



# CHECKING FOR BUGS

FOR PRODUCE IN THE UK ONLY

## CHECKING METHODS

### A. Presumed Clean

No need to check unless you see obvious signs of infestation.

Exceptions:

- Grains, Nuts, Beans, Seeds & Pulses should be purchased from companies that have proper quality and storage control.
- Soft fruit should be briefly checked externally for soft spots or holes as these may indicate infestation.
- If using the peels of citrus fruits, check them for black or brown spots as these may be scale insects.
- If using leafy tops of fruits or veg, these should be checked as described in method D.

### B. Wash

Wash with food-safe detergent.

### C. Check

Open and check for infestation.

### E. Special Checking Method

See individual notes on each page.

### F. Avoid

Heavily infested and very difficult to check.

### D. Water Check

1. The leaves or herbs should be separated and soaked in mildly salted warm water (one tablespoon to a large bowl) for three to five minutes. The bowl should be either white or transparent to create a contrast between an insect and its surroundings. The proportion of water to leaves in the bowl should be approximately 50%, and the bowl should not be too full.
  2. The pieces should be swirled vigorously in the water.
  3. After soaking, remove the pieces carefully so as not to remove any bugs that may be floating on the water surface. Also, be careful that any water dripping from the pieces drips back into the bowl.
  4. Carefully check the water surface and sides of the bowl for insects. Place a white plate below the water surface so that bugs will be seen against it. If unsure if a speck is dirt or an insect, remove it from the bowl and use a magnifying glass if necessary.
  5. They may be used if the first wash is clear or after two consecutive clear washes.
- OR
- For large, smooth and light coloured leaves, e.g. Lettuce and Cabbage, each individual leaf should be separated and inspected in front of a light, endeavouring to open any folds. If any insects are found, they can be removed by hand. If the infestation is too great, the leaf should be discarded. Any leaf with damage or discolouration should be discarded.

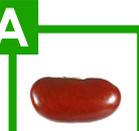
#### NOTES:

- Products bearing a hechsher can only be presumed checked if written on the packaging or confirmed as such by the relevant kashrus authority.
- Unless stated otherwise, the rules in this guide apply to fresh, frozen and tinned produce.
- Items stored for long periods, unsealed or in a warm environment should be checked.



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<b>A</b>  <b>Alfalfa Sprouts</b>	<b>A</b>  <b>Almonds</b>	<b>A</b>  <b>Apples</b>	<b>C</b>  <b>Apricots</b> <small>Spots on the outside are not a sign of infestation</small>	<b>A</b>  <b>Artichoke Bottoms</b> <small>Frozen/Tinned</small>	<b>F</b>  <b>Artichoke Hearts &amp; Leaves</b>	<b>E</b>  <b>Asparagus Fresh Green</b> <small>Cut / Shave off tips and gills and rinse stalks</small>	<b>E</b>  <b>Asparagus Fresh White</b> <small>*see note</small>
<b>B</b>  <b>Aubergine/Eggplant</b>	<b>A</b>  <b>Avocado</b>	<b>E</b>  <b>Baby Corn</b>	<b>A</b>  <b>Banana</b>	<b>A</b>  <b>Barley</b>	<b>D</b>  <b>Basil</b>	<b>A</b>  <b>Bay Leaves Dried</b>	<b>D</b>  <b>Bay Leaves Fresh</b>
<b>A</b>  <b>Bean Sprouts</b>	<b>A</b>  <b>Beans Dried</b>	<b>D</b>  <b>Beet Leaf (Mangold)</b>	<b>E</b>  <b>Beetroot Bulb</b> <small>Scrub or peel</small>	<b>D</b>  <b>Beetroot Leaves</b>	<b>A</b>  <b>Black Cumin</b>	<b>F</b>  <b>Blackberries</b>	<b>B</b>  <b>Blackcurrants</b>
<b>A</b>  <b>Black-eyed Peas</b>	<b>B</b>  <b>Blueberries</b> <small>If extra vigilant, visually check the crown</small>	<b>A</b>  <b>Brazil Nuts</b>	<b>A</b>  <b>Broad Beans</b>	<b>E</b>  <b>Broccoli Fresh/Tender Stem</b> <small>*see note</small>	<b>F</b>  <b>Broccoli Frozen</b> <small>Unless with a reliable hechsher</small>	<b>D</b>  <b>Brussel Sprouts</b> <small>Take apart all layers</small>	<b>A</b>  <b>Buckwheat (Kasha)</b>
<b>A</b>  <b>Bulghur Wheat</b>	<b>A</b>  <b>Butter Beans</b>	<b>A</b>  <b>Butternut Squash</b>	<b>D</b>  <b>Cabbage Green/Red</b>	<b>D</b>  <b>Cabbage Savoy</b> <small>*see note</small>	<b>D</b>  <b>Cabbage White</b> <small>*see note</small>	<b>A</b>  <b>Caraway Seeds</b>	<b>C</b>  <b>Carob</b>

## NOTES

**Asparagus - Fresh White** Cut / Shave off tip and gills OR use the following method: If completely closed at the top, perform the 'water check'. If open, it should be heated over a flame for five seconds and then tapped on a white plate. If insects emerge, the asparagus stalk should be discarded. If no insects appear then perform the 'water check'.

**Baby Corn** Carefully check externally, bending to check crevices, one sample per batch. Note: in case your sample is infested, perform water check.

**Broccoli - Fresh/Tender Stem** Bang the broccoli head stem down and then on all sides, on a white plate while still whole. If anything appears, it is best to remove all the florets, and use only the stalks. If nothing appears, break the broccoli head

down to florets and do the 'water check' in very warm / hot water. Rub the florets vigorously under water to loosen them up. (Tender Stem are often highly infested.)

**Cabbage - Savoy** First scrub with an appropriate food-safe detergent and then rinse each leaf. After the 'water check', each leaf should be visually inspected.

**Cabbage - White** Alternative checking method: Cut into quarters or eighths and remove core. Each individual leaf should be separated and inspected, endeavouring to open any folds. If any insects are found, they can be removed by hand or, if the infestation is too great, the leaf should be discarded. Any leaf with damage or discolouration should be discarded.

<b>A. Presumed Clean</b>	<b>B. Wash</b>	<b>C. Check</b>	<b>D. Water Check</b>	<b>E. Special Checking Method</b>	<b>F. Avoid</b>
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<b>A</b>  <b>Carrots</b>	<b>A</b>  <b>Cashew Nuts</b>	<b>D</b>  <b>Cauliflower Fresh</b> First break down into small florets and visually check	<b>A</b>  <b>Cauliflower Frozen</b> Quality supermarket brands only	<b>E</b>  <b>Celery</b> *see note	<b>A</b>  <b>Cherries</b>	<b>A</b>  <b>Chick Peas</b>	<b>A</b>  <b>Chicory</b>
<b>D</b>  <b>Chinese Leaf (Napa)</b> Black stains are not bugs	<b>D</b>  <b>Chives</b>	<b>D</b>  <b>Choi Sum</b> Discard the flowers	<b>A</b>  <b>Cinnamon</b>	<b>A</b>  <b>Coconut</b>	<b>D</b>  <b>Coriander</b>	<b>A</b>  <b>Corn Tinned</b>	<b>D</b>  <b>Corn on the Cob Fresh</b> *see note
<b>A</b>  <b>Corn on the Cob Frozen</b>	<b>A</b>  <b>Courgette</b>	<b>F</b>  <b>Courgette Flowers</b>	<b>A</b>  <b>Cranberries</b>	<b>A</b>  <b>Cress Mustard, Salad</b>	<b>F</b>  <b>Cress Any Watercress or Other in Substrate</b>	<b>D</b>  <b>Cress Other, Loose</b>	<b>A</b>  <b>Cucumber</b>
<b>A</b>  <b>Cumin</b>	<b>A</b>  <b>Daikon/Mooli</b>	<b>A</b>  <b>Dates Fresh from Israel or California</b>	<b>E</b>  <b>Dates Fresh (other) or Dried</b> *see note	<b>D</b>  <b>Dill</b>	<b>A</b>  <b>Edamame Beans</b>	<b>A</b>  <b>Etrog</b>	<b>D</b>  <b>Fennel</b> *see notes
<b>E</b>  <b>Figs Dried</b> *see note	<b>E</b>  <b>Figs Fresh</b> *see note	<b>D</b>  <b>Flowers Edible</b> Take apart all petals first	<b>A</b>  <b>Flour</b> Particular care should be taken with regard to unsealed packets	<b>A</b>  <b>Garlic</b>	<b>A</b>  <b>Ginger</b>	<b>A</b>  <b>Gourd</b>	<b>A</b>  <b>Grains</b>

## NOTES

**Celery** Cut off the bottom of the celery head so that the individual stalks are separate. Discard the leaves (or remove them and do a 'water check' on them). Each stalk should be cleaned with a vegetable brush under running water. Check that the stalk and each side have been scrubbed. (If the curved edges of the stalk are too close to brush the inside, cut the stalk lengthways and brush the two pieces. OR peel the stalks.)

**Corn on the Cob - Fresh** Whilst peeling the husk, check for bugs. If bugs are found, that cob must be discarded. If externally clean or for Ready Peeled Corn, perform a regular 'water check' using hot salty water.

**Dates - Fresh (other) or Dried** Remove the pit, open it up wide and

check for clusters of black eggs, white worms or any other infestation. Dates should be held up to the best available light to inspect for holes or black spots.

**Fennel** First remove the furry top of the fennel and the base. Cut the vegetable into quarters so that all the layers separate.

**Figs - Dried** Remove the opening at the bottom of the fig together with a small amount of surrounding flesh. Open it up, turn inside out, and check for infestation in the best available light.

**Figs - Fresh** Wash the figs thoroughly. Spot check (one in three or four). Look for infestation on the peel, remove the opening at the bottom of the fig together with a small amount of surrounding flesh, halve the fig, turn inside out, and check for infestation.

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<b>A</b>  <b>Grapefruit</b>	<b>A</b>  <b>Grapes</b> Rinsing is recommended	<b>A</b>  <b>Green Beans</b>	<b>A</b>  <b>Guava</b>	<b>F</b>  <b>Goji Berries</b>	<b>A</b>  <b>Hazelnut</b>	<b>A</b>  <b>Hearts of Palm</b>	<b>D</b>  <b>Herbs Fresh</b>
<b>A</b>  <b>Herbs Dried</b>	<b>A</b>  <b>Horseradish</b>	<b>A</b>  <b>Jerusalem Artichokes</b>	<b>D</b>  <b>Kale</b>	<b>A</b>  <b>Kidney Beans</b>	<b>A</b>  <b>Kiwi</b>	<b>A</b>  <b>Kohlrabi</b>	<b>D</b>  <b>Lambs Lettuce/ Corn Salad</b>
<b>E</b>  <b>Leek</b> *see note	<b>A</b>  <b>Lemon</b> *For Lemon Zest, see note	<b>A</b>  <b>Lemongrass</b>	<b>A</b>  <b>Lentils</b>	<b>D</b>  <b>Lettuce</b> *see note	<b>A</b>  <b>Loquat</b>	<b>A</b>  <b>Lychee</b>	<b>C</b>  <b>Mange Tout</b> Check for worms or maggots
<b>A</b>  <b>Mango</b>	<b>A</b>  <b>Melon</b>	<b>D</b>  <b>Microherbs</b>	<b>D</b>  <b>Mint</b>	<b>F</b>  <b>Mulberries</b>	<b>D</b>  <b>Mushrooms Chestnut</b>	<b>E</b>  <b>Mushrooms Closed Cup/ Button</b> Scrub off dirt OR peel	<b>A</b>  <b>Mushrooms Closed Cup/ Button Frozen or Tinned</b>
<b>F</b>  <b>Mushrooms Dried/Porcini/Shitake/Wild</b>	<b>D</b>  <b>Mushrooms Enoki</b> Separate the stems first	<b>D</b>  <b>Mushrooms Oyster/King</b> Oyster Visually check first, discard if any bugs are found	<b>D</b>  <b>Mushrooms Portobello</b> *see note	<b>A</b>  <b>Nectarine</b>	<b>A</b>  <b>Nuts</b>	<b>A</b>  <b>Oats</b>	<b>E</b>  <b>Okra Fresh</b> Scrub with food-safe detergent

## NOTES

**Leek** Remove the outer leaves. Split the leek almost in half stopping just before the root. Allow the leeks to sit for a few moments in a bowl under running water in order to dislodge any dirt and possible infestation. Then, under running water, each leaf of each leek must be rubbed. This is best achieved by taking the leaf between your index finger and thumb (with your thumb on top) and running them the full length of the leaf. Check all areas to ensure that nothing has been missed.

**Lemon Zest** Peels of citrus fruits may have scale insects which appear as black or brown spots, these must be scrubbed away with a rough brush and then washed off.

**Lettuce** Alternative checking method: Each individual leaf should be separated and inspected, endeavouring to open any folds. If any insects are found, they can be removed by hand or, if the infestation is too great, the leaf should be discarded. Any leaf with damage or discoloration should be discarded.

**Mushroom - Portobello** First tap the mushroom stem-side down on a white plate and inspect the plate for bugs; discard if any bugs are found. OR scoop out the dark underside of the mushroom. Followed by the regular 'water check'.



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<b>A</b>  <b>Okra</b> Frozen	<b>A</b>  <b>Olives</b>	<b>A</b>  <b>Onions</b> If extra vigilant, double onions should be separated and checked using the 'water check'	<b>A</b>  <b>Orange</b>	<b>D</b>  <b>Pak Choi</b> Discard the flower	<b>A</b>  <b>Papaya</b>	<b>F</b>  <b>Parsley Curly</b>	<b>D</b>  <b>Parsley Flatleaf</b>
<b>A</b>  <b>Parsnip</b>	<b>A</b>  <b>Passion Fruit</b>	<b>D</b>  <b>Pea Shoots/Sprouts</b>	<b>A</b>  <b>Peach</b>	<b>A</b>  <b>Peanuts</b>	<b>A</b>  <b>Pear</b>	<b>A</b>  <b>Peas</b>	<b>A</b>  <b>Peas in the Pod</b>
<b>B</b>  <b>Peppers Sweet</b> Scrub with fingers or brush, paying special attention to the top	<b>A</b>  <b>Persimmon</b> Darkening and dots within the flesh of the fruit are ordinarily not due to infestation	<b>E</b>  <b>Physalis</b> Pull back leaves and check externally	<b>A</b>  <b>Pineapple</b>	<b>A</b>  <b>Plum</b>	<b>A</b>  <b>Pomegranate</b>	<b>A</b>  <b>Poppy Seed</b>	<b>A</b>  <b>Potatoes</b>
<b>A</b>  <b>Prickly Pear</b>	<b>A</b>  <b>Prunes</b>	<b>A</b>  <b>Pulses</b>	<b>A</b>  <b>Pumpkin</b>	<b>A</b>  <b>Pumpkin Seeds</b>	<b>A</b>  <b>Quince</b>	<b>A</b>  <b>Quinoa</b>	<b>D</b>  <b>Radicchio</b>
<b>A</b>  <b>Radishes</b>	<b>A</b>  <b>Raisins</b>	<b>F</b>  <b>Raspberries</b>	<b>D</b>  <b>Redcurrants</b>	<b>A</b>  <b>Red Kidney Beans</b>	<b>E</b>  <b>Rhubarb</b> <small>*see note</small>	<b>A</b>  <b>Rice</b>	<b>D</b>  <b>Rocket</b>

## NOTES

**Rhubarb** Cut off the rhubarb head so that the individual stalks separate. Remove the leaves (or wash them very thoroughly). Each stalk should be cleaned with a vegetable brush under running water.. If the curved edges of the stalk are too close to brush the inside, cut the stalk lengthways and brush the two pieces. OR peel the stalk.

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<b>D</b>  Rosemary	<b>D</b>  Sage Rub each leaf when under the water	<b>D</b>  Samphire	<b>D</b>  Scallions (Spring Onions, Salad Onions) <i>*see note</i>	<b>F</b>  Seaweed Fresh	<b>F</b>  Seaweed Dry/Paper (Nori) Except when bearing a reliable hechsher	<b>A</b>  Seaweed Fine Powder	<b>A</b>  Sesame
<b>D</b>  Shiso Leaves Green	<b>A</b>  Soy Beans	<b>F</b>  Spinach Fresh	<b>D</b>  Spinach Fresh, Baby Prewashed Recommended	<b>A</b>  Spinach Frozen, Finely Chopped	<b>F</b>  Spinach Whole Leaf Frozen	<b>D</b>  Spring Greens <i>*see note</i>	<b>D</b>  Spring Onions
<b>A</b>  Star Fruit/ Carambola	<b>D</b>  Strawberries Fresh <i>*see note</i>	<b>A</b>  Strawberries Tinned/Frozen	<b>A</b>  String Beans/ Green Beans/Wax Beans	<b>C</b>  Sugar Snaps	<b>A</b>  Sunflower Seeds	<b>A</b>  Swedes	<b>A</b>  Sweet Potato
<b>D</b>  Swiss Chard Rub each leaf when under the water	<b>D</b>  Tarragon	<b>D</b>  Thyme	<b>A</b>  Tomatoes	<b>E</b>  Tomatoes Vine Gently rinse or soak	<b>D</b>  Truffles	<b>A</b>  Turnip	<b>D</b>  Vine Leaves
<b>A</b>  Walnuts	<b>A</b>  Watermelon	<b>A</b>  Watermelon Seeds	<b>A</b>  Yam	<b>E</b>  Zest	<b>A</b>  Zucchini		

## NOTES

**Spring Onions/Scallions** First remove the root and the 'V' section of the spring onion. Ensure the green section is firm and open at both ends. Split the white section all the way through and check every layer of the white part for insects. Followed by the regular 'water check'.

**Spring Greens** First scrub with an appropriate food-safe detergent and then rinse each leaf. After the 'water check', each leaf should be visually inspected.

**Strawberries - Fresh** First remove the top of the strawberry, including part of the flesh and all folds and crevices. Then scrub them gently under water / in stream of water, one or two at a time. Followed by regular 'water check'.

**Zest** Peels of citrus fruits may have scale insects which appear as black or brown spots, these must be scrubbed away with a rough brush and then washed off.