

sary in the surface 2 ft. of the soil profile for optimum yields in spring wheat. In addition, Kansas research has shown that winter wheat response to Cl is very likely when soil Cl is less than 20 lb/A in the surface 2 feet. The initial soil test data indicated Cl contents of 21 to 51 lb Cl/A in the surface 6 inches alone. Analysis of the soil samples taken post-harvest indicated 70 to 102 lb Cl/A in the surface 2 ft. at the various locations.

Small grain responses to fertilizers containing Cl have been found in the Great

Plains. This is often the result of disease suppression rather than correction of an actual nutrient deficiency in the plant. Inconsistencies in the response of wheat grain and forage to the application of Cl and S fertilizers point to the need for additional research. Of particular interest in this study was the recurring response to Cl in an environment deficient in N at the Perkins location. **BC**

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Good Sources of Potassium Abound in Foods

Looking for healthy sources of potassium (K) in your diet? Check out foods such as bananas, orange juice, and potatoes.

According to the U.S. Department of Agriculture's Nutrient Database, one medium-sized banana contains 467 milligrams (mg) of K. One cup of orange juice (frozen concentrate, diluted) has 473 mg. Either will help you toward the recommended minimum of 2,000 mg of K a day.

By the way, that 2,000 figure really is a "minimum." Some guidelines recommend as much as 3,500 mg a day – that's what's used as the "Daily Value" reference when K content is listed on food labels.

Either way, most people get plenty of K because it's in such a variety of foods: a cup of baked acorn squash contains 895 mg of K; a 7-ounce baked potato contains 844 mg; a cup of baked beans, 752 mg; a cup of boiled zucchini, 455 mg; a 6-ounce can of tuna, 407 mg; a large fast-food hamburger, 394 mg; a 1.5-ounce box of raisins, 323 mg; a medium-sized tomato, 273 mg. Even an 8-ounce cup of coffee isn't a bad source of K, with 128 mg.

It's good that K is so prevalent in the diet. It works within cells to help muscles contract, help nerves send messages, and generally help cells do what they're supposed to do. It also works with other miner-



als – sodium (Na), calcium (Ca), and magnesium (Mg) – to help the body maintain a proper balance of fluid, which promotes normal blood pressure and heartbeat. It does that in a variety of ways. If your body gets bloated, K is the hero that sends excess fluid to the bladder. Reducing the body's fluid levels leads to a reduction in actual blood volume. That, in turn, decreases blood pressure. With the fluid goes excess Na, which, in some people, is linked with high blood pressure.

Also, some high blood pressure medications may cause K levels to dip, so people taking them are also given a K supplement and encouraged to eat K-rich foods. Luckily, those foods aren't hard to find. **BC**

Source: Ohio State University and USDA.