



**CALIFORNIA STATE SCIENCE FAIR
2013 PROJECT SUMMARY**

Name(s) Kendyl M. Lassley	Project Number J1913
--	---------------------------------------

Project Title
What Effect Do Different Fertilizers Have on the Vitamin C Content of Steamed Vegetables?

Abstract

Objectives/Goals
 The purpose of my science project is to determine what effect different fertilizers have on the vitamin C content of steamed vegetables. The reason I am doing this investigation is to find the healthiest way to grow vegetables. If we are going to eat vegetables to keep us healthy we should try to maintain its nutritional benefits. I am using organic and inorganic as my fertilizers to grow vegetables.

Methods/Materials

1. Garden pots	9. carrot seeds	17. Steaming basket
2. Water	10. Broccoli seeds	18. Stove top
3. Potting soil	11. Winter squash seeds	19. Drainer
4. Organic fertilizer	12. summer squash seeds	20. Test tubes
5. Inert fertilizer	13. Measuring cup	21. Marker
6. Green house	14. Knife	22. Log book
7. Seed starter	15. Cooking pot	23. Gloves
8. Cutting board	16. Vitamin c test solution	24. Vitamin c control

I will be using plain potting soil to grow vegetables as my control. Which I will steam vegetables for 5 minutes, I will then use a food nutrient kit to determine the levels of vitamin C, and will record results in data book. In my testing I will add fertilizer to soil to grow vegetables. Then I will steam vegetables for 5 minutes, I will then use a food nutrient kit to determine the levels of vitamin C, and will record results in data book. I will repeat this test with other fertilizer and perform 10 trials per test group. The experimental test variables that I am using in my science project are: organic and inorganic fertilizer. The vegetables that I am using are broccoli, carrots, winter squash and zucchini.

Results
 The results of my investigation to determine what effect different fertilizers have on the vitamin c content of vegetables show that all the methods of growing vegetables contained vitamin C, However growing broccoli with inorganic fertilizer was slightly more effective.

Conclusions/Discussion
 After completing my project what effect do different fertilizers have on the Vitamin C content of vegetables, I have found that my hypothesis is incorrect, growing broccoli with Inorganic fertilizer actually maintained and supplied the most vitamin C.

Summary Statement
 Picking vegetables, grown and prepared the right way will allow us to get the most nutritional benefits: if we are going to eat our vegetables to stay healthy we should grow and prepare them in a way that will offer the most nutrients.

Help Received
 Mother helped with typing