

# BRIX TESTING AND WHY EVERYONE NEEDS TO KNOW ABOUT IT.

By Will Winter

There are two ways to determine the true Nutrient Density of our food. One involves a laboratory and considerable money and time, the other takes about one minute, basically costs nothing and can be done on the spur of the moment. Both are quite accurate. I have nothing against laboratories, and actually send samples there quite frequently, but I love the immediacy of the BRIX TEST. The information gained is perhaps more valuable than any other method of determining food quality. Sadly, even food certified as "organic" may not pass the Brix test, that is, they do not have much true nutrient value to offer those who plan to eat it. The test is so valid that most large-scale fruit and vegetable buyers pay according to Brix levels not just volume or weight of the product. They carry the testing tool in a holster on their belt.

In general, we test primarily PLANT SAP, which can be from the leaves, stalk, fruit (or vegetables), or the roots, depending upon which part we plan to eat. In my work, we test the sap of grasses and forbs that the grass-fed livestock will be eating and we can determine whether or not the grasses are adequate for raising livestock. If it is not, then we need to ramp up the health of the plants. This is exactly the same for humans, and in addition, the quality of the animal food we eat, be it milk, meat or eggs is directly proportional to the nutrient density of the plants the animals ate.

For my garden, I have mostly grape vines and cherry trees, I test the leaves as soon as they come out. If the Brix testing is low, say below 10 units, that means I will most likely have a season of moldy grapes and wormy cherries! That is, unless I fertilize or "doctor" the plants before they set fruit. This is true of all trees, grasses or garden plants. In this way, the Brix testing is preventative as well as informative. We will explain how and why the Brix indexes and the levels of Nutrient Density are intimately related.

Plant sap is like our blood. If a blood sample were taken and it looked like Kool-Aid, that would mean the patient is not healthy and that something needs to be done. The plant sap doesn't lie. Even though the testing was developed for evaluating plant quality, we will demonstrate and discuss the significance of Brix testing milk, wine, beer, maple syrup (or sap), honey, kombucha and other non-plant liquids. We will discuss the reasons for low Brix levels as well as many basic techniques for raising Brix, that is, raising total nutrient density of any plant.