The Scroll K/Vaad Hakashrus of Denver
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בס"ד

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PRODUCE GUIDE

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Dear Friend,

We are pleased to present our updated Guide to Preparing Fruit, Herbs and Vegetables. The guide includes the procedures for preparing many varieties of products, some of which will only be practical to do with small quantities while others are feasible to do even on a large scale. Some of the more complex cleaning/inspections are unpractical for larger events, including Scroll K certified catered events. We recommend that you allow ample time when preparing any of the products requiring cleaning/inspection, to assure that they will be prepared properly.

With best wishes for a kosher and healthy appetite,

Rabbi Elchonon Joseph,
Kashrus Administrator

Rabbi Yisroel Rosskamm,
Rabbinical Administrator

A Brief Halachic Overview

There are three halachic categories of produce:

1. ***Miut Sheaino Matzui***: Produce in which insects are found very infrequently. Examples are cucumbers and carrots. It is unlikely for an insect to be found in these items.
   - ☞ **Such types of produce need not be checked for insects.**
2. ***Miut Hamatzui***: Produce which has insects spotted regularly. We follow the ruling that the threshold for this category is between 10% and 50% of the time (see below). Examples of such items are lettuce and fresh herbs.
   - ☞ **These varieties must be properly inspected for insects before use.**
3. ***Muchzak B'tolaim***: Produce generally infested with insects (>50% of the produce is found to contain insects).
   - ☞ **These items have a biblically mandated requirement of checking and often are not practical to clean and check.**

The percentage used to define *miut hamatzui* is 10%, as per the ruling of the Mishkenos Yaakov (Rabbi Yaakov Bruchin of Karlin, 1780-1844). Thus, if 10% of the units of produce contain insects, that type of produce is categorized as a *miut hamatzui* and must be properly inspected and/or cleaned before use.

- ☞ The practical way we categorize our produce is based upon a written *teshuva* (Halachic responsa) from Rabbi Shlomo Zalman Auerbach zt"l. Rabbi Auerbach presents his view that produce should be assessed as units. A cabbage head, a lettuce head, a box of strawberries, and a bunch of asparagus (as opposed to a single strawberry and a single stem of asparagus) all share the feature of being sold as a unit.
- ☞ Using this same gauge, raspberries are categorized as *muchzak b'tolaim* because it has been found, statistically, that out of every 10 cartons of raspberries inspected for insects, 5-6 cartons contain insects. Because over 50% of the boxes are found to contain insects, raspberries are considered highly infested.

Many, many years of checking large quantities of an array of commonly used produce have yielded the information that will be presented in this guide.

☞ The Chachmas Adam (by Rabbi Avraham Danzig, 1748–1820) writes, as a general guideline, it is recommendable for one to look at the food on their plate before eating in order to avoid the many transgressions that might result should one mistakenly eat an insect.

A few important pointers:

1. The information in this document is accurate for North America only and is subject to change based on developments in agricultural standards and other external factors.
2. The insects which are forbidden to eat are those which are visible to the average naked eye. This does not exclude insects which blend into their surroundings or are not recognizable to some due to their unfamiliarity with the species.
3. **Organic produce** generally has higher rates of infestation due to minimized use of pesticides. One should be hesitant to purchase organic varieties of produce which require cleaning and/or checking.
4. **Greenhouse or hothouse** grown produce does not necessarily indicate less infestation.
5. As insects tend to hide in folds and crevices, curlier leaves are more difficult to clean. Therefore, whenever possible one should avoid curlier leaves (e.g., use flat-leaf spinach and flat-leaf parsley instead of curlier varieties).
6. **Pureeing:** All conventional produce which are to be pureed (ground into a fine liquid) do not need to be checked and/or cleaned. In other words, one may not blend produce in order to avoid checking and/or cleaning. However, one who wishes to make a smoothie, juice or dip with these items may blend them without checking and/or cleaning. This is not recommended for organic produce or items categorized as *muchzak b'tolaim* (see above).

What Are We Looking For

There are three types of insects that are commonly found:

1. **Aphid** – a rounded insect that can pierce the vegetable and stay firmly attached to it. Aphids can grip the flesh of the produce very firmly because of a proboscis (tentacle) that protrudes from the front of their bodies and hooks onto the produce. Aphids are not effectively dislodged from the vegetable's surface by water but soaking the produce in detergent and rinsing the produce under a heavy stream of water effectively dislodges aphids from the surfaces of the produce.

Thrips enlarged to show size. The letter in the original picture is this size: i.
Aphids are approximately the same length and double in width.

2. **Thrips** – a long insect that can be black, brown, green or translucent. Thrips have wings to jump but are incapable of gripping and attaching themselves to the vegetable. Thrips tend to dislodge from produce upon thorough rinsing.
3. **Leaf miner** – a less commonly found insect, it can pierce the outside of the vegetable and eat its way through the flesh of the vegetable, creating very visible tunnel-like lines (often speckled with black dots). Leaf miners leave a clearly and easily discernible trail on the vegetable's surface. Items prone to leaf miners are leek and scallions.

The Thrip Cloth Method

There is an alternate method for checking many items, referred to as the thrip cloth method, and will be referred to at times below. This method differs from the conventional method in a basic way. Instead of checking each item for insects, the cleaning solution is analyzed to ascertain the clean status of the produce and is especially useful for smaller herbs or large quantities of produce. After an initial thorough wash, the produce is rinsed again, and the water filtered through the thrip cloth[1]. If no insects are found, we are assured that the initial rinse did its job properly. It is prudent to familiarize yourself with the insects to accurately identify them on the cloth; this may take a few tries. For information on obtaining a thrip cloth, contact our office.

1. Wash produce well with a detergent-based solution.
   We recommend mixing water and a non-bleach and non-toxic dishwasher detergent solution. Use enough dishwasher detergent that the water feels slippery, approximately 2 tablespoons per gallon of water. Liquid dishwasher detergent is recommended over dish soap, as dish soap produces a substantial amount of suds. Seventh Generation™ is an available and recommended dishwasher detergent.
2. Agitate the produce well in the solution.
   This will allows the solution to loosen the insects' grip on the produce, as well as enter all creases and crevices.
3. It is advisable and practical to rinse each leaf (both sides for lettuce) under a stream of running water. This will better your chances of obtaining a clean product in Step 8.
4. Dispose of the solution.
5. Prepare the same solution again. Soak and agitate the produce in the solution for 15 seconds.
6. Remove the produce from the basin and shake off excess water over the basin.
7. Pour water through the thrip cloth.
   Note: If one does not have a thrip cloth, the water may be checked for infestation by placing a white basin over a light box.
8. Check the thrip cloth over a light box for any insects.
9. If insects are found, repeat steps 1-8. This can be done up to three times. If insects are still found on the third try, the produce should not be used.

BERRIES

BLACKBERRIES are similar to raspberries (see below) and should preferably be avoided.

BLUEBERRIES

Fresh Blueberries (Wild or Cultivated): Agitate the blueberries in soapy water for a minute, then agitate one more time in plain water. Organic and U-pick blueberries are not recommended.

Frozen blueberries, without any kosher sensitive ingredients added, are acceptable without certification. Organic frozen blueberries are not recommended. They may be pureed into liquid for use in purees or juices.

GOJI BERRIES should be avoided.

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[1] Technically, the solution used for the initial rinse can be filtered, and if clean, will assure us of the produces' clean status. This is not recommended, however, as finding insects at this point is to be expected.

RASPBERRIES fall into the category of *muchzak bitolaim* and should be avoided.

STRAWBERRIES

Steps for cleaning fresh strawberries:

1. Carefully cut off the green leaf on top of the strawberry
2. Take approximately one teaspoon of detergent for every half-gallon of water. (The amount of water and detergent will vary depending on the number of berries being washed.)
3. Place strawberries into the detergent solution and vigorously agitate them.
4. After all the berries have been vigorously agitated in the detergent water, allow the berries to soak for 5 minutes.
5. While holding each strawberry in your hand, place the berry under a heavy stream of water, completely rotating the berry from top to bottom and from side to side. When a strawberry has a crevice or indentation, the strawberry should be cut in half and then washed. (Alternatively, that area can be cut away.)
6. After this procedure, and primarily the rinsing of the strawberries, has been followed meticulously, the berries can be dried and eaten, and no inspection is necessary.
7. **For organic strawberries**, repeat the preceding procedures once more.
8. **Frozen strawberries** cannot be properly cleaned. They may be pureed into liquid for use in purees or juices. There are brands of frozen strawberries which bear reliable certification that they are free of insects and may be used. This applies to conventional strawberries only, not organic.
   Note: Some brands bear kosher certification for the ingredients alone. The certification should clearly state that it applies to the insect-free status of the produce.
9. **Freeze-dried strawberries** do not have infestation issues but require reliable kosher certification.

FRUIT

- **Fresh Fruit** are acceptable without certification unless it is imported from Eretz Yisroel. All produce from Eretz Yisroel requires certification to ensure that all appropriate halachos were observed.
- **Canned Fruit** For information on canned products, please see our 'Does it Need a Hechsher (Certification)?' list.
- **Freeze Dried and Spray Dried Fruit** generally require certification.

The following is a list of commonly eaten, processed fruit:

APPLE, dried, require certification.

APRICOT, dried, without additives, do not require certification. Sulfur dioxide is not a concern

BANANA, dried, require certification. **Note:** The correct bracha is Ho'adama.

CAROB, No certification required but requires visual inspection for insects. Powdered carob does not require inspection.

CHERRY, dried, require certification.

CRANBERRY, dried, require certification.

CURRANT, dried, require certification.

DATES, without additives, do not require certification. Dried dates require inspection. Slice open each date and check for worms and beetles inside.

FIGS, without additives, do not require certification but require inspection for insects. Turn the fig inside out and looking for noticeable webbing. After inspecting a few fruit in a package and no webbing is found, no further inspection is necessary.

MANDARIN ORANGE, canned, do not require certification, unless they originate from China or there are added ingredients, such as grape juice (see above).

MANGO, dried, without additives, do not require certification

NECTARINE, dried, without additives, do not require certification. Sulfur dioxide is not a concern.

NUTS, Unflavored raw nuts are acceptable without certification. Nuts which are oil roasted, cooked, boiled, flavored, colored, or have added kosher-sensitive ingredients, require reliable certification. **Note:** The correct bracha for nuts is Ho'etz. Peanuts are legumes and are Ho'adama.

PAPAYA, dried, require certification.

PEACH, dried, without additives, do not require certification Sulfur dioxide is not a concern

PEAR, dried, without additives, do not require certification. Sulfur dioxide is not a concern.

PINEAPPLE, dried, without additives, do not require certification. Sulfur dioxide is not a concern. The correct bracha is Ho'adama.

POMEGRANATE Seeds/Arils**,** without additives, do not require certification.

PRUNES, without additives, do not require certification, Sulfur dioxide is not a concern.

RAISINS:

Golden Raisins: Recent extensive testing has shown an increased infestation issue specifically in golden raisins. As such, golden raisins not be used, regardless of the source, until further notice. Currently, this concern does **not** apply to red raisins or currants.

Red Raisins and **Currants**: It is recommended that red raisins and currants be purchased from companies/stores that have proper storage and quality control practices, and that they be kept in a cool, dry place. Avoid direct sunlight or warm, humid conditions. Domestic raisins do not require certification unless they are oil treated or flavored.

HERBS

FRESH

It is recommended that before cleaning herbs, one should ascertain that they are worthwhile to clean and not too heavily infested. To do this, one should bang the herbs vigorously on a white surface, such as a paper towel. If insects crawl out of the herb upon the first one or two bangs, one should not use these herbs. Oftentimes dill and parsley are wet because they are sprayed for freshness in the

supermarket. If the herbs are wet, banging the herbs will not be effective. Only if the herbs are dry should one bang them to determine whether they are severely infested.

To clean herbs, the **Thrip Cloth Method** is used. The procedure is listed below; for a bit more information on this method, see the paragraph with this title towards the beginning of this document.

1. Wash produce well with detergent. We recommend mixing water and a non-bleach and non-toxic dishwasher detergent solution. Use enough dishwasher detergent that the water feels slippery, approximately 2 tablespoons per gallon of water. Liquid dishwasher detergent is recommended over dish soap, as dish soap produces a substantial amount of suds. Seventh Generation™ is an available and recommended dishwasher detergent.
2. Agitate the produce well in the solution. This will allow the solution to loosen the insects' grip on the produce, as well as enter all creases and crevices.
3. Dispose of the solution.
4. Prepare the same solution again. Soak and agitate the produce in the solution for 15 seconds.
5. Remove the produce from the basin and shake off excess water over the basin.
6. Pour water through the thrip cloth. **Note:** If one does not have a thrip cloth, the water may be checked for infestation by placing a white basin over a light box.
7. Check the thrip cloth over a light box for any insects.
8. If insects are found, repeat steps 1-7. This can be done up to three times. If insects are still found on the third try, the produce should not be used.
9. One who merely wishes to flavor a soup with herbs can wash the herbs and then place them inside a filter bag (also called a Bodek bag), which can be placed inside the soup.

DRIED HERBS AND SPICES

- **Dried herbs** and spices do not require a hechsher unless they are from Israel.
- **Spice blends** generally require a hechsher because of additives. They generally do not require any inspection.

VEGETABLES

This list primarily covers **fresh vegetables only**. For dried or canned products, please see our 'Does it Need a Hechsher (Certification)?' list. Freeze dried products require a reliable kosher certification.

ARTICHOKE

Artichokes are comprised of three parts: a solid bottom, the artichoke leaves, and the artichoke heart.

- **Artichoke bottoms** can be used without any inspection. This applies to frozen bottoms as well.
- **Artichoke leaves** can contain aphids and thrips. They should be plucked from the artichoke heart, washed in detergent, dried, and then inspected carefully for insects.
- **Artichoke hearts** have several layers, and insects can be embedded between these layers. Therefore, it is not recommended to use artichoke hearts.

ARUGULA: Use the **Thrip Cloth Method** described above.

ASPARAGUS

Asparagus can contain thrips in the tip of the asparagus and under the triangles along the sides of the stem. Therefore, it is recommended to cut off the top of the asparagus and peel the sides.

White asparagus is not prone to insects and can be used without inspection.

BARLEY: Place all the barley you wish to use in a white bowl. Fill the bowl with water, a few inches over the level of the barley. Allow to sit for 15-20 minutes. If there are insects present, they will float to the surface.

BOK CHOY: Use the **Thrip Cloth Method** described above.

BROCCOLI

Broccoli can be heavily infested with aphids. In fact, it is possible to find even more than a dozen aphids in a single floret! It is important to note that it is impossible to inspect the depths of a raw broccoli floret without breaking apart the floret. We will use the **Thrip Cloth Method** above with slight adjustments.

Steps for cleaning fresh broccoli:

1. Wash produce well. Whole heads need to be broken down into smaller pieces (1/4 head or smaller) and then soaked first in very warm soapy water for 20-30 minutes. It is recommended to do this process at least twice until the heads loosen up. After soaking, rinse very well under a strong stream of water.
2. Prepare a basin with water and (non-bleach and non-toxic) dishwasher detergent solution. The water should feel slippery.
3. Soak for 30 seconds and then agitate the produce **forcefully** in the solution for 15 seconds.
4. Remove the produce from the basin and shake off excess water over the basin.
5. Pour water through the thrip cloth.
6. Check the thrip cloth over a light box for any insects.
7. If insects are found, repeat steps 1-6. This can be done up to 3 times.

Broccoli Slaw:
Regular and Organic broccoli slaw requires inspection or proper certification due to infestation concerns. They can be inspected using the **Thrip Cloth Method** described above.

BRUSSELS SPROUTS can be infested with insects and cannot be properly inspected while keeping the sprouts intact. Therefore, Brussels sprouts are not recommended.

CABBAGE

Green, Red or Napa Cabbage:
Although the head of cabbage may seem extremely tight and unlikely for insects to exist, the cabbage actually grows 'open'. Only later does it 'close', trapping insects inside!

Cabbage leaves should be completely taken apart and checked with the **Thrip Cloth Method** (see above).

The following is an alternate way to clean cabbage:
1. Freeze the cabbage for 48 hours.
2. Thaw the cabbage enough to enable you to remove the leaves.
3. Under a heavy stream of running water, open **ALL folds and crevices** in the cabbage leaves and rinse thoroughly.
   After one has performed these steps, the cabbage need not be checked.

Prewashed Cabbage:
Prewashed cabbage or coleslaw mix may be used without further checking.
Note: This pertains only to cabbage and not to any other prewashed produce.

CAULIFLOWER

Steps for cleaning fresh cauliflower:

In cauliflower, insects are often wedged between the tightly packed florets. Because the florets are so tightly packed, they must be somewhat opened to enable proper cleaning. We will use the **Thrip Cloth Method** above with slight adjustments.

1. Wash produce well - the whole heads should be broken down into smaller pieces and warm water should be used to soak/wash them. This allows the florets to open.
2. Prepare a basin with water and (non-bleach and non-toxic) dishwasher detergent solution. The solution should feel slippery.
3. Soak for 30 seconds and then agitate the produce **forcefully** in the solution for 15 seconds. The solution must make its way through all the nooks and crannies of the florets.
4. Remove the produce from the basin and shake off the excess solution over the basin.
5. Pour the solution through the thrip cloth.
6. Check the thrip cloth over a light box for any insects.
7. If insects are found, repeat steps 1-6. This can be done up to 3 times.

Cauliflower, riced: Only commercially sold frozen riced cauliflower that is raw, plain and was pre-washed after being riced, is permitted to be used without certification. The cRc has determined that frozen plain riced cauliflower from Birdseye® and Green Giant® meet these criteria and are acceptable at this time. **Note:** For the frozen plain organic variety of these brands, for Trader Joe's® brand (frozen, plain, organic), or for fresh riced cauliflower (including organic): Soak in water mixed with a bit of soap or veggie wash, agitate for 30 seconds and rinse in a strainer.

CELERY: Celery can contain insects in both its leaves and its stem. To render celery insect-free, one should remove the celery leaves and then, with one's thumb or a vegetable brush, follow through the canal on the inside of the celery under a stream of running water.

CHIVES: Use the **Thrip Cloth Method** described above.

COLLARD GREENS: Use the **Thrip Cloth Method** described above.

CORN: Although for the most part corn is not considered a *miut hamatzui*, it is recommended that after cooking the corn one should examine the top of the water for insects. If one finds insects in the water, one should not use the corn. Corn husks (fresh or dried) are not recommended due to infestation.

ENDIVES, fresh: Use the **Thrip Cloth Method** described above.

ENDIVES, BELGIAN: Separate the leaves and wash each one individually under a stream of water.

ESCAROLE: Use the **Thrip Cloth Method** described above.

GARLIC: Remove peel before roasting the garlic as there may be insects under the peel.

LEEK: Do an internal and external inspection for any signs of infestation. Examine the outside for any leaf miner trails. Place into soapy water, then wash each leaf individually under strong running water.

LETTUCE

Hearts of Romaine:

As detailed below, there are two alternative effective checking methods, the conventional and thrip cloth method. The following processes has been proven effective in removing insects from leafy vegetables. This process only works when the steps discussed below are followed exactly, **patiently**, and very thoroughly. Because Hearts of Romaine is a premium product that companies watch carefully, it is less prone to infestation; nonetheless, Hearts of Romaine still contain insects.

1. Separate leaves from the stem.
2. Fill a pan with water and detergent. The pan should be large enough to accommodate the amount of product you are using and still enable you to vigorously agitate the leaves, as described below. The amount of detergent should be enough to make the water feel slippery and be sudsy.
3. Submerge leaves in the pan for 5 minutes.
4. Agitate the leaves in the detergent water so that the detergent loosens insects that are gripping the leaves' surface.
5. After the initial rinse, **choose from the two checking options below:**

Thrip Cloth Method:

This method will require an extra wash and filter the water for inspection. For a bit more information on this method, see the paragraph with this title towards the beginning of this document.

a) After steps 1-4 above, it is advisable and practical to rinse each leaf (both sides) under a stream of running water.
This will better your chances of obtaining a clean product in Step F.

b) Prepare a basin with water and a non-bleach and non-toxic dishwasher detergent solution. The water should feel slippery.
Liquid dishwasher detergent is recommended over dish soap, as dish soap produces a substantial amount of suds. Seventh Generation™ is an available and recommended dishwasher detergent.

c) Agitate the produce in the solution for 15 seconds.

d) Remove the produce from the basin and shake off excess water over the basin.

Conventional Method:

This method will require an actual inspection of large percentage of the produce.

a) After steps 1-4 above, under a **heavy stream of water**, thoroughly rinse each leaf individually. Every leaf must be totally opened when rinsing, exposing **ALL folds and crevices**.

b) All leaves must be examined. Initially, one must check a large portion of the leaves, up to almost 50%, to ascertain that one has followed all of the steps satisfactorily and that the washing process has been so effective that it is in lieu of checking every single leaf. (As time progresses and one masters the washing procedure, one can reduce the amount of leaves that one checks.)

c) If, upon checking a random sample of leaves, one finds even one insect, one must repeat steps 2-5 more carefully. The above procedure must be

e) Pour water through the thrip cloth. **Note:** If one does not have a thrip cloth, the water may be checked for infestation by placing a white basin over a light box.
f) Check the thrip cloth over a light box for any insects.
g) If insects are found, repeat steps a-f. This can be done up to three times.
h) If insects are still found on the third try, the produce should not be used.

repeated as many times as is necessary until the inspected leaves are completely free of insects.

d) **Because** Hearts of Romaine are less prone to insects than other types of lettuce, one who has mastered the procedure does not need to check more than 20% of the leaves for insects after performing the procedure carefully and meticulously. If, after randomly checking 20% of the cleaned leaves, one finds no insects, one can be rest assured that the other 80% is insect-free, too.

Note: Nowadays small and convenient light boxes are sold. It would be worthwhile to use a light box to check leaves efficiently and comprehensively. An alternative to a light box is inspecting the leaves in such a manner that the leaves are illuminated from below rather than from above.

Whole Romaine lettuce:
In contrast to Hearts of Romaine, ordinary Romaine lettuce is more prone to insects. Therefore, if one utilizes the conventional method of checking detailed above (under **Hearts of Romaine**), one must check **all** the leaves before one can be sure that the batch is insect-free. It is recommended not to purchase Organic Romaine, due to greater insect infestation.

Iceberg lettuce:
Use the same washing procedure as **Hearts of Romaine**

Other lettuces: Bib, Boston, Green-Leaf, and Red-Leaf:
These lettuces are curlier than Hearts of Romaine. Therefore, when dealing with these lettuces, one should follow the procedure described above (under **Hearts of Romaine**), and if choosing to use the conventional method (as opposed to the thrip cloth method), inspect a high percentage of the leaves. Until one becomes proficient, one will need to inspect all the lettuce leaves to be certain that the washing procedure has yielded a totally clean product. As one gets more proficient, they can reduce the checking to 50%.

KALE: Use the **Thrip Cloth Method** described above. **Curly Kale** should be avoided, as it is difficult to clean and check.

MICROGREENS: Use the **Thrip Cloth Method** described above.

MUSHROOMS: Fresh mushrooms should be washed well and visually inspected for anything unusual. If they originate from China, they may be infested with insects and should be avoided. **Morel**, **Oyster** and **Porcini** mushrooms should be avoided.

ONIONS: **No Checking Required, unless** there is a reason to suspect infestation. If one insect is found, carefully check the entire onion. Signs of insect infestation include holes in the skin or soft spots.

PEAS

Black-eyed Peas:

- **Dried** should be boiled in water. After they have been fully cooked, allow the peas to soak in the water for 2-3 hours. The peas will then swell and the peel will become translucent. Check as instructed below.
- **Canned or Frozen** may be checked straight out of the can or bag. There is no need to boil or soak.
- To check, inspect the peas for holes or dark-colored stains, as these may indicate an insect beneath the thin peel. If there is a dark spot on the peel, remove the thin skin and check if there is a cavity with an insect in it. **Note** that the black "eye" is not a sign of infestation. Similarly, orange-colored stains on the surface are not signs of infestation. Only dark or black stains are of concern.

Sugar Snap Peas and Snow Peas:

- Produce sold in retail bags marked 'Washed (or Triple-Washed), Ready-to-Eat': No checking or further washing is required.
- Bulk (loose)/ Raw / Unwashed: Follow these steps:
  Prepare a basin of detergent solution, using at least 2 tablespoons of detergent per gallon of water. Agitate the peas in the solution for 10-15 seconds. Let the peas soak in the solution for at least one minute. Rinse the peas well to ensure the soap is removed. No checking or further washing is required.
- Frozen (sometimes called IQF, Individually Quick Frozen): Soak and agitate in soapy water for 30 seconds. Remove peas and discard water. Then soak and agitate in plain water for 30 seconds.

Other Peas do not require checking or cleaning.

PEPPERS

Bell Peppers, fresh: All **bell peppers** must have the crown/stem area removed and the rest of the outside of the pepper be rinsed and rubbed (especially in the grooves) under running water. This is true for **mini peppers** as well. They may not be roasted whole. The crown/stem area must be chopped off, and then washed and rubbed very well.

Frozen: Peppers which are sold frozen (also known as IQF) do not require cleaning.

PINEAPPLE: Mites are often found in the crown and outer rind, as well as inside the blossom cups and crevices if the pineapple is not peeled properly. The pineapple should be peeled until only yellow fruit is visible. The fruit and cutting board should be rinsed after peeling since the insects often crawl onto the cutting board. The crown and rind should not be used on decorative platters since the insects can transfer to other fruit.

QUINOA

Quinoa (a grain) has often been found to be infested with booklice or mites.
All quinoa should be checked prior to usage, even when there is a hechsher on the package. Infestation issues arise from improper storage, which is beyond the control of any hashgacha.
The following is the recommended way to check **raw** quinoa:

1. Place quinoa (no more than 16oz at a time) in a strainer with holes small enough that it won't fall through, ideally #15-25 size mesh.
2. Shake the quinoa over a white paper or light box for approx. 25-30 seconds

3. Check the surface of the paper or light box for insects. If any insects are found, the quinoa should not be used.

RADICCHIO is a bitter-tasting lettuce that is not infested with insects. Therefore, one can use radicchio after separating leaves & washing it thoroughly.

RICE

Brown Rice:

1) Place the brown rice (no more than 16oz at a time) in a mesh strainer. Mesh size should ideally be #12 mesh or larger.
2) Shake the brown rice over a lightbox or white paper for 25-30 seconds.
3) Examine the surface of the lightbox or paper for any insect presence. If no insects are found, the rice may be used. If any insects are found, the rice should not be used. The most common insects being found are beetles and weevils.

White Rice can be used without inspection. It is prudent to properly seal and store in a cool dry area as improper storage can lead to infestation issues.

SCALLIONS/GREEN ONIONS

The insects most commonly found in scallions are translucent thrips, which are often found near the area where the chutes emerge from the scallion's stem (starting from where the chutes come out of the stem and descending 1-1.5 inches below this point). Thrips can also be found crawling along the inside of the green chutes. A second type of insect that scallions contain is the leaf miner. The presence of a leaf miner would be marked by zigzag trail patterns found on the scallion chutes (see picture).

Steps for cleaning scallions: Check for leaf miners on the tubes/stems. If a leaf miner trail is found, remove the entire trail.

1) Dice the entire scallion into small pieces. Place into a bowl of water with a little bit of soap (or vegetable wash) and agitate for approximately 30 seconds. Pour into a strainer and rinse.
2) Alternatively, slice the entire scallion across its length, and check carefully for insects

SPINACH: Use the **Thrip Cloth Method** described above.