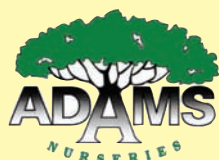


Plant Food Elements



Choosing the right plant food is an essential task when gardening. Knowing what each nutrient does to help your plants reach their full potential will help your garden look healthy and beautiful all season.



- **NITROGEN:** Promotes leaf, and stem growth. Improves quality and color of leaves. Increases protein content of plant. Enhances survival of vital soil organisms. Signs of nitrogen deficiency include yellowing of the leaves and stunted growth.
- **PHOSPHORUS:** Stimulates quick root formation and growth. Provides a rapid and vigorous start to plants. Stimulates blooming and seed formation. Hastens the maturity of plants and imparts winter hardiness to fall seedlings. Signs of phosphorus deficiency include poor blooming/flowering.
- **POTASSIUM:** Provides vigor and disease resistance to plants. Essential to the formation and transfer of starches, sugars, and oils. Enhances development of root systems. Helps regulate cell water content and increases drought resistancy.
- **CALCIUM:** Provided by liming, calcium promotes early root growth, improves intake of other plant food elements, and neutralizes waste produced in the plant.
- **MAGNESIUM:** An essential part of chlorophyll, magnesium is necessary for the formation of sugar, regulates uptake of other food elements, is a carrier of phosphorus, promotes formation of oils and fats, and aids in the translocation of starch.
- **SULFUR:** Promotes vigorous root growth, helps maintain dark green color.
- **BORON:** Improves quality and yield. Aids in calcium utilization. Vital on muck soils.
- **COPPER:** Stimulates growth as a catalyst of the enzyme system. Helps prevent chlorosis.
- **IRON:** Oxygen carrier, vital to formation of chlorophyll, helps prevent chlorosis.
- **MANGANESE:** Increases use of calcium, magnesium and phosphorus. Promotes soil oxidation. Aids in photosynthesis and synthesis of chlorophyll.
- **MOLYBDENUM:** Reduces nitrates during the formation of amino acids and proteins.
- **ZINC:** Necessary for normal chlorophyll production and growth.

Adams Gardening Tip

Common fertilizers are rated on the combination of three main elements; **nitrogen phosphorus potassium** along with minor trace elements.



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