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	Alfalfa Sprouts	Acceptable Without Certification	A general inspection is needed to rule out obvious infestation.
	Amaranth Leaves		Use cRc cleaning thrip- cloth method, as directed above.
	Apricots	Acceptable Without Certification	Does not need to be checked for insect infestation.
	Artichokes, whole, fresh	Requires a Reliable Hashgacha	All whole artichokes not recommended. Fresh and frozen artichoke bottoms do not require certification.
	Arugula		Use cRc cleaning thrip- cloth method, as directed above.
	Asparagus, Green		Fresh asparagus must have the tips cut off and discarded. One should either peel the entire sides of the asparagus or remove all the triangular side leaves and wash well.
	Asparagus, White		Fresh white asparagus is permissible without further checking after rinsing with water. Canned and Frozen are permissible only with a reliable hashgacha.
	Baby Broccoli (Broccolini)		Use cRc cleaning thrip- cloth method, as directed above.
	Barley, raw	Acceptable Without Certification	Barley may become infested at the food warehouse, retail store, or even one's own home due to prevailing conditions such as humidity, temperature and other insect infestation. As such, one should make a cursory inspection of the barley before purchasing (if possible) and before use, the barley should be placed in a bowl of cold water for a short time to remove any possible insects.
	Basil leaves, dried	Acceptable Without Certification	Whole or crushed is included.
	Basil, fresh		Use cRc cleaning thrip- cloth method, as directed above.
	Beans, canned	Requires a Reliable Hashgacha	
	Beans, raw, dry	Acceptable Without Certification	Beans processed in the United States and most other countries are centrifuged to remove bugs. As long as beans are stored in cool and dry conditions they will remain bug-free for many months. For this reason, there is no need to check beans for insect infestation in the United States. Beans
















			in another country or if you have reason to believe the beans may not have been stored properly may require further inspection for insects.
	Bean Sprouts, fresh		A general inspection is needed to rule out obvious infestation.
	Beets, fresh		A general inspection is needed to rule out obvious infestation.
	Beets, canned or jarred	Require a Reliable Hashgacha	
	Blackberries, fresh	Not Recommended	
	Blueberries, fresh		Fresh must be rinsed well in water and a cursory inspection for maggots is needed.
	Blueberries, frozen	Acceptable Without Certification	Frozen blueberries, without any kosher sensitive ingredients added are acceptable without certification.
	Bok Choy		Use cRc cleaning thrip- cloth method, as directed above.
	Broccoli, fresh	Not Recommended	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 hashgachah be used. Broccoli stems (no florets) may be used without checking after rinsing with water.
	Broccoli Rabe (Rapini)		The leaves must be washed using the cRc cleaning thrip- cloth method as directed above. The broccoli -like buds are too difficult to check and should not be used.
	Broccoli Slaw		Pre-washed without certification may be used. No further washing is required.
	Broccoli Sprouts		A general inspection is needed to rule out obvious infestation.
	Brussels Sprouts, fresh	Not Recommended	
	Brussel Sprouts, frozen and canned	Requires a Reliable Hashgacha	
	Bulgur Wheat	Requires a Reliable Hashgacha	
	Butternut Squash, fresh		A general inspection is needed to rule out obvious infestation.

	Butternut Squash, frozen		Any winter squash (this is squash that must be cooked before eating) that is fully cooked requires hashgacha (due to the requirements of Bishul Yisroel).
	Cabbage, fresh green		Remove and discard 4 outer green leaves. Remove remaining green leaves (if any) and rinse them thoroughly under a stream of water. The remaining white leaves may be used without any further checking other than a cursory inspection for obvious insect infestation.
	Cabbage, Green or Red, prewashed and shredded (Cabbage Slaw)	Acceptable Without Certification	
	Cabbage, Napa (Chinese Cabbage)		Use cRc cleaning thrip- cloth method, as directed above.
	Cabbage, pre-washed	Acceptable Without Certification	No further washing is required.
	Cabbage, red		The first four (4) layers of leaves must be removed and discarded. The rest of the head should then be rinsed followed by a cursory inspection to rule out obvious infestation.
	Carrots, fresh		Requires a general inspection to rule out any obvious infestation.
	Carrots, frozen and canned		Frozen carrots without any added kosher sensitive ingredients are acceptable without certification. Canned carrots need a reliable hashgacha.
	Cauliflower, fresh		The washing and cleaning procedure for fresh cauliflower is as follows: 1. Remove green leaves from head. 2. Cut head into 8 pieces. 3. Prepare bowl of water mixed with vegetable wash. 4. Place (cut) cauliflower into bowl of water, and agitate for 30 seconds. 5. Remove cauliflower from water. Check water using the thrip-cloth method above.
	Cauliflower, frozen	If certified, no further checking is required. If not certified, it must be checked as one would check fresh cauliflower	Canned or jarred cauliflower requires a reliable hashgacha.
	Celery Stalks		Must be washed and checked well, especially around the bottom of the stalk and around the leaves.

	Chard, all varieties (Swiss Chard)		Use cRc cleaning thrip- cloth method, as directed above.
	Chili Pepper (see Pepper, Chili, below)		
	Chives		Must be washed well. A general inspection is needed to rule out obvious infestation.
	Cilantro, fresh		Use cRc cleaning thrip- cloth method, as directed above.
	Collard Green		Use cRc cleaning thrip- cloth method, as directed above.
	Corn, on the cob, fresh		The husk should be removed, and the corn rinsed. Then a general inspection is needed to rule out obvious infestation.
	Corn, frozen, All varieties	Acceptable Without Certification	Frozen corn without any added kosher sensitive ingredients are acceptable without certification.
	Corn, canned	Requires a Reliable Hashgacha.	
	Cranberries, dried	Requires a Reliable Hashgacha.	Does not need to be checked for insect infestation.
	Cranberries, fresh	Acceptable Without Certification	
	Cranberries, canned, frozen & Cranberry Sauce	Acceptable Without Certification	Canned Cranberry sauce and Canned and Frozen Cranberries are acceptable without certification as long as they do not contain any kosher-sensitive ingredients. In this context, citric acid, corn syrup, high fructose corn syrup, sugar, and water are not kosher-sensitive.
	Cucumbers, fresh		A general inspection is needed to rule out any obvious infestation.
	Cucumbers, canned or jarred	Requires a Reliable Hasgacha.	
	Dates, fresh		Slice open a handful from the container and check inside. If no insects are found the rest may be eaten without checking. This applies to all dates domestic, pitted etc..
	Dates, dried	Acceptable Without Certification	With no additional flavors are acceptable even without a hechsher. Slice open a handful from the container and check inside. If no insects are found the rest may be eaten without checking. This applies to all dates domestic, pitted etc.
	Dill, fresh		Use cRc cleaning thrip- cloth method, as directed above.














	Dill weed, dried	Acceptable Without Certification	
	Edamame, fresh		A general inspection is needed to rule out obvious infestation
	Edamame, frozen	Acceptable Without Certification	
	Edamame, canned or jarred	Requires a Reliable Hashgacha	
	Eggplant, Raw		A general inspection is need to rule out any obvious infestation.
	Eggplant, canned or jarred	Requires a Reliable Hashgacha	
	Endive, fresh	Acceptable	Use cRc cleaning thrip- cloth method, as directed above.
	Escarole, fresh		Use cRc cleaning thrip- cloth method, as directed above.
	Fava Beans, fresh		A general inspection is needed to rule out any obvious infestation.
	Fava Beans, frozen	Acceptable Without Certification	All frozen without any kosher sensitive ingredients is acceptable without certification.
	Fennel		Cut along length of fennel green "leaf" and check for bugs inside and around the area protruding from the bulb. Discard the roots.
	Fenugreek		Cut along length of fenugreek green "leaf" and check for bugs inside and around the area protruding from the bulb. Discard the roots.
	Figs, fresh	Acceptable Without Certification	Slice open a handful from the container and check inside. If no insects are found the rest may be eaten without checking. This applies to all figs (domestic, etc.)
	Figs, dried	Acceptable Without Certification	Slice lengthwise. Check for wasps (black-ish appearance) and worms.
	Flowers		Must be spot checked for bugs. If they are found, the batch should not be used.
	Frisee		Use cRc cleaning thrip- cloth method, as directed above.
	French Sorrel		Use cRc cleaning thrip- cloth method, as directed above.
	Garlic, raw, Whole or peeled	Acceptable Without Certification	Fresh cloves require a general inspection to rule out any obvious infestation.















	Garlic, jarred, minced and/or in oil	Requires a Reliable Hashgacha	
	Grains, Raw Dry		Grains processed in the United States and most other countries are centrifuged to remove bugs. As long as the grains are stored in cool and dry conditions they will remain bug-free for many months. For this reason, there is no need to check grains for insect infestation in the United States. Grains in another country or if you have reason to believe the beans may not have been stored properly may require further inspection for insects.
	Grapes, fresh, all varieties		Separate the large bunch of grapes into 3 or 4 smaller bunches and rinse under cold water.
	Green Beans, fresh (String Beans)		A general inspection is needed to rule out obvious infestation.
	Green Beans, frozen (String Beans)	Acceptable Without Certification	
	Green Beans, jarred or canned	Requires a reliable hashgacha	
	Green Onion, (Scallion)		<p>Cut scallion root from top to bottom of bulb; examine between thin layers where they merge from the bulb. If no insects are found, the remaining scallions may be consumed after thoroughly washing. If insects are found, the entire head must be checked carefully. Remove any leaf miner trails (seen below.)</p> 
	Herbs, Fresh		Use cRc cleaning thrip- cloth method, as directed above.
	Herbs, Dried	Acceptable Without Certification.	Herbs with no added kosher sensitive ingredients are acceptable without hashgacha.
	Horseradish, fresh		A general inspection is needed to rule out obvious infestation.
	Horseradish, jarred	Requires a Reliable Hashgacha	
	Jerusalem Artichoke		A general inspection is needed to rule out any obvious infestation.








	Jicama		A general inspection is needed to rule out any obvious infestation.
	Kale, fresh		Use cRc cleaning thrip- cloth method, as directed above.
	Kale, frozen	Requires a Reliable Hashgacha	It is very impractical and close to impossible for the average consumer to properly check frozen Kale.
	Kohlrabi, fresh		Remove and discard 4 outer green leaves. Remove remaining green leaves (if any) and rinse them thoroughly under a stream of water. The remaining white leaves may be used without any further checking other than a cursory inspection for obvious insect infestation.
	Kohlrabi, Prewashed and shredded	Acceptable without Certification	
	Leek		Cut along full length of the leek so every leaf is separated. Wash each leaf thoroughly under running water. Remove leaf miner trails (see 'green onion' above)
	Lemon Grass, fresh		Use cRc cleaning thrip- cloth method, as directed above.
	Lemon Grass, dried, frozen	Acceptable Without Certification	Frozen dried lemongrass without any kosher sensitive ingredients is acceptable without certification.
	Lettuce, all besides iceberg		Use cRc cleaning thrip- cloth method, as directed above.
	Lettuce, bib		Use cRc cleaning thrip- cloth method, as directed above.
	Lettuce, Boston		Use cRc cleaning thrip- cloth method, as directed above.
	Lettuce, butter		Use cRc cleaning thrip- cloth method, as directed above.
	Lettuce, iceberg		The leaves should be separated and washed in a bowl of water that is mixed with a small amount of vegetable wash or dish-soap. Alternatively, each leaf can be washed individually under a stream of running water. No further checking is required.
	Lettuce, iceberg pre-washed		Needs proper certification. If not certified, wash in a bowl of water with a small amount of vegetable wash.
	Lettuce, Oak Leaf		Use cRc cleaning thrip- cloth method, as directed above.















	Lettuce, Raddichio		Use cRc cleaning thrip- cloth method, as directed above.
	Lettuce, Red Leaf		Use cRc cleaning thrip- cloth method, as directed above.
	Lettuce, romaine, not pre-washed		Use cRc cleaning thrip- cloth method, as directed above.
	Lettuce, romaine, pre-washed		Use cRc cleaning thrip- cloth method, as directed above.
	Lettuce, spring mix		Use cRc cleaning thrip- cloth method, as directed above.
	Lettuce, spring mix, pre-washed		Use cRc cleaning thrip- cloth method, as directed above.
	Mache, (Corn Salad Greens)		Use cRc cleaning thrip- cloth method, as directed above.
	Melons	Acceptable Without Certification	A general inspection is needed to rule out obvious infestation.
	Mint, fresh		Use cRc cleaning thrip- cloth method, as directed above.
	Mint, dried	Acceptable Without Certification	Dried mint without any added kosher sensitive ingredients is acceptable without certification.
	Mulberries, fresh	Not Recommended	
	Mushrooms, fresh		Fresh mushrooms must be rinsed and a cursory inspection is needed.
	Mushrooms, dried or frozen	Acceptable Without Certification	All dried or frozen without any kosher sensitive ingredients are acceptable without certification.
	Mushrooms, canned and jarred	Requires a Reliable Hashgacha	
	Mushrooms, Portabella		Portabella mushrooms should have the brown under part removed.
	Mustard Greens		Use cRc cleaning thrip- cloth method, as directed above.
	Nori Seaweed	Acceptable Without Certification	Both toasted and regular are acceptable without hashgachah but a thorough checking for insects and very tiny seahorses must be made. This can be done by using a light box or a very bright back light.

	Nuts		Unflavored raw nuts are acceptable without hashgachah, assuming there are no added sensitive ingredients. In this context, nuts which are merely blanched or pasteurized are considered “raw”. Any nuts which are roasted (dry roasted or oil roasted), cooked, boiled, canned, flavored, colored, or have added kosher-sensitive ingredients, require a reliable hashgachah.
	Okra, fresh		A general inspection is needed to rule out any obvious infestation.
	Okra, frozen	Acceptable Without Certification	
	Okra, canned, jarred	Requires a Reliable Hashgacha	
	Olives, canned, jarred		All canned olives require hashgachah with the exception of black olives which are acceptable in the USA only even without a hechsher if they are only packed in water and salt.
	Olives, fresh		Requires a general inspection to rule out any obvious infestation.
	Onion, all varieties fresh	Acceptable Without Certification	Cut off both ends of the onion. If the layers of onion are tightly packed, then peel first layer of the onion or wash well. If the layers of onion are loose, wash each layer.
	Onions, fresh cut	Acceptable Without Certification	
	Onions, freeze dried and canned	Requires a Reliable Hashgacha	
	Onions, frozen	Acceptable Without Certification	
	Oregano, fresh		Use cRc cleaning thrip- cloth method, as directed above.
	Oregano, dried	Acceptable Without Certification	Dried oregano without any kosher sensitive ingredients added is acceptable without certification.
	Parsley, fresh		Use cRc cleaning thrip- cloth method, as directed above.
	Parsley, dried	Acceptable Without Certification	Dried parsley without any added kosher sensitive ingredients is acceptable without certification.
	Parsnip, fresh		A general inspection is needed to rule out any obvious infestation.

	Pea & Pea pods, fresh		A general inspection is needed to rule out obvious infestation.
	Pea & Peapods, frozen	Acceptable Without Certification	Frozen peas and peapods without any kosher sensitive ingredients added are acceptable without certification.
	Pea & Peapods, canned, jarred	Requires a Reliable Hashgacha	
	Pea Sprouts, fresh		A general inspection is needed to rule out any obvious infestation.
	Peanuts, raw		A general inspection is needed to rule out any obvious infestation.
	Peanuts, canned, jarred, boiled, oil roasted	Requires a Reliable Hashgacha	
	Pepper, Chili, dried		Dried chili peppers with no added kosher sensitive ingredients is acceptable without hashgacha. Canned, cooked and bottled chili peppers require a reliable hashgacha.
	Peppers, Hot and/or Sweet, fresh		A general inspection is needed to rule out any obvious infestation.
	Peppers, Hot and/or Sweet, canned and jarred	Requires a Reliable Hashgacha	
	Pepper, ground: black, red or white	Acceptable Without Certification	
	Peppercorns, whole	Acceptable Without Certification	
	Pine Nuts, See 'Nuts' above		
	Pistachio Nuts See 'Nuts' above		
	Potatoes, all varieties, fresh		A general inspection is needed to rule out any obvious infestation.
	Potatoes, frozen, canned, instant, dehydrated, potato starch and potato flour	Requires a Reliable Hashgacha	
	Prunes, dried	Acceptable Without Certification	With no added flavors. Does not need to be checked for insect infestation

	Radish, fresh		A general inspection is needed to rule out obvious infestation. Pre-cut acceptable, as long as there are no other ingredients.
	Raisins, domestic	Acceptable Without Certification	All domestic are acceptable even without a hechsher. Does not need to be checked for insect infestation.
	Rapini, (See Broccoli Rabe)		
	Raspberries, fresh	Not Recommended	
	Rhubarb, fresh	Acceptable Without Certification	Must be washed and checked well, especially around the bottom of the stalk and around the leaves.
	Rice, Raw Dry (all varieties including Wild Rice)		A general inspection is needed to rule out obvious infestation. Rice with added kosher sensitive ingredients, as well as all canned, cooked, quick and instant rice requires a reliable hashgachah.
	Romanesco Broccoli		The washing and cleaning procedure for fresh Romanesco Broccoli is as follows: 1. Remove green leaves from head. 2. Cut head into 8 pieces. 3. Prepare bowl of water mixed with vegetable wash. 4. Place (cut) cauliflower into bowl of water, and agitate for 30 seconds. 5. Remove cauliflower from water. Check water using the thrip-cloth method above.
	Rosemary, fresh		Use cRc cleaning thrip- cloth method, as directed above.
	Rosemary, dried	Acceptable Without Certification	Dried rosemary without any added kosher sensitive ingredients is acceptable without certification.
	Rutabaga, fresh		A general inspection is needed to rule out any obvious infestation.
	Seeds, all varieties fresh	Acceptable Without Certification	A general inspection is needed to rule out obvious infestation. All raw seeds without any added kosher sensitive ingredients such as colors, flavors or oils are acceptable even without hashgacha.
	Sesame Seeds	Acceptable Without Certification	A general inspection is needed to rule out obvious infestation. All raw and/or dry roasted seeds without any added kosher sensitive ingredients such as colors, flavors or oils are acceptable even without hashgachah.
	Shallots, peeled and washed	Acceptable Without Certification	A general inspection is needed to rule out obvious infestation.
	Sorrel		Use cRc cleaning thrip- cloth method, as directed above.

	Soybeans, raw		A general inspection is needed to rule out obvious infestation.
	Soybeans, frozen		Frozen soybeans without any kosher sensitive ingredients added are acceptable without certification.
	Spinach, canned	Requires a Reliable Hashgacha	
	Spinach, fresh		Use cRc cleaning thrip- cloth method, as directed above.
	Spinach, frozen	Requires a Reliable Hashgacha	It is very impractical and close to impossible for the average consumer to properly check frozen spinach. Therefore, only product with a reliable hashgachah may be used.
	Spinach, pre-washed		Use cRc cleaning thrip- cloth method, as directed above.
	Squash, all varieties, fresh		A general inspection is needed to rule out any obvious infestation.
	Strawberries, fresh		<p>The cRc (Chicago Rabbinical Council) has been finding a high occurrence of insects in strawberries so that the previous method of rinsing and rubbing under a strong stream of water is not being efficient in removing the bugs (especially those that are hiding under the seeds). Therefore, until further notice, we recommend the following method to clean the strawberries from insects:</p> <ol style="list-style-type: none"> 1) cut off tops (try to avoid making a hole); 2) soak and occasionally agitate strawberries in soapy water (do not substitute with vegetable wash) using a concentrated solution of approximately one tablespoon of dishwashing liquid mixed together with no more than 8 cups of water for 1- 2 minutes. (We have found Seventh Generation Non-Fragrance Natural Dish Liquid Soap to be the ideal soap for those who are concerned about a “soapy aftertaste”); 3) rub each strawberry thoroughly under a stream of cold water with hand. 4) soak and agitate strawberries a second time for 1- 2 minutes in new soapy water with the same ratio as above; 5) rinse strawberries. <p>Once all five steps are done you may enjoy the strawberries without further inspection. Please note that this does not apply to organic strawberries that</p>

			are very difficult to get cleaned and therefore should be avoided at this time. Of course, if one wants to avoid the above steps, one can eat the strawberries (even organic) by simply cutting off the tops and peeling off the entire outside of the strawberries, followed by a rinse.
	String Beans, fresh	Acceptable Without Certification	A general inspection is needed to rule out obvious infestation.
	Sun-dried Tomatoes	Acceptable Without Certification	Sundried Tomatoes do not require certification if no kosher sensitive ingredients are added. All jarred and canned tomato products require a Hashgacha
	Sunflower Seeds	Acceptable Without Certification	A general inspection is needed to rule out obvious infestation. All raw and/or dry roasted seeds without any added kosher sensitive ingredients such as colors, flavors or oils are acceptable even without hashgachah.
	Sunchokes (Jerusalem Artichokes)		A general inspection is needed to rule out any obvious infestation.
	Swiss Chard See 'Chard' above		
	Tomatoes, fresh		A general inspection is needed to rule out any obvious infestation.
	Tomatoes, canned and jarred	Requires a Reliable Hashgacha	
	Turnip, fresh		A general inspection is needed to rule out any obvious infestation.
	Thyme, fresh		Use cRc cleaning thrip- cloth method, as directed above.
	Thyme, dried	Acceptable Without Certification	Dried thyme, without any added kosher sensitive ingredients, is acceptable without certification
	Verdolaga, fresh (Mexican Parsley)		Use cRc cleaning thrip- cloth method, as directed above.
	Watercress, fresh		Use cRc cleaning thrip- cloth method, as directed above.
	Zucchini, fresh (Summer Squash)		A general inspection is needed to rule out any obvious infestation.
	Zucchini, frozen	Acceptable Without Certification	Frozen zucchini without any added kosher sensitive ingredients is acceptable without certification.