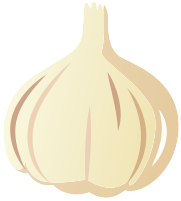


The Nutrients In My Garden

Informational Resource

Garlic



Vitamins

Vitamins B6 and C

Minerals

Manganese, selenium, iron, copper, and potassium

Lettuce



Vitamins A, C, and K

Calcium, phosphorous, magnesium, and potassium

Tomato



Vitamins A, B vitamins, C, E, and K

Calcium, potassium, and magnesium

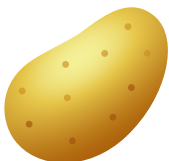
Radish



Vitamins B6, B9, C, and K

Potassium, iron, and manganese

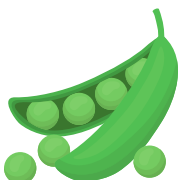
Potato



Vitamins B1, B3, B6, and B9

Potassium, phosphorous, and magnesium

Peas



Vitamins A, B1, B9, C, and K

Manganese, iron, phosphorous