



# Checking + Fruits

ט"ו בשבט  
תשע"ח

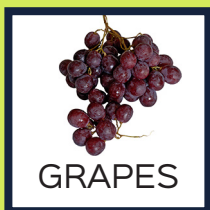
In honor of Tu B'shvat, some people have a custom of eating various fruits. STAR-K presents our handy guide to checking various fruits grown and purchased in the United States. Checking procedures in other countries may be different.

*(This should not be taken as a recommendation that they must be eaten on Tu B'shvat)*

## NO CHECKING REQUIRED



- Purchase good quality brands.
- Make sure everything is properly sealed and stored in a cool dry area. Improper storage can lead to infestation issues.



## RINSE WELL

1. Wash the produce under a direct stream of water.
2. No further checking is necessary.



## SOAP WASH

1. Prepare a basin of detergent solution, using at least two tablespoons of detergent per gallon of water.
2. Agitate the strawberries in the solution for 10-15 seconds.
3. Let the strawberries soak for at least one minute in the solution.
4. Rinse off each berry.
5. Repeat steps 1-4 a second time.
6. Remove the tops.
7. No further checking is required.

## VISUAL CHECK

**Carob** - Look for holes on the outside, which are a sign of infestation. Then break open in several places to check for infestation.

**Dates & Figs** - It is recommended to slice open a few out of each container and check inside.

Note: Due to potential for improper storage concerns, these guidelines apply even if the fruit has a hechsher.



## NOT RECOMMENDED

Checking is not practical.



Mites are being found in the crown and outer rind, as well as the inside of 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.

## PEEL PROPERLY

