

High Brix Project/ Nutrient Dens Project

Fruit and Vegetable Nutrient Comparisons

Location: Minnesota USA

Testing Laboratory: LoganLabs.com

Test: Fruit Analysis

Test Date: December 21, 2010

Crop tested: Beets (Beet "Detroit Dark Red, Morse's Strain" Ferry Morse Seed Co)

Brix of Crop: 11 (12 is excellent)

Nutrient (or other)	USDA Avg	This Sample	Difference	Difference
	A	B	B – A=	%
Protein grams (N x 6.25)	1.61g	4.70g	+3.1g	+193
Water (moisture %)	87.58%	83.70%	-3.88%	-4.4
	mg/100g	mg/100g	mg/100g	
Calcium Ca	16	165	+149	+931
Iron Fe	0.80	0.75	-0.05	-6
Magnesium Mg	23	51	+28	+122
Phosphorus P	40	71	+31	+77
Potassium K	325	663	+338	+104
Sodium Na	78	n/a		
Zinc Zn	0.35	0.88	+0.53	+151
Copper Cu	0.075	0.18	+0.10	+140
Manganese Mn	0.329	0.43	+0.10	+31
Boron	n/a	0.14		

*n/s= not significant

n/a= not available