Vitamins & Minerals from the Garden

Knowing the prime sources of minerals and vitamins is an essential part of maintaining a healthy, balanced diet. Here’s the breakdown for several essential elements in vegetables.

**CALCIUM**
- Bok Choy Cabbage
- Turnip, Collard and Mustard Greens
- Broccoli
- Looseleaf and Romaine Lettuce
- Kale
- Okra
- Regular Cabbage
- Summer Squash
- Green Beans

**MAGNESIUM**
- Spinach
- Beets, Greens and Roots
- Broccoli
- Summer Squash
- Turnip and Mustard Greens
- Bok Choy Cabbage
- Asparagus
- Cucumber
- Green Beans

**IRON**
- Spinach
- Swiss Chard
- Bok Choy Cabbage
- Mustard and Beet Greens
- Looseleaf Lettuce
- Green Peas
- Jerusalem Artichoke
- Kale
- Broccoli

**ZINC**
- Collard Greens
- Spinach
- Bok Choy Cabbage
- Looseleaf Lettuce
- Summer Squash
- Asparagus
- Beet Greens
- Black-Eyed Peas
- Mustard Greens

**COPPER**
- Tomato
- Lima Beans and Green Beans
- Asparagus
- Cabbage
- Broccoli
- Spinach
- Potato
- Beets
- Sunflower Seeds

**VITAMIN C**
- Sweet Pepper (especially red)
- Cauliflower (standard cooking)
- Bok Choy Cabbage
- (standard cooking)
- Regular Cabbage
- (standard cooking)
- Broccoli
- Strawberries
- Kohlrabi
- Mustard Greens
- (standard cooking)
- Brussel Sprouts
- Looseleaf Lettuce

**VITAMIN A**
- Carrot
- Spinach
- Turnip and Mustard Greens
- Sweet Pepper (especially red)
- Bok Choy Cabbage
- Sweet Potato
- Green Onion
- Winter Squash
- Looseleaf Lettuce

**FOLACIN**
- Spinach
- Looseleaf Lettuce
- Turnip and Collard Greens
- Asparagus
- Regular and
- Bok Choy Cabbage
- Broccoli
- Cauliflower
- Beets
- Summer Squash

This list appears courtesy of The Soil Sentinel.