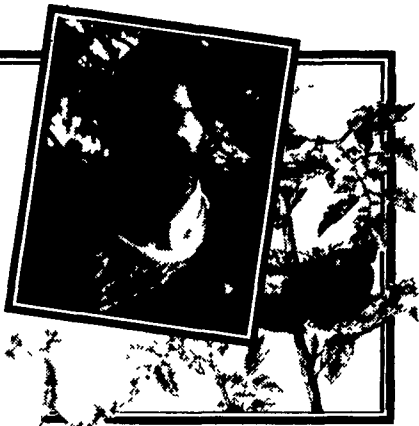


**All Gardens
Great & Small**
by
York Co.
Horticultural Agent
Tom Becker



**GARDENING
FOR YOUR HEALTH**

Looking for a health food store? Look no further than your vegetable garden.

Studies have shown that fresh-grown produce can be higher in vitamins and minerals than store bought produce. Part of the reason for this is that nutritional content declines over time, and when you pick up your produce from the garden just before you eat it, the vegetables retain higher levels of nutrients. A fresh-picked, vine-

ripened tomato can have up to three times the ascorbic acid (vitamin C) content of a supermarket tomato, depending on how it was grown. "The fresher the better" really is true.

If you do pick your produce from the garden in advance of using it, be sure to refrigerate it right away. At room temperature (70°F), vegetables lose up to 50 percent of their vitamin C content after 24 hours. Refrigeration at 43°F slows that loss down to about 10 percent over 10 days.

Health experts (and mothers) are constantly reminding us to eat lots of fresh vegetables, and that often means we have to get them at the supermarket, which is fine. But during the summer, home gardens can provide fresh picked vegetables that can yield higher nutrient levels. You probably grow vegetables because you thought they simply tasted better. Well, they do, and they also are better for you, so take advantage of the summer's harvest.

To help you realize how smart you are for cultivating your own health food store, included is a chart of some essential vitamins and minerals and the food sources they come from. Listed are the common garden vegetables you can grow and harvest for your healthy eating. For each element listed, the vegetables are listed in order of highest to lowest content, but all listed vegetables are a ready source of the vitamin or mineral given. *Source: National Garden Bureau, Suite 310, Butterfield Road, Downers Grove, IL*

60515. **Mineral or Vitamin — Sources include:**

Calcium: For strong bones and maintaining blood pH balance — Parsley, Broccoli, Looseleaf lettuce, Celery, Green beans, Cauliflower.

Copper: For elasticity of blood vessels, strength of connective tissues, health of cardiovascular system — Most vegetables if grown in a properly mineralized soil.

Iron: Carries oxygen to cells — Parsley, spinach, butterhead lettuce, Looseleaf lettuce, green peas, broccoli, green beans, Tomatoes.

Magnesium: Essential for nervous system — Spinach, beet greens, broccoli, parsley, summer squash, celery, cucumber, green beans, looseleaf lettuce, tomatoes, sweet peppers.

Manganese: Needed to metabolize proteins and fat — Beans, peas, lentils.

Potassium: Maintains proper fluid level in cells — Spinach, celery, Romaine lettuce, Parsley, Zucchini, Radishes, Looseleaf let-

tuce, Cauliflower, Winter and summer squash, Tomato, Cucumber, Eggplant, Green beans, Sweet pepper, Carrots, Broccoli.

Selenium: A major anti-oxidant (protects cells from harmful oxidation by free radicals), strengthens immunity — Corn, Legumes, vegetable, when grown in a proper soil.

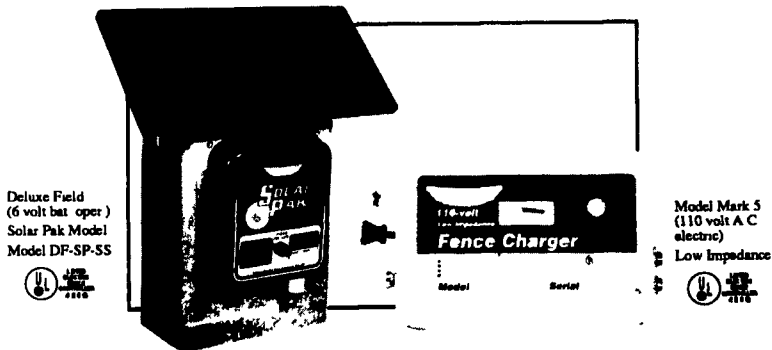
Vitamin A: Anti-oxidant, strengthens immune system — Carrots, spinach, red sweet pepper, Butternut squash, Romaine lettuce, Parsley, Looseleaf lettuce, Green pepper, Zucchini.

Vitamin B6: Needed to metabolize protein — Spinach, Cauliflower, Broccoli, Sweet pepper, Parsley, Zucchini, Tomato, Summer squash, Romaine lettuce, Beans, Eggplant.

Vitamin C: Anti-oxidant, protects against cancer, cardiovascular disease, strengthens immune functions — Red sweet pepper, Green pepper, Parsley, Cauliflower, Broccoli, regular Cabbage, Romaine lettuce, Brussels sprouts.

(Turn to Page B13)

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