

Grow your own plant nutrients

for this: Plant these:

Sulfur: mustard, fennel, and plantain

Magnesium--mullein, sow thistle, carrot leaves

Silica (not an established plant nutrient, but interesting)--borage, horsetail, bamboo

Zinc--vetch, alfalfa

Molybdenum--vetch, peach tree clippings, cornstalks

Iron--groundsel, strawberry leaves

Cobalt--vetch, most legumes

Boron--sweet clover, muskmelon leaves

Copper--dandelions, spinach

Carbon--sunflowers, beets, mangles, daikon

Potassium--fennel, borage, chamomile, yarrow

Phosphorous--marigold, chickweed, lemon balm, buckwheat, mustard

Nitrogen--legumes, stinging nettle, kelp, cattail reeds, Elaeagenus, fenugreek, carob

Manganese--rhododendron, bracken

Calcium--chicory, arrowroot

In addition to these nutrients, oxygen, hydrogen, and (in some desert and salt-marsh species) sodium are required. Under most conditions, plants do not seem to have much trouble getting oxygen and hydrogen.