בס"ד

CHECKING FOR BUGS

FOR PRODUCE IN THE UK ONLY

A 

Alfalfa Sprouts

C 

Apricots
Fresh or Dried
Spots on the outside are not a sign of infestation.

A 

Artichoke Bottoms
Frozen/Tinned

F 

Artichoke Hearts & Leaves

E 

Asparagus
Fresh Green
Cut or shave off the tips and gills, then rinse the stalks under running water.

E 

Asparagus
Fresh White
*see note

A 

Bean Sprouts

F 

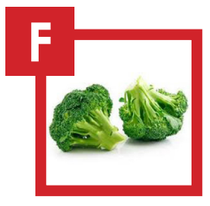
Blackberries

B 

Blueberries
If extra vigilant, visually check the crown.

E 

Broccoli
Fresh/Tenderstem
*see note

F 

Broccoli
Frozen
Except when bearing a reliable hechsher.

D 

Brussels Sprouts
Take apart all layers.

D 

Cabbage
Green/Red

D 

Cabbage
Savoy
*see note

E 

Cabbage
White
*see note

D 

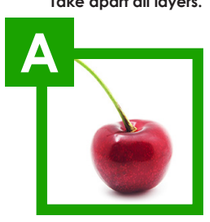
Cauliflower
Fresh
First break into small florets and visually check.

A 

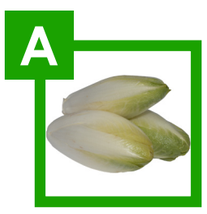
Cauliflower
Frozen
Any industrially frozen brand provided the cauliflower heads have been fully separated into distinct florets.

E 

Celery
*see note

A 

Cherries

A 

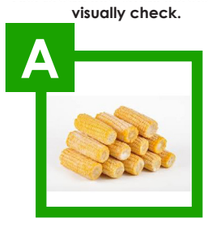
Chicory

D 

Coriander

D 

Corn on the cob
Fresh
*see note

A 

Corn on the cob
Frozen
Any industrially frozen brand.

A 

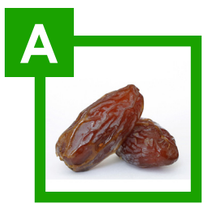
Cress
Mustard, Salad

F 

Cress
Any Watercress or Other, in Substrate

D 

Cress
Other, Loose

A 

Dates
Fresh from Israel or California

E 

Dates
Fresh (other) or Dried
*see note

D 

Dill

D 

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

E 

Figs
Dried
*see note

E 

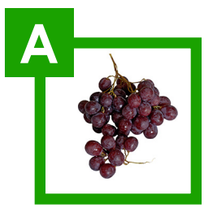
Figs
Fresh
*see note

D 

Flowers, Edible
*See note

A 

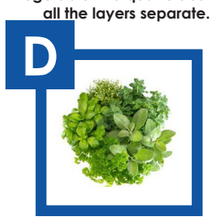
Grains

A 

Grapes
Rinsing is recommended.

A 

Hearts of Palm

D 

Herbs/ Microherbs
Loose Micro Herbs only. Not in Substrate

A 

Herbs
Dried

D 

Kale

A 

Kohlrabi

E

Leek
*see note

D

Lettuce

C

Mange Tout
Check for worms or maggots.

D

Mint

D

Mushrooms
Chestnut

E

Mushrooms
Closed Cup/Button
Scrub off dirt OR peel.

A

Mushrooms
Closed Cup/Button, Frozen or Tinned

F

Mushrooms
Dried/Porcini/ Shitake/Wild

A

Mushrooms
Enoki

D

Mushrooms
Oyster
Visually inspect first. If any insects are found, discard that mushroom.

D

Mushrooms
Portobello
*see note

A

Nuts

D

Pak Choi
Discard the flower.

F

Parsley
Curly

D

Parsley
Flatleaf

D

Pea Shoots/ Sprouts
Loose Pea Shoots/Sprouts only. Not in Substrate.

A

Persimmon
Darkening and dots within the flesh of the fruit are ordinarily not due to infestation.

E

Physalis
Pull back leaves and check externally.

F

Raspberries

D

Rocket

D

Rosemary

F

Spinach
Fresh

D

Spinach
Fresh Baby
Prewashed Recommended

F

Spinach
Whole Leaf Frozen

A

Spinach
Frozen Finely Chopped

D

Spring Onions
(Scallions, Salad Onions)
*see note

D

Strawberries
Fresh
*see note

A

Strawberries
Tinned/Frozen

C

Sugar Snaps

D

Thyme

CHECKING METHODS

A. PRESUMED CLEAN

No need to check unless you see obvious signs of infestation. All fruits and vegetables should be washed with water before use.
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 D (below).

B. WASH

Wash with food-safe detergent.

C. CHECK

Open and check for infestation.

D. WATER CHECK

Before carrying out the water check, pre-wash vegetables, herbs, and fruit with a food-safe detergent or, at a minimum, rinse them thoroughly under running water to remove dirt, debris, and potential insects.
1. A white bowl should be used to create a contrast between an insect and its surroundings. (When checking herbs, remove the stalks to prevent tangling in the bowl and to ensure the water can reach all areas. If the stalks are required, they should be checked separately from the leaves.) The leaves or herbs should be separated and left to be immersed in mildly salted warm water (1 tablespoon to a large bowl) for 3 to 5 minutes in the white bowl. There needs to be ample space for the water to surround and get to all areas of the leaves or herbs. Overcrowding will prevent adequate access. With smaller items, e.g. baby spinach, there needs to be adequate access between the leaves. When leaves are matted together, entangled and not all of the leaves are accessing the water there is too much in the bowl. There should be as much water as possible (to give as much access) without surpassing the bowl so water does not spill over.
2. Swirl the leaves or herbs vigorously in the water. Ensure that all leaves or herbs are fully exposed to the saltwater by disentangling any leaves, opening any crevices, and agitating the produce to allow the saltwater to reach all areas. After soaking, carefully remove the leaves or herbs, ensuring that any insects floating on the water surface remain in the bowl. Allow any excess water to drip back into the bowl.
3. Carefully inspect the water using a small white plate. This provides contrast and makes it easier to examine the entire bowl. It also allows any insects or other items of concern to be examined more closely. If you are unsure whether a speck is dirt or an insect, remove it from the bowl and examine it with a magnifying glass if necessary. Check the entire circumference of the bowl, including the sides at and above the waterline. (Alternatively, pour the water through a fine mesh filter or cloth placed between two colanders. Examine the filter or cloth on a white surface for any insects.)
4. If the water is clear, the herbs or leaves may be used. If an insect is found, two consecutive clear checks are required before they may be used.

Cabbage - Savoy First scrub with an appropriate cleaning agent and then rinse each leaf. After the 'water check', each leaf should be visually inspected.
Corn On The Cob - Fresh While removing the husk, inspect the cob for insects. If any insects are found, the cob must be discarded. If the cob is free from visible insects, or if using ready-peeled corn, perform the 'water check' using hot salted water (no hotter than is safe to place your hand in).
Flowers - Edible Bang the punnet of flowers on to a white plate/tray. If anything crawls out of them, discard that punnet. If no signs of infestation, proceed to separate into individual petals, prior to the 'water check'. Whole flowers cannot be checked.
Mushrooms - Portobello Tap the mushroom stem-side down onto a white plate and inspect for insects. If any insects are found, discard the mushroom. Alternatively, remove the dark gills from the underside of the mushroom. If no insects are found, perform the 'water check'.
Spring Onions (Scallions, Salad Onions) Trim the root from the base of the bulb. Remove the 'V' section of the spring onion. (The 'V' section is where the green section meets the white bulb, forming a 'V' shape.) Once the 'V' section has been removed, the green tops should be firm and open at both ends. Split the white bulb lengthways and separate each layer. The green tops and the separated layers of the white bulb are then ready for the 'water check'.
Strawberries - Fresh Remove the top of the strawberry, including a small amount of the surrounding flesh and any folds or crevices. Gently rub the strawberries under running water, one or two at a time. Afterwards, perform the 'water check' using cold water without salt.

E. SPECIAL CHECKING METHOD

Asparagus - Fresh White
Remove the tips and gills, or use the following method: If the tip is completely closed, perform the 'water check'. If the tip is open, heat it over a flame for five seconds and then tap it onto a white plate. If any insects emerge, discard the asparagus stalk. If no insects emerge, perform the 'water check'.
Broccoli - Fresh/Tenderstem
Bang the broccoli head stem down and then on all sides, on a white plate, while still whole. If anything appears, that individual head must not be used. If nothing appears, break the broccoli head down to florets and do the 'water check' in hot water (but not beyond what is safe to put your hand in the water). Rub the florets vigorously under water to loosen them up. If more than one insect is found, discard the batch.
Cabbage - White
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.
Celery
Cut off the base of the celery head to separate the individual stalks. Discard the leaves or remove them and perform a 'water check' separately. Trim off the end of each stalk and remove any joints. Clean each stalk with a vegetable brush under running water, ensuring that all sides are thoroughly scrubbed. If the curved edges of a stalk are too close together to allow effective brushing, cut the stalk lengthways and brush both halves. Visually inspect each stalk to ensure it is clean and that there is nothing of concern.
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.
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. Sample check one in every three to four figs. Inspect the peel for signs of infestation. Remove the opening at the base of the fig together with a small amount of the surrounding flesh, then cut the fig in half and turn it inside out. Inspect the interior carefully for signs of infestation.
Leek
Remove the outer leaves. Split the leek lengthways, stopping just before the root so that the layers remain attached. Place the leek under running water for a few moments to help dislodge any dirt or insects trapped between the layers. Then, under running water, rub each leaf individually. This is best done by holding the leaf between your thumb and index finger and running them along the full length of the leaf. Ensure that all surfaces are thoroughly rubbed and inspected so that no areas are missed.

F. AVOID

Heavily infested and very difficult to check.

KEY PRINCIPLES:
- Fruit or vegetables with discolouration, holes, soft spots, or rotten areas should not be checked or consumed.
- Fruit or vegetables with obvious signs of heavy infestation cannot be checked. This guidance applies only to produce with normal and expected levels of infestation.
- Unless stated otherwise, the rules in this guide apply to fresh, frozen, and tinned produce.
- Items stored for long periods, left unsealed, or kept in a warm environment should be checked.
- Kosher certified products may only be presumed not to require checking if this is stated on the packaging or confirmed by the relevant kosher authority.

For an extensive list of fruits and vegetables see the KLBD website
www.kosher.org.uk | 02083436255 | Credit: Design & Inspiration by the Star-K

© KLBD OCTOBER 2026