

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**