

VEGETABLE SOURCES OF NUTRIENTS IN THREE CLIMATES

NUTRIENT	TROPICAL / WARM CLIMATE	TEMPERATE CLIMATE	COLD CLIMATE	NOTES
<u>VITAMINS</u>				
Vitamin A	Cantaloupe, Collards, Huazontle, Mustard, Mustard, New Zealand Spinach, Vitamin Green, Red Peppers, Yellow Squash	Beet greens, broccoli, carrots, collards, kale, mustard greens, New Zealand Spinach, Vitamin Green, parsley, spinach, Swiss chard, turnip greens, yellow squash	Beet greens, broccoli, carrots, collards, cress, kale, minutina, mustard greens, parsley, purslane, spinach, Vitamin Green, Swiss chard, turnip greens	
Vitamin B1	Amaranth, Beans, Quinoa	Amaranth, beans broccoli brussel sprouts, parsley, peas, Quinoa	Broccoli, brussel sprouts, parsley, peas	
Vitamin B2	Amaranth, Beans, Collards, Huazontle, Mustard, New Zealand Spinach, Vitamin Green, Quinoa	Amaranth, beans, broccoli, brussel sprouts, bok choy, bok choy, bok choy, Chard, claytonia, collards, cress, kale, minutina, mustard, New Zealand Spinach, Vitamin Green, peas, parsley, purslane, spinach	bok choy, bok choy, bok choy, Chard, claytonia, collards, cress, kale, minutina, mustard, peas, parsley, purslane, spinach, Vitamin Green	
Vitamin B3	Potatoes, Tomatoes	Broccoli, carrots, parsley, potatoes, tomatoes	Broccoli, carrots, parsley, potatoes	
Vitamin B5	Mushrooms and all fresh vegetables, especially beans and peas	Mushrooms and all fresh vegetables, especially beans and peas	Mushrooms and all fresh vegetables, especially beans and peas	
Vitamin B6	Amaranth, beans, cantaloupe, corn, Huazontle, Mustard, New Zealand Spinach, Vitamin Green, potatoes, quinoa	Amaranth, beans, broccoli, cabbage, carrots, New Zealand Spinach, Vitamin Green, peas, potatoes, spinach	Broccoli, Cabbage, carrots, peas, potatoes, spinach	
Vitamin B12				NO KNOWN GARDEN VEGETABLE SOURCE - animal, soy and sea vegetable sources only
BIOTIN	Amaranth and Quinoa. Small amounts found in all vegetables	Amaranth and Quinoa. Small amounts found in all vegetables	Small amounts found in all vegetables	MAIN SOURCES - Animal products, brewer's yeast, soy, grains
CHOLINE	Amaranth, Beans, Quinoa	Amaranth, beans, peas, quinoa	Peas	

FOLATE	Amaranth, beans, Collards, Huazontle, Mustard, Jicama, New Zealand Spinach, Vitamin Green, Quinoa	Amaranth, beans, beet, carrots, bok choi, bok choi, bok choi, Chard, claytonia, collards, cress, kale, minutina, mustard, parsnips, peas, parsley, purslane, radish, spinach, turnip, quinoa	Beets, carrots, bok choi, bok choi, bok choi, Chard, claytonia, collards, cress, kale, minutina, mustard, parsnips, peas, parsley, purslane, radish, spinach, Vitamin Green, turnip	
INOSITOL	All fruits, grains and vegetables	All fruits, grains and vegetables	All fruits, grains and vegetables	
PABA	Amaranth, New Zealand Spinach, Vitamin Green, quinoa	Amaranth, New Zealand Spinach, Vitamin Green, spinach, quinoa	Spinach	*SPINACH & GRAINS - ONLY PLANT SOURCE
VITAMIN C	Berries, Cantaloupe, Collards, Huazontle, Mustard, Lemon, Onions, New Zealand Spinach, Vitamin Green, Sweet Peppers, Tomatoes	Beet greens, Berries, broccoli, brussel sprouts, Cantaloupe, bok choi, bok choi, bok choi, Chard, claytonia, Collards, cress, kale, Lemon, minutina, mustard, Onions, New Zealand Spinach, Vitamin Green, peas, radish, Spinach, Sweet Peppers, Tomatoes, turnip	Beet greens, broccoli, brussel sprouts, bok choi, bok choi, bok choi, Chard, claytonia, Collards, cress, kale, minutina, mustard, Onions, peas, radish, spinach, Vitamin Green, turnip	
VITAMIN D	Oats	Oats, Parsley	Parsley	Mostly from fish, dairy and eggs. Parley, Oats, Dandelion, Horsetail and Nettles are only known plant sources. Sweet Potatoes are also a source, but they need to last in storage until there is enough sun and warmth for them to succeed in the garden.
VITAMIN E	Amaranth, beans, Collards, Huazontle, Mustard, Jicama, New Zealand Spinach, Vitamin Green, Quinoa	Amaranth, beans, Collards, New Zealand Spinach, Vitamin Green, peas, Quinoa, bok choi, bok choi, bok choi, Chard, claytonia, collards, cress, kale, minutina, mustard, peas, parsley, purslane, spinach, quinoa	bok choi, bok choi, Chard, claytonia, collards, cress, kale, minutina, mustard, peas, parsley, purslane, spinach, Vitamin Green	
VITAMIN K	Collards, Huazontle, Mustard, Jicama, Lettuce, oats, New Zealand Spinach, Vitamin Green	Broccoli, brussel sprouts, cabbage, cauliflower, Lettuce, New Zealand Spinach, Vitamin Green, oats, peas, bok choi, bok choi, Chard, claytonia, collards, cress, kale, minutina, mustard, parsley, purslane, spinach	Broccoli, brussel sprouts, cabbage, cauliflower, Lettuce, peas, bok choi, bok choi, Chard, claytonia, collards, cress, kale, minutina, mustard, parsley, purslane, spinach, Vitamin Green	

BIOFLAVONOIDS	Cherries, Lemon, Peppers, Rose hips	Cherries, Lemon, Peppers, Rose hips	Cranberries, berries	NO KNOWN COLD-CLIMATE SOURCES, except cranberries and other berries
COENZYME Q10	New Zealand Spinach, Vitamin Green	New Zealand Spinach, Vitamin Green, spinach	Spinach	SPINACH - ONLY VEGETABLE SOURCE - other sources: fish, beef, peanuts
<u>MINERALS</u>				
BORON	Amaranth, Collards, Huazontle, Mustard, Jicama, New Zealand Spinach, Vitamin Green, Quinoa	Amaranth, apples, carrots, bok choy, Chard, claytonia, collards, cress, kale, minutina, mustard, parsley, purslane, spinach, Quinoa	carrots, bok choy, bok choy, Chard, claytonia, collards, cress, kale, minutina, mustard, parsley, purslane, spinach, Vitamin Green	
CALCIUM	Collards, Huazontle, Mustard, Jicama, New Zealand Spinach, Vitamin Green, Oats	Bok choy, broccoli, cabbage, Chard, claytonia, collards, cress, kale, minutina, mustard, oats, parsley, purslane, spinach, turnip greens	Bok choy, broccoli, cabbage, Chard, claytonia, collards, cress, kale, minutina, mustard, oats, parsley, purslane, spinach, Vitamin Green, turnip greens	
CHROMIUM	Amaranth, dry beans, mushrooms, quinoa	Amaranth, dry beans, mushrooms, potatoes, quinoa	Mushrooms, Potatoes	
COPPER	Dry beans, Collards, Huazontle, Jicama, mushrooms, mustard, New Zealand Spinach, Vitamin Green,	Dry beans, beets, broccoli, bok choy, Chard, claytonia, collards, cress, kale, minutina, mushrooms, mustard, New Zealand Spinach, Vitamin Green, parsley, purslane, radishes, spinach	beets, broccoli, bok choy, Chard, claytonia, collards, cress, kale, minutina, mushrooms, mustard, parsley, purslane, radishes, spinach, Vitamin Green	
GERMANIUM	found in all foods, especially onions and tomato juice	found in all foods, especially broccoli, onions and tomato juice	found in all foods, especially broccoli and onions	
IODINE	Mushrooms , New Zealand Spinach, Vitamin Green, Summer Squash	Chard, Fava Beans, Mushrooms , New Zealand Spinach, Vitamin Green, Spinach, Summer Squash, turnip greens	Chard, mushrooms, Spinach, turnip greens	*mostly found in seafood, dairy and sea salt.
IRON	Amaranth, Collards, Huazontle, Mustard, Jicama, New Zealand Spinach, Vitamin Green, Quinoa	Amaranth, beets, bok choy, Chard, claytonia, collards, cress, Fava beans, kale, minutina, mushrooms, mustard, New Zealand Spinach, Vitamin Green, parsley, purslane, spinach, Quinoa	beets, bok choy, Chard, claytonia, collards, cress, Fava beans, kale, minutina, mushrooms, mustard, parsley, purslane, spinach, Vitamin Green,	

MAGNESIUM	Amaranth, cantaloupe, Collards, Huazontle, lemons, Mustard, Jicama, New Zealand Spinach, Vitamin Green, Quinoa	Amaranth, bok choy, Chard, claytonia, collards, cress, Fava beans, kale, minutina, mushrooms, mustard, New Zealand Spinach, Vitamin Green, parsley, purslane, spinach, Quinoa	bok choy, Chard, claytonia, collards, cress, Fava beans, kale, minutina, mushrooms, mustard, parsley, purslane, spinach, Vitamin Green	
MANGANESE	Amaranth, Beans, Collards, Huazontle, Mustard, Jicama, New Zealand Spinach, Vitamin Green, Quinoa	Amaranth, Beans, Collards, Huazontle, Mustard, Jicama, New Zealand Spinach, Vitamin Green, peas, Quinoa, bok choy, Chard, claytonia, cress, kale, minutina, parsley, purslane, spinach	Collards, bok choy, Chard, claytonia, cress, kale, minutina, parsley, peas, purslane, spinach, Vitamin Green	
MOLYBDENUM	Amaranth, Beans, Collards, dry beans, Huazontle, Mustard, Jicama, New Zealand Spinach, Vitamin Green, Quinoa	Amaranth, Beans, Collards, dry beans, Mustard, New Zealand Spinach, Vitamin Green, Quinoa, bok choy, Chard, claytonia, cress, kale, minutina, New Zealand Spinach, Vitamin Green, parsley, purslane, spinach	bok choy, Chard, claytonia, collards, cress, kale, minutina, mustard, parsley, purslane, spinach, Vitamin Green	
PHOSPHORUS	Found in most foods, especially Amaranth, Beans, corn, quinoa	Found in most foods, especially Amaranth, Beans, corn, peas and quinoa	Found in most foods, especially peas	
POTASSIUM	Found in all fruits and vegetables, especially: Amaranth, Beans, New Zealand Spinach, Tomatoes, Winter Squash	Found in all fruits and vegetables, especially: Amaranth, Beans, Fava Beans, New Zealand Spinach, Peas, Spinach, Tomatoes, Winter Squash	Found in all fruits and vegetables, especially: Peas, Spinach	
SELENIUM	All vegetables, especially amaranth, Cayenne, onions, quinoa	All vegetables, especially amaranth, broccoli, Cayenne, onions, parsley, quinoa	All vegetables, especially broccoli, onions, parsley	
SILICON	Amaranth, Bell peppers, Collards, Huazontle, Mustard, Jicama, New Zealand Spinach, Vitamin Green, Quinoa	Amaranth, beets, Bell peppers, Collards, Mustard, New Zealand Spinach, Vitamin Green, Quinoa, bok choy, Chard, claytonia, cress, kale, minutina, parsley, purslane, spinach	beets, Collards, Mustard, bok choy, Chard, claytonia, cress, kale, minutina, parsley, purslane, spinach, Vitamin Green	
SODIUM	All foods	All foods	All foods	
SULFUR	Onions	Brussel Sprouts, cabbage, kale, onions, turnips	Brussel Sprouts, cabbage, kale, onions, turnips	
VANADIUM	Amaranth, Beans, Dill	Amaranth, Beans, dill, radish	Dill, Radish	
ZINC	Amaranth, beans, Cayenne	Amaranth, Beans, cayenne, peas, parsley	Peas, parsley	