

Vitamin-C-Sources_2003.txt

Subject:
[tt-watch] Re: After the Pole Shift. Vitinam C
From:
"universal_jess" <universal_jess@yahoo.co.uk>
Date:
Sat, 10 Jan 2004 20:59:30 -0000
To:
tt-watch@yahoogroups.com

Depending on where you are and which of these are locally grown,
here's a breakdown of fruits/veggies with more than 20% vitamin C:

Fruits % Vitamin C

Apricot 20 %
Blackberries 50 %
Cantaloupe 80 %
Carambola 30 %
Gooseberries 60 %
Grapefruit 110 %
Grapes 25 %
Honeydew Melon 45 %
Kiwifruit 240 %
Lemon 40 %
Lime 35 %
Orange 130 %
Papaya 150 %
Pineapple 25 %
Plum 20 %
Pricklypear 25 %
Pummelo 130 %
Raspberries 40 %

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Strawberries 160 %
Tangerine 50 %
Watermelon 25 %

Vegetables % Vitamin C

Bell Pepper 190 %
Broccoli 220 %
Brussels Sprouts 120 %
Cabbage (green) 70 %
Cauliflower 100 %
Collards 30 %
Green cauliflower 90 %
Hot chili peppers 170 %
Mustard Greens 100 %
Okra 20 %
Onion 20 %
Potato 45 %
Radishes 30 %
Red Cabbage 70 %
Rutabagas 90 %
Spinach 25 %
Summer Squash 30 %
Sweet Potato 30 %
Tomato 40 %
Yellow Snap Beans 20 %

--- In tt-watch@yahoogroups.com, "desastre nuclear"
<napalm_sua_99@y...> wrote:

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>> certain, also done to you a tea maked with pine leaves, it contains

great

>> amounts of vitamin c

>>

>> ----- Original Message -----

>>

>> From: "Mike O'Hara" <ppplanet@a...>

>> To: <tt-watch@yahoogroups.com>

>> Sent: Saturday, January 10, 2004 4:37 AM

>> Subject: [tt-watch] RE: After the Pole Shift. Vitinam C

>>

>>

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>>> >

>>

>>>>> > >>> I have told Nancy, I even called and talk on the Art Bell

Radio Show.

>>> > EAT

>>> > DIRT. Nancy wants me to prove this.

>>> >

>>> >

>>> > Let the worms eat the dirt, and we'll eat the worms. As for

vitamin C,

>> mash

>

>>> > up some pine needles and boil them in water. The tea you make

will contain

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>>> > more vitamin C than a glass of orange juice. (Source: Tom Brown's

Field

>>> > Guide for Wilderness Survival). Other sources of vitamin C are

rose hips

>> and

>

>>> > seaweed. Vitamin C helps prevent scurvy.

>>> >

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>>> > Yahoo! Groups Links

>>> >

>>> > To visit your group on the web, go to:

>>> > <http://groups.yahoo.com/group/tt-watch/>

>>> >

>>> > To unsubscribe from this group, send an email to:

>>> > tt-watch-unsubscribe@yahoogroups.com

>>> >

>>> > Your use of Yahoo! Groups is subject to:

>>> > <http://docs.yahoo.com/info/terms/>

>>> >

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