BUG FAQ's

- Q. I have heard that you can take a problematic fruit or vegetable and puree it to make it kosher. Are dead bugs kosher?
- A. Dead bugs are <u>not</u> kosher. A bug that is disintegrated and is mixed into 60 or more parts is *batul* and is permitted. In general, one would not be permitted to perform this act by oneself. But for fruits and vegetables that may be infested, such as broccoli, once an item has been washed and rinsed as best as possible (in vegetable wash etc.) one <u>may</u> puree (to a liquid substance) the vegetable so as to disintegrate the bug. The mixture is then permitted.
- Q. If strawberries, raspberries and other berries are so difficult to check and clean, how could the COR and other prominent kashruth agencies certify fruit jams and yogurts?
- A. We may rely on a halachic principle called *sfek sfeyka* "double (or triple) doubt". It is possible that there are no bugs on a berry. Even if there was a bug, it is possible that it has been washed off during pre-washing. Finally, these items are always pre-cooked. It is, therefore, possible that the insect has disintegrated and is *batul*.
- Q. Dill is on your list of produce that may not be used at all. What about dill pickles?
- A. Many brands of dill pickles already filter the dill out of the jar at the production facility. For the one's that do not (dill will be clearly visible in the jar), one <u>must</u> wash the pickle before consumption.
- Q. If herbs are so hard to check and clean, why can we use them in a gourmet bag? How fine must the mesh be?
- A. The *taste* of a bug is permitted for consumption. As long as we can ensure that the actual bug does not make its way into the mixture, even if it is cooked together with the mixture, it is permitted. The mesh must be fine enough to ensure that even small bugs will not slip through holes. A gourmet bag or a *Bodek* bag is adequate. A cheese-cloth is not adequate.
- Q. Do flour, pasta, or rice have to be checked?
- A. Flour, pasta and rice may develop worms when stored in warm areas such as next to ovens or oven vents. Infestation is more prevalent in summer months. It is also more prevalent in *yoshon* flour. These items should be stored in cool places. When properly stored, it is unusual to find worms in Canada and the US. Many have the custom of checking these items regardless. One should follow one's own

The COR Guide to Preparing Fruits and Vegetables



Kashruth Council of Canada

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Credit:

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INSTRUCTIONS FOR WASHING AND CHECKING FRUITS AND VEGETABLES FOR USE AT ALL CERTIFIED CATERERS AND FOOD ESTABLISHMENTS:

FRESH	TYPE OF	LOCATION OF	
			METHOD OF INSPECTION
VEGETABLES Artichoke	Aphids and thrips	On the surface and lodged deep between the leaves	Leaves and Heart of the Artichoke: May not be used even with hashgacha Solid Artichoke Bottom: 1. Rinse prior to use 2. Make certain that no leaves are attached No further checking is necessary
Arugula	Thrips or leaf miner worms (indicated by trails)	In the leaf curls and inside the leaf	See Appendix A for details
Asparagus	Thrips	Under triangle parts, along the stem, and in the tips at the top of the asparagus	Green Asparagus: 1. Shave down the tips located on the head 2. Remove the triangle parts along the side of the asparagus – ensure that the asparagus is smooth 3. Wash thoroughly No further checking is necessary Canned: May not be used Frozen: May not be used unless bearing an acceptable hashgacha and clearly stipulating that "no further checking is required" White Asparagus: Wash thoroughly before use; no further checking is necessary
Broccoli	Aphids, thrips, spider mites, or broccoli worm; some of these insects may appear brownish after parboiling process.	Lodged in the floret head or at the base of the under-part area connecting the floret to the stem	Florets Fresh: Fresh broccoli may not be used Frozen: Only Eden and Bodek frozen broccoli brands are currently acceptable Stems only: Wash thoroughly; no further checking is necessary
Brussels Sprouts			May not be used Frozen: May not be used unless bearing an acceptable hashgacha and clearly stipulating that "no further checking is required"

Cabbage	Thrips and	Most often in the	U.S. CABBAGE ONLY
	cabbageworms	outermost three layers	Green Cabbage:
		(6 leaves i.e. 2 leaves	Detach outer loose leaves ("wrapper leaves") and
		on each layer) of the	discard
		cabbage head	Core the cabbage and if desired split the head in half or quarters
			3. Check the first three leaves of each of the halves
			or quarters on a light box
			4. Check both sides of each leaf
			If no insects are found:
			 No further checking is necessary
			 Remaining leaves must be washed before use
			NOTE: For use in coleslaw, wash after shredding
			If one or two insects are found:
			 Additional 3 layers must be checked and entire process repeated
			If three or more insects are found:
			All remaining leaves must be carefully checked
			under a light box before use, even after washing
			is done
			Bloombooking
			Please be advised:
			It is not sufficient to do sample checks of a few cabbages in a case. Rather, <u>all</u> the heads of
			cabbages in a case or sack must be checked.
			2. In the warmer months i.e. May through October,
			checking must be carried out with extra vigilance,
			as infestation is more common.
			3. When infested heads are found, the remaining
			heads in its case must be checked with extra
			vigilance.
			Red Cabbage:
			Detach wrapper leaves and discard
			Core and split the cabbage in half
			Wash leaves of the cabbage thoroughly
			4. If being shredded, cabbage must be washed after
			shredding
			No further checking is necessary
			Stuffed Cabbage: Where stuffed cabbage is desired, an
			easier method may be employed as follows:
			Place heads of cabbage in the freezer for 48
			hours
			Allow cabbage to defrost and then wash both sides of each loof under a strang strang of
			sides of each leaf under a strong stream of running water
			3. Ensure that the running water has reached all
			folds and crevices of the cabbage
			ONTARIO CABBAGE
			See Appendix B for details Fresh: See Appendix C for details
	Thrips,	Surface of cauliflower	1 10311. Oce Appendix O IOI details
Cauliflower	cabbageworms	or between the tightly	Frozen: May be used when bearing an acceptable
	or mites	small packed florets	hashgacha

	•		
Celery	Thrips, flies or leaf miner worms (indicated by trails)	On inside and outside of stalk, or buried in flesh of the celery	Cleaning Procedure: 1. Remove all side branches containing leaves 2. Cut off small piece from the bottom of the celery 3. Hold celery firmly under heavy stream of water 4. Brush down both inside and outside of stalk with finger (firmly and rigorously) or a vegetable brush No further checking is necessary Check for damage on the stalk which may indicate the presence of a leaf minor If a worm trail is spotted 1. Slit open the celery stalk 2. Remove worm and the entire leaf miner trail 3. Wash thoroughly
Edible Flowers	Thrips	At the base of each flower and between the flowers	May not be used except: Purple orchids : Check by thoroughly examining each individual orchid for the presence of thrips which must be removed
Endives (from Belgium)	Thrips	On the surface of the leaf	Remove leaves and wash thoroughly No further checking necessary
Friesse			May not be used
Iceberg Lettuce	Aphids, thrips or spider mites	In the fold and crevices, generally on the first four outer layers (can be deeper inside)	See Appendix B for details See Appendix D for details regarding pre-washed lettuce
Kale			Wash before use
Mesculun/Spring Mixes			May not be used
Mushrooms	Flies, White and Red Worms	Embedded in under part or in inner sections of the mushroom	Shitake and Button: Wash thoroughly; no further checking is necessary Oyster: May not be used Portobello: May be used after the following procedure: 1. Remove stem 2. Remove entire brown fanlike under-part (which can be easily done with a metal teaspoon) 3. Wash thoroughly and use NOTE: For use of the portobello stem wash carefully and thoroughly. No further checking is necessary
Onions (i.e., Red, Yellow, and Spanish)	Thrips and spider mites	Found on the outside layers of the onions	Cleaning Procedure: 1. Peel outer layers and discard 2. Rub in hands while washing under water 3. Examine outer layer for presence of insects

Open Leaf Lettuce (e.g. green/red leaf, Boston, chicory, (curly endive) bok choy, romaine, Napa {Chinese cabbage} etc.)	Aphids, thrips, mites or leaf miners (during warmer months on outer leaves)	On the surface of the leaf, inside the leaf (leaf miners) or in the inner leaves	See Appendix A for details See Appendix D for details regarding pre-washed lettuce Bok Choy: In addition to the guidelines set out in Appendix A, the bottom must be cut off
Scallion (Green Onion)/Leek	Light green or light brown thrips or leaf miner worms (indicated by trails)	The upper area of the bottom portion of the scallion, where shoots branch off and on the outside part of the green shoots where leaf miner trails can also be found	Cleaning Procedure: 1. Slit open all scallions from top to bottom 2. Loosen with your fingers the layers of the bottom portion of the scallion 3. Rinse the entire scallion under a heavy stream of water allowing the stream to go between the layers of the scallion, allowing the water to also go through the shoot of the scallion where the shoot connects branching out from the lower section The green shoot of the scallions should be examined for the presence of leaf miners: If a trail is found cut off that piece of the shoot If no trails are found the scallion or leek may be used
Spinach	Thrips, mites or leaf miner worms (indicated by trails)	In the leaf curls on the surface or inside of the leaf	Curly Leaf Spinach: May not be used Flat leaf or Baby Spinach: See Appendix A for details Frozen: May not be used unless bearing an acceptable hashgacha and clearly stipulating that "no further checking is required"
Watercress			May not be used
HERBS	TYPE OF INSECT	LOCATION OF INSECT	METHOD OF INSPECTION
All Fresh Herbs for use in soup			 Wash herbs thoroughly with vegetable wash or a similar soapy solution and rinse thoroughly Place in a gourmet or cooking bag and tie tightly No further checking is necessary
Dehydrated Herbs			All dehydrated herbs may be used without checking NOTE: A reliable hashgacha is necessary
Basil	Thrips or leaf miner worms (indicated by trails)	In the leaf curls and inside the leaf	See Appendix A for details

Fresh Herbs: Cilantro, coriander, flat parsley, mint, oregano Specialty Herbs: Thyme, rosemary, sage, tarragon	Aphids, thrips, or spider mites	On surface of the leaves	Cleaning Procedure: 1. Soak herbs in a large rectangular bowl (preferably made of glass) 2. Add several drops of vegetable wash or a similar soapy solution 3. Agitate herbs in the water 4. Remove herbs (save the water) and rinse thoroughly under a heavy stream of water 5. Allow foam of soapy solution to clear and fill up a large glass bowl or rectangular receptacle with a sample of the rinsing water 6. In a well-lit area, put the glass bowl or rectangular receptacle on a light box and carefully examine water for the presence of thrips 7. Fill two more bowls and check the same way If no insects are found rinse and no further checking is necessary If even one insect is found all of the herbs must be checked individually If checking is not practical the herbs may not be used
Dill, Curley Parsley	Aphids, thrips, or spider mites	On surface of the leaves	May not be used
FRESH BERRIES	TYPE OF INSECT	LOCATION OF INSECT	METHOD OF INSPECTION
Blackberry	Thrips or mites	On surface of berry, nestled in crevices	May not be used
Blueberry	Generally insect- free		Cultivated: Place in a strainer or colander and wash thoroughly under running water. No further checking is necessary. NOTE: If the blueberry is bruised or blemished then it must be checked for infestation Wild blueberries: May not be used without checking

Strawberry	Aphids, thrips, or mites	Under green leaf or on surface of berry	Common (short-stem) strawberries: 1. Carefully remove green leaf without making a hole in the top (If a hole was made, the strawberry must be cut in half allowing both the inside and the outside of the strawberry to be washed) 2. Place in a clean plugged up sink with cold water while adding a sufficient amount (until bubbles appear in the water) of vegetable wash or similar soapy solution 3. Allow to soak for 1-2 minutes 4. Agitate in water 5. Carefully wash off entire surface of the strawberries under a heavy stream of water (drying berries is recommended to maintain freshness) No further checking is necessary Long Stem Strawberries: Without Green Stem – Follow procedure for short-stem strawberries steps 2-5 as delineated above With Green Stem – If green leaf is desired then proceed as follows: 1. Berry must be soaked with vegetable wash or similar soapy solution and agitated, focusing under the green leaf area 2. Carefully rinse each berry individually under a stream of water, covering the entire surface of the berry An alternative method has been devised when washing will ruin the berries (i.e., washing on Friday for Sunday jobs) as follows: 1. Take each berry, hold firmly, and lift up green top 2. While holding the berry firmly, take a soft bristle brush (i.e., a makeup brush or something similar) and thoroughly brush down entire surface of berry from top to bottom 3. After berry brushing has been finished, the entire surface of each berry must be inspected for the presence of thrips, aphids or mites in an extremely well-lit area 4. If strawberries are found to be infested, the entire pallet may not be used This alternative method is very difficult due to the necessity of checking each berry. This is especially true when many flats/cases of long stem berries are being used.
Raspberry	Thrips or Mites	Nestled on the surface of the berry as well as inside the open cavity	May not be used

Dice	TYPE OF	LOCATION OF	METHOD OF INSPECTION
RICE	INSECT	INSECT	METHOD OF INSPECTION
Basmati	Thrips	On top of the rice grain	Place three large cups of rice from the bag in a bowl of water Agitate, and then allow to stand for 2-3 minutes Carefully examine the water for insects, which will normally float to the top If insects are found, the entire bag is likely to be infested and must be checked
Wild rice	Worms	On top of the rice grain	 Place three large cups of rice from the bag in a bowl of water Agitate, and then allow to stand for 2-3 minutes Carefully examine the water for worms, which will float to the top If worms are discovered, the entire bag should be checked
GRAINS AND	white paper plate	e and look for obvious si	
BEANS Flour, pasta and rice	These items sho develop when sto during the warm through the winte When properly s Canada and the	ored in warm areas. The summer months. Additi er. Store these items in a tored, it is unusual to fin	ved for obvious signs of infestation; worms may e presence of infestation is much more prevalent ionally, infestation may occur to yoshon flour stored a cool, dry place or, when possible, refrigerated. d worms in these products especially those made in d, the entire box or bag must be carefully sifted or
FRUIT	TYPE OF	LOCATION OF INSECT	METHOD OF INSPECTION
Date	Worms	Inside of date	Dried: Take 3-5 dates from container, slice lengthwise and examine, opening up the date completely, examining for worms. No checking necessary when using pitted dates.
Fig	Wasps or worms	Inside of fig	Fresh: 1. Cut stem off the fig 2. Slice 3-5 figs from each package and turn inside out 3. Look for webbing when examining seeded section 4. Examine for any signs of damage Dried: May not be used
Nuts, cashews	Worms		Cashews: Should be avoided when the shell appears perforated with small holes. This may be a sign of infestation. Other nuts: Look for obvious signs of infestation (i.e., shells perforated or small holes)
SEAWEED/ NORI SHEETS	Sea insects- mini scorpions and mini seahorses as well as other small mites.	On the surface of the leaf. Resembles small white seahorses or white worms.	Star-K and RCC-K Hashgachos: Spot check by taking 1 sample sheet from each package and examine carefully by placing above direct light. Both sides of the Nori sheets should be checked Other Brands with acceptable hashgacha: Spot check by taking 3 sample sheets from each package and examine them carefully by placing above direct light. Both sides of the Nori sheets should be checked **Further research is being conducted NOTE: Seaweed/Nori Sheets must carry a reliable hashgacha

PRODUCE NOT TO BE USED AT ALL
Artichoke leaves and hearts
Blackberries
Brussels sprouts
Canned asparagus
Curly leaf spinach
Dill
Edible flowers
Fresh broccoli
Friesse
Mesculun Mix, Spring Mix, Mixed Baby Greens
Oyster Mushrooms
Curley Parsley
Raspberries
Watercress

Appendix A

The following leafy vegetables are subject to the procedure described below:

ARUGULA
BASIL
OPEN LEAF LETTUCE
GREEN AND RED LEAF
BOK CHOY
Boston
CHICORY
CURLY ENDIVE
NAPA (CHINESE CABBAGE)
ROMAINE
OTHER OPEN LEAF LETTUCE
SPINACH: FLAT LEAF AND BABY

PART 1 OF 2

The following process serves to ensure that the aforementioned vegetables are cleaned properly from infestation of aphids and thrips. Care must be taken to follow this process meticulously and with patience. Failure to do so may result in failure to remove insects.

- Add cold water and sufficient amount of vegetable wash or other similar soapy solution to a clean sink that has already been plugged or other similar container. The proper amount of vegetable wash has been added when some bubbles are observed in the water.
- 2) Place vegetables in water. Vegetables must be thoroughly agitated while assuring that entire vegetable has been immersed in the water.
- 3) Remove vegetables from water. **All** crevices and folds of the leaves must be opened while rinsing them under a strong stream of water. This washing process should be done to both sides of the leaf.
- 4) For All leaves excluding Romaine: At least three large handfuls (larger quantities require more checking) must be checked over a light box to verify that the washing procedure has been effective. Pay careful attention to the folds and crevices in the leaf where insects have been known to hold tight through several washings

NOTE: If it is practical, it is best to check each leaf individually

NOTE: A vegetable spinner is recommended. The advantages are that the leaves will stay fresh and moist for a longer period of time and it will help free the leaves from insects. Three large handfuls of leaves from different areas of the bin must be checked over a light box.

5) For Romaine: Each individual leaf must then be checked on both sides on a light box. Spot-checking is not adequate.

PART 2 OF 2

In addition to thrips and aphids, leaf miners are often found in the aforementioned vegetables. Leaf miners will leave visible trails that can be spotted on the leaf.

- 1) Take three large handfuls of product and place on a light box
- 2) Check both sides of the leaf, focusing on sighting the trails
- 3) If no insects are found, the rest may be processed without further checking
- 4) If one or two insects are found in the initial handfuls, three more handfuls must be checked and the process repeated
- 5) If three or more insects are found in the initial handfuls, ALL the leaves must be checked before further processing can take place

Appendix B

This Appendix addresses iceberg lettuce and Ontario cabbage

The following process serves to ensure that the aforementioned vegetables are cleaned properly from infestation of aphids and thrips. Care must be taken to follow this process meticulously and with patience. Failure to do so may result in failure to remove insects.

- Add cold water and sufficient amount of vegetable wash or other similar soapy solution to a clean sink that has already been plugged or other similar container. The proper amount of vegetable wash has been added when some bubbles are observed in the water.
- 2) Place vegetables in water. Vegetables must be thoroughly agitated while assuring that entire vegetable has been immersed in the water.
- 3) Remove vegetables from water. **All** crevices and folds of the leaves must be opened while rinsing them under a strong stream of water. This washing process should be done to both sides of the leaf.

NOTE: If Ontario Cabbage is being used for coleslaw the above procedure may be carried out after shredding is done

Appendix C

This Appendix describes the washing and checking procedure for fresh cauliflower

- 1) Cut into small pieces ensure that the entire inside of each floret is visible
- 2) Add cold water and sufficient amount of vegetable wash or other similar soapy solution to a clean sink that has already been plugged or other similar container. The proper amount of vegetable wash has been added when some bubbles are observed in the water.
- 3) Check 3 small pieces per head of cauliflower on a light box
- 4) If even **one** insect is found, the entire head must be checked for more insects
- 5) If three insects are found, the head of cauliflower is deemed to be infested and must be discarded; further washing is not permitted

NOTE: This procedure must be performed on each individual head

Appendix D

This Appendix is devoted to pre-washed lettuce and salad mixes

 No Hashgacha – Pre-washed vegetables and salad mixes that do not bear an acceptable hashgacha will be treated as if they were not prewashed

2) Hashgacha:

- Iceberg lettuce must be looked over for signs of infestation
- If the hashgacha on iceberg lettuce clearly states "no further checking necessary" example: Bodek, it is allowed without checking
- Open Leaf Lettuce/Romaine lettuce/Baby Spinach and various salad mixes that incorporate these vegetables should be treated as if they were not pre-washed: See Appendix A for details

Appendix E

This Appendix delineates points that the Mashgiach (and the owner) must be aware of:

- 1) If ever a doubt arises please call the COR office and ask to speak with Rabbi Heber at ext. 365 or Rabbi Teichman at ext. 282. We are available for you and will return calls and queries as soon as possible.
- 2) It cannot be stressed enough that in order for a Mashgiach's system of Bedika to work, the kitchen staff must be familiar with and completely aware of the importance of vegetable inspection. Therefore, a foolproof system must be developed between the Mashgiach and the kitchen staff to distinguish between inspected vegetables and non-inspected vegetables. One approach is to designate marked bowls or other containers in which only checked vegetables would be placed by the Mashgiach. Afterwards, the kitchen staff can draw from those bowls as needed.
- 3) The Mashgiach must be organized. In order to be effective, he should start his vegetable inspection early enough to allow time for careful and thorough checking. The Mashgiach can also demonstrate to a responsible member of the kitchen staff how to break up and wash each vegetable prior to Bedika. It is also important for the Mashgiach to show this worker what the actual insects look like. After the designated individual has completed the thorough washing, the Mashgiach must visually inspect the vegetables. This system can save the Mashgiach many valuable hours.
- 4) When vegetables are being prepared for a large affair, it is extremely advisable to check as many vegetables as possible the day before the affair. This will relieve a great deal of pressure and allow the Mashgiach to perform a more methodical and thorough checking.
- 5) In the event that the Mashgiach notices the kitchen running short of vegetables, or if there is a large party, he should be prepared to check vegetables immediately. Vegetable checking should be avoided during peak hours when the Mashgiach's services are often needed elsewhere.
- 6) Signs should be placed in English and any other language spoken by the staff, informing them that unchecked vegetables are not to be used under any circumstance.
- 7) Every food establishment that sells or serves any of the aforementioned produce that require checking for insects is now required to purchase a light-box. Lightboxes will be available for purchase at a discounted rate through the Kashruth Council of Canada.

- custom or refer to the COR Guide. Wild rice and basmati are often infested (see COR Guide).
- Q. Can we be sure that all certifying agencies across North America have the same standards for preparing fruits and vegetables as COR?
- A. No. One should always verify with one's own Rav or with the COR office as to the standards of a particular certification agency.
- Q. I read in the CJN that your mashgichim are using microscopes to check. I thought that anything that is not visible to the naked eye is allowed?
- A. Mashgichim do not check with microscopes. Some carry a 10X microscope for inspection of dots or spots that they are unsure about.
- Q. Is a light-box really required?
- A. We must ensure that we can place or hold the leaf in between the source of light and our eye. Because leaves are translucent and bugs are not, one will be able to identify a foreign object on the leaf. With a light-box, we can accomplish this goal. An alternative would be to hold the leaf up against a window on a bright, sunny day.
- Q. Is there a way to check broccoli?
- A. Yes. Please note that our Guide is tailored for large-scale restaurants and caterers where it may not be practical to spend the necessary time checking the more tedious items. At home, this may be a feasible option. Please refer to the following link for a copy of the OU Guide and clear instructions for cleaning broccoli and other problematic items.

 http://oukosher.org/images/uploads/OU_Guide_to_Fruits__Veg.pdf
- Q. If herbs are infested produce, then why are dried herbs certified? I cannot believe that a mashgiach sits at these large companies and checks for bugs!
- A. Dried herbs do not have to be checked for bugs. Halacha assumes that the bug disintegrates during the drying process.