10
Hot Peppers	4	6	8	10
Kale	8	10	12	16
Kohlrabi	6	8	10	12
Lettuce	4	6	8	10
Onions	4	6	8	10
Parsley	4	6	8	10
Peanuts	4	6	8	10
Potatoes	3	5	7	8
Potatoes, Sweet	6	8	10	14
Romaine	4	6	8	10
Rutabagas	4	6	10	12
Squash	6	8	12	14
Sweet Corn	6	10	18	24
Turnips	4	6	8	10

The Quest for Nutrient Dense Foods

In response to critics of the Brix=Quality concept, we analyzed fresh green beans from our garden and compared them to fresh green beans purchased from a local market.



Grocery Store Beans

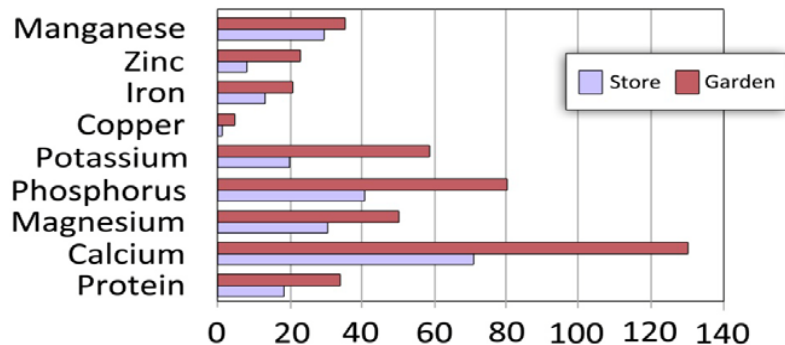


Garden Beans

Brix	Dry Matter	pH	Taste	Brix	Dry Matter	pH	Taste
4.2	8.1%	5.5	garbage	6.1	16.6%	6.4	decent

Interestingly, the garden beans were planted in early autumn. Growing conditions were not ideal and we barely got the beans harvested before the plants froze out. The units in the chart below vary, but are based on 100 gram servings. Notice the garden beans are consistently higher in minerals and protein.

Nutritional Quality - Comparison of Store vs. Garden Beans



Getting Started

1. Download & Print the **Soil Test Order Form** at FixMySoil.com
2. Send a **soil sample** to Fix My Soil, LLC
3. View your soil test results and follow the custom recommendations for your soil. Carey Reams said, "Why guess when you can know for sure"

We Make It Easy To Grow Your Own Nutrition!

Our goal is to help you achieve the very best results. We do that with fast friendly service and by making it easy to locate what you need. At Fix My Soil we can custom blend your minerals and ship everything you need right to your door!

We also carry Brix Meters, Extraction Tools, Conductivity Meters, Foliar Sprays, Nutrient Drenches, Turf Products and more!



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