

Nutritional Values of Most Frequently Home Grown Vegetables

Small Garden	Food Item	Anti-oxidants	Vit A	B Vitamins	Vit C *	Vit E *	Vit K	Ca	Phosphorus	Iron	Fiber
	Asparagus	β-carotene & other carotenoids	Med	X	x				x	x	3 g
Yes	Beans, Green or Yellow **	other anti-oxidants		X						x	2 g
Yes	Beets	β-carotene & other carotenoids					Beet greens	Beet greens		x, beet greens higher	2 g
	Blueberries	other anti-oxidants			X					X	2 g
	Broccoli	β-carotene & other carotenoids		X	X	X		X	x		1.6 g
	Brussels sprouts				X				x	x	
	Cabbage			X	X raw			X			2.2 g
	Cantaloupe	β-carotene & other carotenoids			X					x	1 g
	Carrots	β-carotene & other carotenoids	X	x		X				x	3.7 g
	Cauliflower				X					x	1 g
	Corn	β-carotene & other carotenoids							X		4.2 g
	Cucumbers			x							1.7 g

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	Eggplant	other anti-oxidants									1 g
	Grapes										1 g
Yes	Greens (mustard, turnip)		Hi		X						1 g
	Honeydew melons				X						1 g
Yes	Kale	β-carotene & other carotenoids	Hi		X		X	x		x	2 g
Yes	Lettuce , Green/Romaine		Med				X			x	1 g
Yes	Onions	other anti-oxidants								x	1 g
Yes	Peas , shell & podded		Med	x	X					X	4 g
Yes	Peppers , sweet	β-carotene & other carotenoids			X	X (red)					1 g
	Potatoes			x						x	4 g
	Pumpkin	β-carotene & other carotenoids			X	X				x	0
Yes	Radishes										1 g
	Raspberries	other anti-oxidants								x	8 g

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Yes	Rhubarb							X, but tied up w oxalic acid		x	1 g
Yes	Spinach	β-carotine & other carotenoids	Hi	x		x	X	X, but tied up w oxalic acid	x	X	1.8 g
	Strawberries	other ant-oxidants			X					x	3 g
Yes	Tomatoes	β-carotine & other carotenoids			X						2 g
	Turnips (& collard greens)	β-carotine & other carotenoids						X			1 g
Yes	Turnip root										2.2 g
	Watermelon	β-carotine & other carotenoids								x	0
Yes	Squash, summer (zucchini, yellow)										2.2 g
	Squash (winter)	β-carotine & other carotenoids	Hi							x	0
	Sweet Potatoes & Yams	β-carotine & other carotenoids	Hi		X					x	

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Yes	Swiss Chard				X						1 g

* Vitamins A and E are anti-oxidants.

** Dried beans high in Phosphorus, Iron

References:

Brody, Jane. *Jane Brody's Nutrition Book*. W.W. Norton & Co., New York.

Guthrie, Helen Andrews. *Introductory Nutrition*. The C.V. Mosby Company, St. Louis.

College of Agricultural Sciences, Cooperative Extension. *Pennsylvania Produce: A Guide to Quality Produce Grown in Pennsylvania*.

The Pennsylvania State University.