Rutgers University USA 2013 Minerals in Organic & Non-Organic Vegetables (milli

Green are organic

	P	Mg	Na	Mn	Cu	ASH	Ca
Snap beans organic	10.4	0.3	40.5	60.0	99.7	8.6	73.0
	4.0	0.2	15.5	14.8	29.1	0.9	10.0
Cabbages	10.3	0.3	60.0	43.6	148.3	20.4	42.0
	6.1	0.1	17.5	13.6	48.7	0.8	7.0
Lettuces	24.4	0.4	71.0	49.3	176.5	12.2	37.0
	7.0	0.2	16.0	13.1	53.7	0.0	6.0
Tomatoes	14.2	0.3	23.0	59.2	148.3	6.5	36.0
	6.0	0.1	4.5	4.5	58.8	0.0	3.0
Spinach	28.5	0.5	96.0	203.9	237.0	69.5	88.0
	12.3	0.2	47.5	46.9	84.6	0.0	12.0

Another long-term experiment conducted by Schuphan over a 12 year period also found tha
organic food are higher than non-organic. Protein was up by an average of 18%, calcium 1(
By contrast, harmful nitrates were 93% lower, free amino acids 43% lower and sodium 12%