

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

Location: Maryland USA
 Testing Laboratory: LoganLabs.com
 Test: Fruit Analysis
 Test Date: Oct 28, 2010

Crop tested: Okra
 Brix of Crop: 7*Brix

Nutrient (or other)	USDA Avg	This Sample	Difference	Difference
Milligrams/100grams	A	B	B – A=	%
Protein grams (N x 6.25)	2.00g	3.17g	+1.17	+58
Water (moisture %)	90.17%	95.5%	+5.33	+6
Calcium Ca	81	111	+30	+37
Iron Fe	0.80	20.06	+19.26	+2,407
Magnesium Mg	57	19	-38	-67
Phosphorus P	63	36	-27	-43
Potassium K	303	184	-119	-39
Sodium Na	8	86	+78	+975
Zinc Zn	0.60	17.34	+16.74	+2,790
Copper Cu	0.094	3.22	+3.13	+3,325
Manganese Mn	0.990	0.09	-0.90	-91
Boron	n/a	0.08		

*n/s= not significant n/a= not available

Grower's Comments: The okra variety was Beck's Big Buck.