

Dynamic Accumulators of Nutrients for Composting

Name	Botanical Name	Na	I	Fl	B	Si	S	N	Mg	Ca	K	P	Mn	Fe	Cu	Co
Alfalfa	Medicago sativa							x						x		
Arrowroot										x						
Bladder wrack			x						x					x		
Borage	Borago officinalis					x					x					
Bracken, eastern	Pteridium aquilifolium										x	x	x	x	x	x
Bridal bower												x				
Buckwheat	Fagopyrum esculentum										x					
Burdock	Arctium minus												x			
Calamus								x			x	x				
Carageen		x						x		x						
Caraway	Carum carvi											x				
Carrot leaves	Daucus carota								x		x					
Cattail	Typha latifolia							x								
Chamomile, corn	Anthemis arvensis									x	x					
Chamomile, German	Chamomilla recutita									x	x	x				
Chickweed	Stellaria media										x	x	x			
Chicory	Cichorium intybus									x	x					
Chives	Allium sp.	x								x						
Cleavers	Galium aparine	x								x						
Clovers	Trifolium sp.							x				x				

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Clover, hop	Medicago lupulina							x				x				
Clover, rabbit foot								x				x				
Clover, red	Trifolium pratense							x				x				
Clover, white	Trifolium repens							x				x				
Coltsfoot							x		x	x	x			x	x	
Comfrey	Symphytum officinale					x		x	x	x	x			x		
Dandelion	Taraxacum vulgare	x				x			x	x	x	x		x	x	
Dock, broad leaved	Rumex obtusifolias									x	x	x		x		
Dulse		x	x						x	x				x		
Fat hen	Atriplex hastata										x			x		
Fennel	Foeniculum vulgare	x						x				x				
Flax, seed	Linum usitatissimum										x					
Garlic	Allium sativum			x			x						x			
Groundsel	Senecio vulgaris													x		
Horsetails	Equisetum sp.					x			x	x				x		x
Kelp		x	x					x	x	x				x		
Lamb's quarters	Chenopodium album							x		x	x	x	x			
Lemon Balm	Melissa officinalis											x				
Lupine	Lupinus sp.							x				x				
Marigold, flowers	Tagetes sp.											x				
Meadow sweet	Astilbe sp.	x					x		x	x		x		x		

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Mistletoe									x							
Mullein, common	Verbascum sp.						x		x		x			x		
Mustards	Brassica sp.						x					x				
Nettles, stinging	Urtica urens	x					x	x		x	x			x	x	
Oak, bark	Quercus sp.										x					
Oat Straw						x										
Parsley									x	x	x			x		
Peppermint	Mentha piperita								x		x					
Pigweed, red root	Amaranthus retroflexus .									x	x	x		x		
Plantains	Plantago sp.					x	x		x	x			x	x		
Primrose	Oenothera biennis							x								
Purslane	Portulaca oleracea								x		x		x			
Salad burnet	Poterium sanguisorba	x					x		x	x				x		
Savory	Satureja sp.										x					
Scarlet Pimpernel	Anagallis arvensis								x							
Shepherd's purse	Capsella bursa-pastoris	x					x			x						
Skunk cabbage	Navarretia squanosa								x							
Sorrel, sheep	Rumex acetosella	x								x		x				
Sow thistle	Sonchus arvensis								x		x				x	
Spurges	Euphorbia sp.				x											
Strawberry, leaves	Fragaria sp.													x		

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Tansy	Tanacetum vulgare										x					
Thistle, Canada	Cirsium arvense													x		
Thistle, creeping	Sonchus arvensis										x	x		x		
Thistle, nodding	Carduus nutans													x		
Thistle, Russian	Salsola pestifer													x		
Toadflax	Linaria vulgaris								x	x				x		
Tobacco, stems/stalk	Nicotiana sp.							x								
Valerian	Valeriana officinalis					x										
Vetches	Vicia sp.							x			x	x			x	x
Watercress	Nasturtium officinale	x		x			x		x	x	x	x		x		
Willow, bark	Salix sp.								x							
Yarrow	Achillea millefolium							x			x	x			x	