

Fruit and Vegetable Inspection Chart

This is only a brief summary to serve as a quick reference guide. Please do not rely on this summary alone.

Fresh Vegetables	Type of Insect*	Location of Insect	Method of Inspection**
ARTICHOKE 	Aphids and thrips	Deep between the leaves	Artichoke leaves: Examine one by one. Heart of the artichoke: Spread apart the artichoke leaves; carefully examine around and between the leaves. If no sign of insect infestation, wash thoroughly. Due to the difficulty involved in checking, they are not allowed in OU restaurants. Solid artichoke bottom: No inspection. Rinse prior to using.
ASPARAGUS 	Thrips	Under triangle parts along the stem and in the tips	Green asparagus: Shave down the tips; remove the triangle parts along the stem and in the tips. White asparagus: Wash thoroughly before using.
BEANS 	Worms, when stored prolonged or improperly	Can be in the middle of the bean	Soak for approximately 1/2 hour; remove wormy beans that float to top of water.
BROCCOLI 	Aphids, thrips or broccoli worm; may appear brownish after parboiling	Lodged in the floret head, or at the base of area connecting the floret to the stem	Fresh broccoli, stems: Wash thoroughly. Fresh broccoli, whole: Parboil for no more than 1 minute. Segregate each head individually. Look carefully at the branched area of each floret, in the crevice formed by two branches forking out from a single trunk like a Y; spread apart each floret head and look through the florets, into the branch area; if 1 or 2 insects are found, continue examining the remaining sections of head; if 3 insects are found, the entire head should be discarded.
CABBAGE 	Thrips or cabbageworms	Most often in the outermost six leaves	Green cabbage: Detach loose leaves; discard; core the cabbage and split head in half. Peel 3 layers; carefully check these 6 leaves under direct light; check both sides. If 1-2 insects are found, they and the remaining leaves of the head may be used without further checking providing the remaining leaves are tightly packed together; it is recommended that the remaining leaves be washed before use.

* Aphids – size of a pin head, light-green, round insects; Thrips – size of a “1” in a dollar bill serial number; linear, black or grayish insects.

** When checking leafy vegetables or herbs on a light box, both sides of each leaf must be checked.

Fresh Vegetables	Type of Insect*	Location of Insect	Method of Inspection**
	Thrips or cabbageworms	Most often in the outermost six leaves	<p>If 3 or more insects are found, the remaining leaves must be washed and checked before use.</p> <p>Red cabbage: Detach loose leaves; discard. Core and split the cabbage in half. Wash both sides of each leaf; wash in colander if shredded; no inspection necessary.</p>
CAULIFLOWER 	Thrips or small orange insects	Inside or between small thin white branches	Separate and remove florets from stem. Take several pieces and examine the under part of the floret; wash thoroughly.
CELERY 	Thrips, flies or worms	On inside and outside of stalk, especially close to base or on leaves	Remove all leaves; hold celery firmly under heavy stream of water; brush down both inside and outside of stalk with finger or a vegetable brush; if a worm burrow is spotted, slit open celery stalk, remove worm, and wash thoroughly. Leaves must be washed with soapy solution.
ENDIVES 	Thrips	On leaf	Remove leaves and wash, no visual inspection needed.
HERBS 	Aphids or thrips	On surface of leaves or stem	Soak in cold water; add several drops of concentrated, non-scented liquid detergent or vegetable wash; agitate herbs in the water, removing all foreign matter and soap from leaf surface; alternatively, a vegetable brush may be used on both sides of leaf. Check each leaf on both sides under direct light. If one or two insects are found, rewash the herbs.
ICEBERG LETTUCE 	Aphids or thrips	In the folds and crevices of the first four layers	Detach loose leaves; discard; core lettuce; split head in half; peel 4 layers off the head; carefully check these leaves by holding the leaf under direct light; check both sides of each leaf. If 1-2 insects are found, the head may be used without further checking provided the remaining leaves are tightly packed together; it is recommended that remaining leaves be washed before use; if 3 or more insects are found, the remaining leaves must be washed and checked before use.
MUSHROOMS 	Small white or red worms	Imbedded in under part or in inner sections of mushroom	<p>Shiitake and Button: wash thoroughly.</p> <p>Oyster: Break apart in several places, especially the base, examine inner sections. If insects are found, discard mushroom.</p> <p>Portobello: remove stem, examine detached cap. Remove entire brown fan-like under-part. Wash thoroughly.</p>

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OPEN LEAF LETTUCE  (e.g., green/red leaf, Boston, chicory, bok choy, romaine, etc.)	Aphids or thrips	Found even in the inner leaves due to its open growth	Cut off lettuce base; soak lettuce in cold water with several drops of concentrated, non-scented liquid detergent or vegetable wash; agitate leaves using a heavy stream of water to remove all foreign matter and soap from leaf surface or use a vegetable brush on both sides of the leaf; check leaves under direct light.
ONION 	Thrips	Tips or outer layers	Cut off onion tips; peel off inedible and loose layers of skin; wash thoroughly
SCALLIONS 	Light-green or brown thrips	Mostly in upper area of bulb, also between branches and occasionally on outside and inside of shoots	Cut scallion root from top to the bottom of bulb; examine between thin layers where they merge from the bulb. If no insects are found, the remaining scallions may be consumed after thorough washing. If insects are found, the entire head must be checked carefully.
SPINACH & ARUGULA 	Thrips or worms	In curls and inside of leaf	Soak in cold water; add several drops of concentrated non-scented liquid detergent or vegetable wash; agitate leaves in water to wash their surface; use a heavy stream of water to remove all foreign matter and soap from surface of the leaf; check leaves under direct light.

Frozen Vegetables	Type of Insect*	Location of Insect	Method of Inspection**
ASPARAGUS	Thrips	See "Fresh"	Not recommended.
BROCCOLI (spears or florets only)	Aphids, thrips, or worms	Lodged in the floret head, or at the base of area connecting the floret	Allow to thaw completely; look carefully at branched area of each floret, in the crevice formed by two branches forking out from a single trunk like a Y; inspect inside the floret from the top into the branch area. If 3 insects are found, the entire package should be discarded. Frozen broccoli is difficult to check; it is therefore best to avoid uncertified product.
CAULIFLOWER	Thrips	See "Fresh"	Same as fresh.

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** *When checking leafy vegetables or herbs on a light box, both sides of each leaf must be checked.*

Canned Vegetables	Type of Insect*	Location of Insect	Method of Inspection**
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ARTICHOKE HEARTS	Aphids or thrips	Deep between leaves	Avoid completely.
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ASPARAGUS	Thrips	See under "Fresh Vegetable"	Avoid completely.
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Fresh Berries	Type of Insect*	Location of Insect	Method of Inspection**
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BLACKBERRIES	Thrips or mites	On surface of berry, nestled in crevices	Drop pint of berries onto white cloth or light box, then inspect one by one. If insects are found, do not use pint of berries.
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BLUEBERRIES	White maggots	Cultivated: Generally insect-free	Cultivated: place in a strainer or colander and wash thoroughly under running water.
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		Wild: On surface or in center of berry	Wild: Cut open and carefully examine on white cloth after washing.
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RASPBERRIES	Thrips or mites	On surface of berry and in open cavity	Gently drop raspberries onto a white cloth or light box to dislodge the insects; if insects are found, do not use pint of berries.
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STRAWBERRIES	Aphids, thrips, or mites	Under green leaf or on surface	Remove tops and place in soapy solution. Agitate in water and soak for several minutes. Rinse and rub each berry individually under a strong stream of running water. Visually inspect each berry.
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Dried Fruit	Type of Insect*	Location of Insect	Method of Inspection**
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DATES	Worms	Inside of date	Slice lengthwise and examine. No checking necessary when using pitted dates.
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FIGS	Wasps or worms	Inside of fig	Cut fig horizontally and split in half; check for obvious signs of insect damage or dark colored worms.
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Dehydrated Herbs	All dehydrated herbs may be used without checking.
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