

ORGANIC VS CONVENTIONAL

		Minerals (in milliequivalents)						
Vegetables	Type of Soil Management	Calcium	Magnesium	Potassium	Sodium	Manganese	Iron	Copper
Snap Beans								
	Organic	40.5	60.0	99.7	8.6	60.0	227.0	69.0
	Conventional	15.5	14.8	29.1	0.0	2.0	10.0	3.0
Cabbage								
	Organic	60.0	43.6	148.3	20.4	13.0	94.0	48.0
	Conventional	17.5	15.6	53.7	0.8	2.0	20.0	0.4
Lettuce								
	Organic	71.0	49.3	176.5	12.2	169.0	516.0	60.0
	Conventional	16.0	13.1	53.7	0.0	1.0	1.0	3.0
Tomatoes								
	Organic	23.0	59.2	148.3	6.5	68.0	1938.0	53.0
	Conventional	4.5	4.5	58.6	0.0	1.0	1.0	0.0
Spinach								
	Organic	96.0	293.9	257.0	69.5	117.0	1584.0	0.0
	Conventional	47.5	46.9	84.0	0.8	1.0	19.0	0.5

Research conducted by Firman E. Bear at Rutgers University in the Natural Gardener's Catalog (1995)