

VARIATIONS in MINERAL CONTENT in VEGETABLES. (Firman E. Baer report, Rutgers Uni.)

		Percentage of dry weight		Millequivalents per 100 grams dry weight				Trace Elements parts per million dry matter				
		Total Ash or Mineral Matter	Phosphorous	Calcium	Magnesium	Potassium	Sodium	Boron	Manganese	Iron	Copper	Cobalt
SNAP BEANS												
Organic		10.45	0.36	40.5	60.0	99.7	8.6	73	60	227	69	0.26
Inorganic		4.04	0.22	15.5	14.8	29.1	0.0	10	2	10	3	0.00
CABBAGE												
Organic		10.38	0.38	60.0	43.6	148.3	20.4	42	13	94	48	0.15
Inorganic		6.12	0.18	17.5	15.6	53.7	0.8	7	2	20	0.4	0.00
LETTUCE												
Organic		24.48	0.43	71.0	49.3	176.5	12.2	37	169	516	60	0.19
Inorganic		7.01	0.22	16.0	13.1	53.7	0.0	6	1	9	3	0.00
TOMATOES												
Organic		14.20	0.35	23.0	59.2	148.3	6.5	36	68	1938	53	0.63
Inorganic		6.07	0.16	4.5	4.5	58.8	0.0	5	1	1	0	0.00
SPINACH												
Organic		28.56	0.52	96.0	203.9	257.0	69.5	88	117	1584	32	0.25
Inorganic		12.38	0.27	47.5	46.9	84.6	0.8	12	1	19	0.5	0.20