

Researchers at Rutgers University, intrigued by the idea that organic foods are "better", decided to shop around for some answers. From the supermarket shelves, they purchased snap beans, cabbage, lettuce, tomatoes and spinach. Then they bought equivalent organically grown vegetables at a health food store. The research team analyzed the mineral content of their purchases. In every case, organic products were superior to the non-organic produce, often by huge percentages.

Variations in Mineral Content in Vegetables Firman E. Baer Report, Rutgers University

MAJOR MINERALS Milliequivalents per 100 Grams Dry Weight: Trace Elements, Parts per Million Dry Matter

MINERAL: PHOSPHOROUS/ MAGNESIUM

SNAP BEANS ORGANIC 10.45/ 0.36 COMMERCIAL 4.04 / 0.22

CABBAGE ORGANIC 10.38/ 0.38 COMMERCIAL 6.12/ 0.18

LETTUCE ORGANIC 24.48/ 0.43 COMMERCIAL 7.01/ 0.22

TOMATOES ORGANIC 14.2/ 0.35 COMMERCIAL 6.07 / 0.16

SPINACH ORGANIC 28.56/ 0.52 COMMERCIAL 12.38/ 0.27

MINERAL: SODIUM/ MANGANESE

SNAP BEANS ORGANIC 40.5/ 60 COMMERCIAL 15.5/ 14.8

CABBAGE ORGANIC 60.0/ 43.6 COMMERCIAL 17.5/ 13.6

LETTUCE ORGANIC 71/ 49.3 COMMERCIAL 16/ 13.1

TOMATOES ORGANIC 23/ 59.2 COMMERCIAL 4.5/ 4.5

SPINACH ORGANIC 96/ 203.9 COMMERCIAL 47.5/ 46.9

MINERAL: COPPER/ ASH

SNAP BEANS ORGANIC 99.7/ 8.6

COMMERCIAL 29.1/ 0.9

CABBAGE ORGANIC 148.3/ 20.4

COMMERCIAL 33.7/ 0.8

LETTUCE ORGANIC 176.5/ 12.2

COMMERCIAL 53.7/ 0

TOMATOES ORGANIC 148.3/ 6.5

COMMERCIAL 58.8/ 0

SPINACH ORGANIC 237/ 69.5

COMMERCIAL 84.6/ 0

MINERAL: CALCIUM/ POTASSIUM

SNAP BEANS ORGANIC 73/ 60 COMMERCIAL 10/ 2

CABBAGE ORGANIC 42/ 13 COMMERCIAL 7/ 2

LETTUCE ORGANIC 37/ 169 COMMERCIAL 6/ 1

TOMATOES ORGANIC 36/ 68 COMMERCIAL 3/ 1

SPINACH ORGANIC 88/ 117 COMMERCIAL 12/ 1

MINERAL: BORON/ IRON

SNAP BEANS ORGANIC 227/ 69 COMMERCIAL 10/ 3

CABBAGE ORGANIC 94/ 48 COMMERCIAL 20/ 0.4

LETTUCE ORGANIC 516/ 60 COMMERCIAL 9/ 3

TOMATOES ORGANIC 1938/ 53 COMMERCIAL 1/ 0

SPINACH ORGANIC 1584/ 32 COMMERCIAL 49/ 0.3

MINERAL: COBALT

SNAP BEANS ORGANIC 0.26 COMMERCIAL 0

CABBAGE ORGANIC 0.15 COMMERCIAL 0

LETTUCE ORGANIC 0.19 COMMERCIAL 0

TOMATOES ORGANIC 0.63 COMMERCIAL 0

SPINACH ORGANIC 0.25 COMMERCIAL 0.2

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NOTE: From Nutr Health, v6, n2, 1988 pp105-109 "Organic food in cancer therapy" author: B. Bishop

Abstract: This paper describes the principles of dietary therapy for malignant diseases, as developed by a few medical pioneers since the 1920's, in particular by the late Dr. Max Gerson, MD (1881-1959), who insisted on the exclusive use of organic produce in the treatment of cancer patients. Dr. Gerson's claims for the therapeutic value of organic fruits and vegetable are reviewed in the light of current research.