

## **Plants containing Phosphorus**

**Although the highest P in the roots or seeds of many of the plants listed, it probably follows that the leaves and other crop residuals also contain considerable phosphorus and would add P if used in compost heap or vermicomposting situation. Listed in descending order of concentration.**

**Source; <http://www.ars-grin.gov/duke> - Microbe Organics**

**Beet greens  
Lambsquarter  
Tomatillo (nightshade) leaves  
Flax – residue/straw  
Garden Cress  
Horsetail fern  
Watermelon  
Lettuce  
Beans – many types  
Pumpkin  
Swamp Cabbage, Water Spinach  
Watercress  
Cannabis  
Radish  
Asparagus  
Pigweed  
Couchgrass, Quackgrass,  
Twitchgrass,  
Wheatgrass  
White Mustard  
Poppy  
Barley  
Cauliflower  
Tomato**