

Fruit and Vegetable Policy

July 14, 2006

17 Tammuz 5766

cRc Fruit & Vegetable Policy

During the last several weeks, the cRc has been conducting an intense review of its policy regarding insect infestation in fruits and vegetables. **Although the policy may still change in the future, the following is the current cRc position on the proper checking and use of various fresh, frozen and canned fruits and vegetables.** It is impossible to cover all of the different varieties, so if a particular product is not found on this list, please call the cRc office.



[Obtain a printable PDF version of this policy by clicking here.](#)

When we refer to a “**chazaka check**”, the following procedure should be followed:

The vegetable must be washed thoroughly in cold water with either a small amount of a kosher vegetable wash or a soap solution such as dish liquid.* The vegetables are then removed from the water. If there are insects found in the water, the process should be repeated until no insects are found in the water. Then three samples or batches of the vegetable must be checked and if no bugs are found, the remaining produce may be used without further checking.

* **PLEASE NOTE:** We do not recommend the use of salt water or vinegar to properly remove insects from fruits and vegetables.

Vegetables

1. **Artichokes** - Fresh, frozen and canned artichokes are not to be used without reliable *hashgacha*, with the exception of artichoke bottoms. All artichoke bottoms are permissible when packed in water, with exception of canned product from China.
2. **Asparagus – Green – Fresh** must have the tips cut off and the side leaves must be checked with a *chazaka*. (see above) Canned & frozen only with a reliable *hashgacha*
3. **Asparagus – White-** All are permissible without further checking after rinsing with water.
4. **Bok Choy** – Must be washed very well with either a vegetable wash or a food grade soap solution, and checked with a *chazaka*. (see above)
5. **Boston, Butter or Bib Lettuce – not pre washed** - Must be washed very well with either a vegetable wash or a food grade soap solution, and checked with a *chazaka*.(see above) **Pre washed** may be used without *hashgacha* only after checking each leaf of the product or washing again using the *chazaka* check (see above).
6. **Broccoli** – It is very impractical and close to impossible for the average consumer to properly

check fresh or frozen broccoli. It is therefore highly recommended that only product with a reliable *hashgacha* be used. Broccoli stems (**no florets**) may be used without checking after rinsing with water.

7. **Brussel Sprouts** – Fresh may not be used. Frozen may be used only with a reliable *hashgacha*. Canned needs a reliable *hashgacha*.
8. **Cabbage** – Remove outer leaves, cut head into quarters, and wash well with water. Only spot checking is necessary.
9. **Carrots** – A general inspection is needed to rule out obvious infestation. All plain frozen carrots are acceptable. Canned would need a *hashgacha*.
10. **Cauliflower** - It is very impractical and close to impossible for the average consumer to properly check fresh and frozen cauliflower. It is therefore highly recommended that only product with a reliable *hashgacha* be used. Canned or jarred needs a reliable *hashgacha*.
11. **Celery Stalks** – Must be washed and checked well, especially around the bottom of the stalk and around the leaves.
12. **Corn** – on the cob - A general inspection is needed to rule out obvious infestation. All frozen is acceptable. Canned would need a *hashgacha*.
13. **Cucumbers** - A general inspection is needed to rule out obvious infestation. Canned requires a reliable *hashgacha*.
14. **Dill** – Must be washed very well in either a vegetable wash or a food grade soap solution, and checked with a *chazaka*. (see above)
15. **Endive** - Must be washed very well in either a vegetable wash or a food grade soap solution, and checked with a *chazaka*. (see above)
16. **Flowers** – Must be spot checked for bugs. If they are found, the batch should not be used.
17. **Garlic Cloves** - A general inspection is needed to rule out obvious infestation
18. **Herbs** - Must be washed very well in either a vegetable wash or a food grade soap solution, and checked with a *chazaka*. (see above)
19. **Iceberg Lettuce:**
Not pre washed – Outer leaves must be removed and the head should be quartered, rinsed with water and a cursory inspection is needed.
Pre washed may be used after a *chazaka* check. No further washing is required.
20. **Lettuce – all other than iceberg:**
Not pre washed - Must be washed very well with either a vegetable wash or a food grade soap solution, and checked with a *chazaka*. (see above)
Pre washed may be used without *hashgacha* only after checking each leaf of the product or washing again using the *chazaka* check (see above).
21. **Mint** - Must be washed very well in either a vegetable wash or a food grade soap solution, and checked with a *chazaka*. (see above)
22. **Mushrooms** – Fresh mushrooms must be rinsed and a cursory inspection is needed. Portabella mushrooms should have the brown under part removed. All frozen mushrooms are acceptable. Canned mushrooms must have a reliable *hashgacha*.
23. **Onions** – the outer peel should be removed. Frozen and fresh cut onions must have a reliable *hashgacha*. Frozen and fresh pearl onions are acceptable without *hashgacha*. Canned would need a reliable *hashgacha*.
24. **Parsley** - Must be washed very well in either a vegetable wash or a food grade soap solution, and checked with a *chazaka* (see above) .
25. **Peas** – Fresh - A general inspection is needed to rule out obvious infestation. Any frozen may be used. Canned must have a *hashgacha*.

26. **Peppers** – Both hot and sweet may be used after a general inspection to rule out obvious infestation. Canned would need a reliable *hashgacha*.
27. **Romaine Lettuce: Not pre washed** - Must be washed very well with either a vegetable wash or a food grade soap solution, and checked with a *chazaka*. (see above)
Pre washed may be used without *hashgacha* only after checking each leaf of the product or washing again using the *chazaka* check (see above).
28. **Scallions (green onions)** – Cut along length of scallion and check for bugs inside scallion and around the area protruding from the bulb.
29. **Shallots** – peeled and washed - A general inspection is needed to rule out obvious infestation.
30. **Spinach** – It is very impractical and close to impossible for the average consumer to properly check frozen spinach. It is therefore highly recommended that only product with a reliable *hashgacha* be used. **Pre washed** may be used without *hashgacha* only after checking each leaf of the product or washing again using the *chazaka* check (see above). Canned needs a reliable *hashgacha*.
31. **Spring Mix:**
Not pre washed - Must be washed very well with either a vegetable wash or a food grade soap solution, and checked with a *chazaka*. (see above)
Pre washed may be used without *hashgacha* only after checking each leaf of the product or washing again using the *chazaka* check (see above).
32. **Squash** – A general inspection is needed to rule out obvious infestation. Any frozen may be used.
33. **Tomatoes** - A general inspection is needed to rule out obvious infestation. All jarred and canned tomato products need a reliable *hashgacha*.
34. **Zucchini** - A general inspection is needed to rule out obvious infestation. Any frozen maybe used.

Fruits

1. **Blackberries** – Fresh must be washed and checked well. All frozen are acceptable. All canned needs a reliable *hashgacha*.
2. **Blueberries** – Fresh must be rinsed in water and a cursory inspection is needed. Canned needs a reliable *hashgacha*.
3. **Dates** - A general inspection is needed to rule out obvious infestation.
4. **Figs** - A general inspection is needed to rule out obvious infestation.
5. **Raspberries** – Fresh raspberries are not permitted. Frozen are acceptable. Canned needs a reliable *hashgacha*.
6. **Strawberries** – Fresh strawberries that are smooth and rounded in shape should have the tops cut off and the strawberries should be gently rubbed while rinsed well under a strong stream of water. Strawberries that have an unusual shape and are curved, causing some crevices and overlaps on the surface where small insects may hide, must have the tops removed and then also must be soaked for a short while in a kosher vegetable wash or a soap solution. They then must be rinsed off under a strong stream of water. All frozen without added flavors or colors are acceptable. Canned needs a reliable *hashgacha*.

[Add me to cRc - E-Mail Kashrus Alerts](#)