

Healthy Soil is More Valuable Than Gold

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
Snap Beans											
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
Cabbage											
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
Lettuce											
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
Tomatoes											
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
Spinach											
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