

ORGANIC VS CONVENTIONAL

Vegetables Type of Soil Management	Minerals (in milliequivalents)							
	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)