

## Organic Produce vs. Conventional Produce

Vegetable	Percentage of dry weight		Millequivalents per 100 grams dry weight				Trace amounts parts per million dry matter				
	Total Mineral Ash	Phosphorous	Calcium	Magnesium	Potassium	Sodium	Boron	Manganese	Iron	Copper	Cobalt
<b>Snap Beans</b>											
Organic	10.45	0.36	40.5	60.0	99.7	8.6	73.0	60.0	227.0	69.0	0.26
Commercial	4.04	0.22	15.5	14.8	29.1	0.9	10.0	2.0	10.0	3.0	0.00
<b>Cabbage</b>											
Organic	10.38	0.38	60.0	43.6	148.3	20.4	42.0	13.0	94.0	48.0	0.15
Commercial	6.12	0.18	17.5	13.6	33.7	0.8	7.0	2.0	20.0	0.4	0.00
<b>Lettuce</b>											
Organic	24.48	0.43	71.0	49.3	176.5	12.2	37.0	169.0	516.0	60.0	0.19
Commercial	7.01	0.22	16.0	13.1	53.7	0.0	6.0	1.0	9.0	3.0	0.00
<b>Tomatoes</b>											
Organic	14.20	0.35	23.0	59.2	148.3	6.5	36.0	68.0	1938.0	53.0	0.63
Commercial	6.07	0.16	4.5	4.5	58.8	0.0	3.0	1.0	1.0	0.0	0.00
<b>Spinach</b>											
Organic	28.56	0.52	96.0	203.9	237.0	69.5	88.0	117.0	1584.0	32.0	0.25
Commercial	12.38	0.27	47.5	46.9	84.6	0.0	12.0	1.0	49.0	0.3	0.20