

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

VITAMIN B-6

Bok Choy and Regular Cabbage
Spinach
Turnip Greens
Cauliflower
Broccoli

Sweet Pepper
Asparagus
Summer Squash

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.*