

High Brix Project / Nutrient Dense Project Fruit and Vegetable Nutrient Comparisons

Location: Maine USA

Testing Laboratory: LoganLabs.com

Test: Fruit Analysis

Test Date: Oct 29, 2010

Crop tested: Brussels sprouts

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)	3/38g	6.67g	+3.29g	+97
Water (moisture %)	86.00%	92.30%	+6.3	+7
	mg/100g	mg/100g	mg/100g	
Calcium Ca	42	138	+96	+229
Iron Fe	1.40	1.55	+0.15	+11
Magnesium Mg	23	44	+21	+91
Phosphorus P	69	111	+42	+61
Potassium K	389	659	+270	+69
Sodium Na	25	6.8	-18.2	-73
Zinc Zn	0.42	0.78	+0.36	+86
Copper Cu	0.07	0.09	+0.02	+29
Manganese Mn	0.34	0.56	+0.22	+65
Boron	n/a	0.44		

Grower's Comments: Fedco's open pollinated/organic seeds. All the mineral amendments had been added at once in mid-May.

Crop tested: Brussels Sprouts

Brix of Crop: 11 **USDA Avg**

(cabbage/broccoli

oli good=10

excellent=12)

Nutrient (or other)

Milligrams/100grams

Protein grams (N x 6.25)

Water (moisture %)

Calcium Ca

Iron Fe

Magnesium Mg

Phosphorus P

Potassium K

Sodium Na

Zinc Zn

Copper Cu

Manganese Mn

Boron

A

3.38g

86.00%

42

1.40

23

69

389

25

0.42

0.07

0.34

This Sample

B

6.67g

92.30%

138

1.55

44

111

659

6.8

0.78

0.09

0.56

0.44

Difference

B – A=

+3.29g

+6.3

+96mg

+0.15mg

+21mg

+42mg

+270mg

-18.2mg

+0.36mg

+0.02mg

+0.22mg

Difference

%

+97%

+7%

+229%

+11%

+91%

+61%

+69%

-73%

+86%

+29%

+ 65%