

would the quantity of food produced be markedly reduced, but the quantity of potassium in that food would be reduced as well. Potassium is an important mineral required for human health. Since potassium is not stored in the human body, it is necessary to continually replace this nutrient on a regular basis. The U.S. Food and Drug Administration (FDA) recognizes that “diets containing foods that are good sources of potassium and low in sodium may reduce the risk of high blood pressure and stroke.” **Table 1** shows normal potassium levels in major potassium-supplying foods.

Potassium is a common mineral that has important functions for maintaining the health of both humans and plants. Although several forms of potassium are available, they are all natural, safe, and abundant in nature. These minerals are recycled through natural geological processes to sustain a productive and healthy ecosystem. **BC**

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*Acknowledgment: Photo at top of page 21 courtesy of Salt Lake Convention and Visitors Bureau.*

**TABLE 1.** Some examples of food sources of potassium (K).

Food/serving	K content, mg	Food/serving	K content, mg
8 oz. whole milk	371	1 medium potato	610
1 medium banana	467	8 oz. yogurt	531
8 oz. orange juice	473	1 tomato	273
3 oz. sirloin steak	311		

From USDA Nutrient Database:  
<http://www.nal.usda.gov/fnic/foodcomp/Data/SR15/wtrank/sr15a306.pdf>  
 Note: FDA Daily Reference Values (DRVs) generally indicate 3,500 mg of potassium.

**INFOAG 2003 SET FOR JULY 30 TO AUGUST 1**

**C**ertified Crop Advisers (CCAs), field agronomists, Extension representatives, innovative farmers, and other precision agriculture enthusiasts are encouraged to mark their calendars for the sixth Information Agriculture Conference, InfoAg 2003. The event is scheduled for July 30 through August 1, at the Adam’s Mark Hotel, Indianapolis Airport.



An optional precision agriculture field day is planned for Monday, July 29, preceding the conference, with visits to the Ag One Co-op facility at Wilkinson, Indiana, and the Davis-Purdue Agricultural Center.

Keynote speaker for InfoAg will be Bruce Vincent, agriculture advocate known for developing positive programs and messages directed to community groups. Program content for InfoAg 2003 will be oriented to practical, real-world application of technology and analysis of data essential in site-specific farming. As in the past, an exhibit area will feature the latest in data collection and management, communications technology, and other tools for precision agriculture.

InfoAg 2003 is organized by the Potash & Phosphate Institute (PPI), Foundation for Agronomic Research (FAR), and CropLife Media Group (*CropLife* and *CyberDealer* magazines). The conference is supported in part by a grant from the USDA-CSREES Initiative for Future Agriculture and Food Systems (IFAFS) program.

More details about program plans, registration and exhibitor fees, and related information will be available at the website: [www.ppi-far.org/infoag](http://www.ppi-far.org/infoag). **BC**