Examples of the Nutritional Superiority of Organically Grown over Conventionally Grown Vegetables

Variation in Mineral Content in Vegetables (Firman E. Baer Report, Rutgers University, U.S.A.)

Percentage of Dry Weight			Milliequivalents per 100g Dry Weight				Trace Elements Parts per Million Dry matter				
	Ash or Dry Matter	Prosphorus	Calcium	Magnesium	Potassium	Sodium	Boron	Manganese	Iron	Copper	Cobalt
Snap Beans											
organic	10.45	0.36	40.50	60.00	99.70	8.60	73.00	60.00	227.00	69.00	0.26
conventional	4.04	0.22	15.50	14.80	29.10	0.00	10.00	2.00	10.00	3.00	0.00
Cabbage											
organic	10.38	0.38	60.00	43.60	148.30	20.40	42.00	13.00	94.00	48.00	0.15
conventional	6.12	0.18	17.50	15.60	53.70	0.80	7.00	2.00	20.00	0.40	0.00
Lettuce											
organic	24.48	0.43	71.00	49.30	176.50	12.20	37.00	169.00	516.00	60.00	0.19
conventional	7.01	0.22	16.00	13.10	53.70	0.00	6.00	1.00	9.00	3.00	0.00
Tomatoes											
organic	14.20	0.35	23.00	59.20	148.30	6.50	36.00	68.00	1938.00	53.00	0.03
conventional	6.07	0.16	4.50	4.50	58.80	0.00	5.00	1.00	1.00	0.00	0.00
Spinach											
organic	28.56	0.52	96.00	203.90	257.00	69.50	88.00	117.00	1584.00	32.00	0.25
conventional	12.38	0.27	47.50	46.90	84.60	0.08	12.00	1.00	19.00	0.50	0.20