Vitamin C content mg/100g

Resulting vitamin C content in fruits and vegetables using different types of fertilizers, mg/100g

Crops	Fertilizer	
	Vermicompost	Manure + NPK
Apples	32	5
Tomatoes	54	25
Potatoes	48	15
Sweet pepper	220	150
Beans	43	10
Carrot	22	4
Pears	28	4
Strawberry	90	52

Nitrate content (mg / kg)

By using vermicompost for growing vegetables you get a purely organic product. Cultures grown with vermicompost have a minimal amount of nitrates

Vegetables	Mineral fertilizers	Manure	Vermicompost
Cucumbers	273	70	5
Tomatoes	83	37	8
Cabbage	280	140	128
Onions	120	60	36
Pepper	75	38	10
Carrot	480	111	37

Difference in productivity, hwt/ha

Crops	Mineral fertilizers	Vermicompost
Wheat	40	49
Maize	70	111
Carrot	200	286
Peas	11	23
Bell peppers	250	485
Tomatoes	400	612
Potatoes	100	128

In the following field experiment results vermicompost improved the productivity of carrots, beets and cabbage in comparison with the control site by 137%, 124% and 42%, respectively. Manure use in the same experiment resulted in 4%, 7% and 3% productivity increase. Use of vermicompost increased sugar content in fruits by approximately 22%, compared to fertilizer-free growth. The nitrate content is 1.5-2 times lower with vermicompost, as compared to manure. Improved harvest quality was also noted in experiments with wheat and barley (in terms of protein, gluten and starch content).