



CHECKING FOR BUGS

FOR PRODUCE IN THE UNITED STATES AND CANADA ONLY

February 2020

A Alfalfa Sprouts	B Artichoke	A Artichoke Bottoms	I Asparagus	A Asparagus, White	E Barley	G Basil
A Beans	A Bean Sprouts	A Beets	B Blackberries	G Bok Choy	G Broccoli	B Brussels Sprouts
A Butternut Squash	G Cabbage	G Cabbage, Red	H Carob	A Carrots	G Cauliflower	D Celery Stalks
A Cherries	G Chives	G Cilantro	G Collard Greens	C Corn on the Cob	A Cucumbers	H Dates
G Dill	A Dried Spices	B Edible Flowers	A Eggplants	G Endive	D Endive, Belgian	G Escarole
H Fennel Bulb	H Figs	A Flour	C Garlic	D Grapes	A Green Beans	G Kale
A Kohlrabi Bulb	G Kohlrabi Leaves	H Leeks	G Lettuce	G Mint Leaves	B Mulberries	D Mushrooms, Button
B Mushrooms, Morel	B Mushrooms, Oyster	B Mushrooms, Porcini	D Mushrooms, Portobello	G Mustard Leaves	A Nuts	A Onions
G Oregano	G Parsley	A Parsnips	A Peas	A Peppers	J Pineapple	A Potatoes
K Quinoa	A Radishes	A Raisins	B Raspberries	K Rice, Brown	A Rice, White	G Rosemary
G Sage	H Scallions	G Spinach	F Strawberries	A Tomatoes	A Turnips	G Watercress
A Zucchini						

CHECKING METHODS

A. NO CHECKING REQUIRED

Make sure everything is properly sealed and stored in a cool dry area. Improper storage can lead to infestation issues.
Note: Raisins, grains, and nuts should be purchased from companies that have proper quality control and storage practices.

B. NOT RECOMMENDED

Checking is not practical.

C. REMOVE PEEL & RINSE

D. RINSE WELL

1. Wash the produce under a direct stream of water.
 2. No further checking is necessary.
- * For Celery Stalks: while rubbing with your hand or a vegetable brush

E. SOAKING METHOD

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

F. SOAP WASH ONLY

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. Tops should be cut off with a little of the fruit
7. No further checking is required.

G. THRIP CLOTH METHOD

1. Wash produce well.
(Note: For broccoli and cauliflower, whole heads should be broken down into smaller pieces and warm water should be used to soak/wash them.)
2. Prepare a basin with water and a non-bleach and non-toxic dishwasher detergent solution. The water should feel slippery.
3. Agitate the produce in the solution for 15 seconds.
(Note: For broccoli and cauliflower, soak for 30 seconds BEFORE agitating vigorously.)
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 three times. If insects are still found on the third try, the produce should not be used. **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.

H. VISUAL CHECK

Carob - Look for holes or webbing. **Dates, fennel & figs** - Check inside carefully for insects. **Note for Leeks & Scallions:** Check inside tube & between stalks for insects, as well as the outside for leaf-miner trails.

I. VISUAL CHECK & THRIP CLOTH

Remove triangular side leaves and use the thrip cloth method on the tops.
Note: Many people find peeling asparagus completely like a carrot yields a tasty kosher result with no further checking required.

J. PEEL PROPERLY

Insects infest the crown and outer rind, and also the 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.

K. QUINOA/BROWN RICE

- 1) Place in a strainer (for brown rice use #12 mesh strainer or bigger; for quinoa, use #15-25 mesh strainer)
- 2) Shake around for 25-30 seconds over a lightbox or white paper
- 3) Examine the surface of the lightbox or paper for any insect presence. If no insects found, it may be used. If insects are found, the product should not be used. In brown rice, look for beetles and weevils. In quinoa, look for booklice or mites. See our website for pictures and video tutorials.