

cRc Fruit & Vegetable Policy

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The cRc is continuing conducting an intense review of its policy regarding insect infestation in fruits and vegetables. Although the policy may still change in the future, the following is the current cRc position on the proper checking and use of various fresh, frozen and canned fruits and vegetables. It is impossible to cover all of the different varieties, so if a particular product is not found on this list, please call the cRc office.

WARNING!! This guide is primarily directed towards those experienced in the inspection of produce for insects. If you have never done so in the past, the cRc does NOT recommend that you start on your own, assuming that by reading the guide and policy, you are experienced enough and capable to do so. The actual insect may not be what you are expecting. They are not flies, roaches or spiders, although these would certainly be a problem as well. Most of them are very small and hard to find due to their size and color, with some being as small as the period at the end of this sentence.

When we refer to a “**chazaka check**”, the following procedure should be followed:

The vegetable must be washed thoroughly in cold water with either a small amount of a kosher vegetable wash or a soap solution such as dish liquid.* The vegetables are then removed from the water. If there are insects found in the water, the process should be repeated until no insects are found in the water. Then three samples or batches of the vegetable must be checked and if no bugs are found, the remaining produce may be used without further checking.

* **PLEASE NOTE:** We do not recommend the use of salt water or vinegar to properly remove insects from fruits and vegetables. The fresh vegetables on this list is not intended for passover use as many are kitniyos

CANNED/JARRED VEGETABLE GUIDE

Most canned and jarred vegetables require a reliable hashgacha. There are some exceptions to the rule. Hearts of palm and artichoke bottoms under the supervision of the Peru Rabbinate are acceptable if only packed in water (no oil or vinegar). Artichoke hearts under the same hashgacha are not recommended. There may be other exceptions to the rule, but unless you know otherwise, all others would need a reliable hashgacha.

VEGETABLES

All freeze dried vegetables & fruits require a reliable hashgacha. Generally, all canned vegetables also require a reliable hashgacha.

1. **Alfalfa Sprouts** - A general inspection is needed to rule out obvious infestation.
2. **Artichokes** - Artichoke hearts can not be checked properly for insects and are not recommended.

Fresh artichoke bottoms may be used after a general inspection to rule out obvious infestation. Canned artichoke bottoms are acceptable only with a reliable hashgacha. Frozen artichokes artichoke bottoms may be used if there are no added kosher sensitive ingredients.

3. **Arugula** - Must be washed very well with either a vegetable wash or a food grade soap solution, and checked with a *chazaka*.(see above)
4. **Asparagus – Green – Fresh** Must have the tips cut off. Spot check a few of the triangle leaves of the entire batch of asparagus being used. If no insects are found, the remaining asparagus may be used. If any insects are found, all of the triangle should be removed from the entire batch. Canned & frozen only with a reliable *hashgacha*
5. **Asparagus – White**- All are permissible without further checking after rinsing with water. Canned & frozen only with a reliable *hashgacha*
6. **Baby Broccoli** - This is the same vegetable as broccolini. A general inspection is needed to rule out obvious infestation.
7. **Barley - (Raw Dry)** - Barley may become infested at the food warehouse or retail store or even in ones own home due to prevailing conditions such as humidity, temperature and other insect infestation. As such, one should always 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.
8. **Beans(Canned)** - Requires a reliable hashgacha.
9. **Beans (Green Beans and String Beans)** Fresh - A general inspection is needed to rule out obvious infestation. All frozen without any added kosher sensitive ingredients is acceptable. . Canned require a reliable hashgacha.
10. **Beans (Raw Dry)**- 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.
11. **Bean Sprouts Fresh** - A general inspection is needed to rule out obvious infestation.
12. **Beets- Raw**- A general inspection is needed to rule out obvious infestation. All cooked, canned, jarred or pickled beets require a reliable hashgacha.
13. **Bok Choy** – Must be washed very well with either a vegetable wash or a food grade soap solution, and checked with a *chazaka*. (see above)
14. **Boston, Butter or Bib Lettuce – not pre washed** - Must be washed very well with either a vegetable wash or a food grade soap solution, and checked with a *chazaka*.(see above) **Pre washed** may be used without *hashgacha* only after checking each leaf of the product or washing again using the *chazaka* check (see above).
15. **Broccoli** – 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 *hashgacha* be used. Broccoli stems (**no florets**) may be used without checking after rinsing with water. For **Romanesco Broccoli** - See cauliflower (#27) for the proper method to check this vegetable.
16. **Broccoli Rabe**- The leaves Must be washed very well with either a vegetable wash or a food grade soap solution, and checked with a *chazaka*.(see above). The broccoli like buds are too difficult to check and should not be used.

17. **Broccoli Slaw - Pre washed** without hashgacha may be used. No further washing is required.
18. **Broccoli Sprouts** - A general inspection is needed to rule out obvious infestation.
19. **Broccolini** - A general inspection is needed to rule out obvious infestation.
20. **Brussel Sprouts** – Fresh may not be used. Frozen may be used only with a reliable *hashgacha*.
Canned needs a reliable *hashgacha*.
21. **Bulgur Wheat** - All require a reliable hashgacha.
22. **Butter Nut Squash** - A general inspection is needed to rule out obvious infestation. For Frozen, see "frozen vegetable" below.
23. **Cabbage Green**– Remove outer leaves, cut head into quarters, and wash well with water. Only spot checking is necessary.
24. **Cabbage - Purple/Red - Not pre washed** - The leaves must be removed from the head and each leaf rinsed thoroughly under a stream of water.
Pre washed and shredded may be used without *hashgacha*. No further washing is required.
25. **Cabbage Slaw - Pre washed** without hashgacha may be used. No further washing is required.
26. **Carrots** –All raw require a general inspection to rule out obvious infestation. All frozen without any added kosher sensitive ingredients is acceptable. Canned would need a *hashgacha*.
27. **Cauliflower** - Frozen cauliflower with a reliable hashgacha may be used without any further checking. Canned or jarred requires a reliable *hashgacha*. The washing and cleaning procedure for fresh and frozen cauliflower without a reliable hashgacha 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. If possible, check water to see if it contains any bugs.
 6. Pull off three full florets from the cauliflower's core.
 7. Check all surfaces of the thick and thin stalks in those florets, by gently separating the thin stalks from one another (without breaking them off of the floret) and visually inspecting the stalks.
 8. If no bugs are found in the above steps, the entire head may be eaten. If bugs are found, repeat the above steps.
 9. For cauliflower which is cut and washed at the company (frozen or fresh-packed), begin with Step #6.
28. **Chard** - Must be washed very well with either a vegetable wash or a food grade soap solution, and checked with a *chazaka*. (see above)

29. **Chili Peppers** - Dried with no added kosher sensitive ingredients do not require hashgacha. Canned, cooked and bottled all require a reliable hashgacha.
30. **Chinese Cabbage** - Must be washed very well with either a vegetable wash or a food grade soap solution, and checked with a *chazaka*. (see above)
31. **Chives** - Fresh (Not to be confused with green onions) - Must be washed well and a general inspection is needed to rule out obvious infestation.
32. **Cilantro - Fresh**- Must be washed very well in either a vegetable wash or a food grade soap solution, and checked with a *chazaka*. (see above). **Dried** with no added kosher sensitive ingredients do not require hashgacha and no added inspection for insects is needed.
33. **Celery Stalks** – Must be washed and checked well, especially around the bottom of the stalk and around the leaves.
34. **Collard Greens - Raw** - Must be washed very well with either a vegetable wash or a food grade soap solution, and checked with a *chazaka*. (see above)
35. **Corn** – on the cob - The husk should be removed and a general inspection is needed to rule out obvious infestation. All frozen without any added kosher sensitive ingredients is acceptable. Canned would need a *hashgacha*.
36. **Cucumbers** - A general inspection is needed to rule out obvious infestation. Canned requires a reliable *hashgacha*.
37. **Dill – Fresh**- Must be washed very well in either a vegetable wash or a food grade soap solution, and checked with a *chazaka*. (see above). **Dried** with no added kosher sensitive ingredients do not require hashgacha and no added inspection for insects is needed.
38. **Edamame - Raw** - A general inspection is needed to rule out obvious infestation. All raw frozen without any added kosher sensitive ingredients are acceptable. All cooked canned or jarred require a reliable hashgacha.
39. **Eggplant - Raw**- A general inspection is needed to rule out obvious infestation. All cooked canned, jarred or pickled eggplant require a reliable hashgacha.
40. **Endive** - Must be washed very well in either a vegetable wash or a food grade soap solution, and checked with a *chazaka*. (see above)
41. **Fava Beans - Raw** - A general inspection is needed to rule out obvious infestation. All raw frozen without any added kosher sensitive ingredients are acceptable.
42. **Fennel** - Cut along length of fennel green "leaf" and check for bugs inside and around the area protruding from the bulb. Discard the roots.
43. **Fenugreek** - Cut along length of fenugreek green "leaf" and check for bugs inside and around the area protruding from the bulb. Discard the roots.
44. **Flowers** – Must be spot checked for bugs. If bugs are found, the batch should not be used.
45. **Garlic** - Fresh cloves require a general inspection is needed to rule out obvious infestation. Raw peeled does not require certification. Jarred or canned minced garlic or any garlic in oil requires a reliable certification.
46. **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.

47. **Green Onions** - Cut along length of green onion "leaf" and check for bugs inside and around the area protruding from the bulb. Discard the roots.
48. **Herbs - Fresh** - Must be washed very well in either a vegetable wash or a food grade soap solution, and checked with a *chazaka*. (see above). **Dried** with no added kosher sensitive ingredients do not require hashgacha and no added inspection for insects is needed.
49. **Horseradish - Raw**- washed well to remove dirt and a general inspection is needed to rule out obvious infestation. processed requires a reliable hashgacha.
50. **Iceberg Lettuce:** Not pre-washed – Remove core and then peel off first four outer leaves (i.e. the leaves which have a darker green color). Visually inspect both sides of these four leaves for bugs. If no bugs are found, the remaining leaves may be eaten without further checking. If any bugs are found in the four leaves, the remaining head must be broken apart into individual leaves and rinsed carefully under a stream of flowing water.
Pre-washed – may be used without hashgacha and without any further washing.
51. **Jerusalem Artichoke - Raw** - A general inspection is needed to rule out obvious infestation.
52. **Jicama** - A general inspection is needed to rule out obvious infestation.
53. **Kale** - Must be washed very well with either a vegetable wash or a food grade soap solution, and checked with a *chazaka*.(see above)
54. **Kohlrabi - Raw** - Worms may be in the head so a thorough inspection is necessary.
55. **Leek** - Cut along length of leek "leaf" and check for bugs inside and around the area protruding from the bulb. Discard the roots.
56. **Lemon Grass - Fresh** - Must be washed very well in either a vegetable wash or a food grade soap solution, and checked with a *chazaka*. (see above). **Dried** with no added kosher sensitive ingredients do not require hashgacha and no added inspection for insects is needed.
57. **Lettuce – all other than iceberg:**
Not pre washed - Must be washed very well with either a vegetable wash or a food grade soap solution, and checked with a *chazaka*.(see above)
Pre washed may be used without *hashgacha* only after checking each leaf of the product or washing again using the *chazaka* check (see above).
58. **Mint - Fresh**- Must be washed very well in either a vegetable wash or a food grade soap solution, and checked with a *chazaka*. (see above). **Dried** with no added kosher sensitive ingredients do not require hashgacha and no added inspection for insects is needed.
59. **Mushrooms** – Fresh mushrooms must be rinsed and a cursory inspection is needed. Portabella mushrooms should have the brown under part removed. All dried and frozen without any added kosher sensitive ingredients are acceptable. Canned or jarred mushrooms must have a reliable hashgacha.
60. **Mustard Greens - Raw** - Must be washed very well with either a vegetable wash or a food grade soap solution, and checked with a *chazaka*. (see above)
61. **Napa Cabbage** - Must be washed very well with either a vegetable wash or a food grade soap solution, and checked with a *chazaka*.(see above)
62. **Nori Seaweed** - Both toasted and regular are acceptable without hashgacha as long as there are no added kosher sensitive ingredients, 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.
63. **Nuts** - All raw, blanched and DRY roasted nuts (such as peanuts in the shell) do not require hashgacha as long as there are no added kosher sensitive ingredients. All canned, jarred or cooked,

- boiled or oil roasted nuts require a reliable hashgacha.
64. **Okra** - Fresh - A general inspection is needed to rule out obvious infestation. Any frozen may be used, Canned must have a *hashgacha*.
 65. **Olives - Black** - Fresh from the tree only require a general inspection to rule out obvious infestation. All processed in California are accepted without hashgacha as long as they are only packed in water and salt. All others require a reliable hashgacha.
 66. **Olives - Kalamata** - Fresh from the tree only require a general inspection to rule out obvious infestation. All processed require a reliable hashgacha.
 67. **Olives - Green** - Fresh from the tree only require a general inspection to rule out obvious infestation. All processed require a reliable hashgacha.
 68. **Onions** – the outer peel should be removed. Frozen and fresh pearl onions and fresh cut onions may be used without *hashgacha*. Freeze dried and canned onions require a reliable hashgacha.
 69. **Oregano - Fresh**- Must be washed very well in either a vegetable wash or a food grade soap solution, and checked with a *chazaka*. (*see above*). **Dried** with no added kosher sensitive ingredients do not require hashgacha and no added inspection for insects is needed.
 70. **Parsley - Fresh**- Must be washed very well in either a vegetable wash or a food grade soap solution, and checked with a *chazaka*. (*see above*). **Dried** with no added kosher sensitive ingredients do not require hashgacha and no added inspection for insects is needed.
 71. **Parsnip - Raw**- A general inspection is needed to rule out obvious infestation
 72. **Peas & Pea Pods** – Fresh - A general inspection is needed to rule out obvious infestation. All frozen without any added kosher sensitive ingredients is acceptable. Canned must have a *hashgacha*.
 73. **Pea Sprouts** - A general inspection is needed to rule out obvious infestation.
 74. **Peanuts**- A general inspection is needed to rule out obvious infestation. All DRY roasted nuts (such as peanuts in the shell) do not require hashgacha as long as there are no added kosher sensitive ingredients. All canned, jarred or cooked, boiled or oil roasted nuts require a reliable hashgacha.
 75. **Peppers** – Both hot and sweet may be used after a general inspection to rule out obvious infestation. Canned or Jarred would need a reliable *hashgacha*.
 76. **Pine Nuts** - All raw, blanched and DRY roasted pine nuts (such as peanuts in the shell) do not require hashgacha as long as there are no added kosher sensitive ingredients. All canned, jarred or cooked, boiled or oil roasted nuts require a reliable hashgacha.
 77. **Pistachios**- A general inspection is needed to rule out obvious infestation. Raw or DRY roasted do not require hashgacha. All oil roasted or those with added kosher sensitive ingredients such as flavors or colors (such as red pistachios) require a reliable hashgacha.
 78. **Potatoes - Raw - All Varieties** - A general inspection is needed to rule out obvious infestation. Canned or Jarred would need a reliable *hashgacha*.
 79. **Radichio** - Must be washed very well with either a vegetable wash or a food grade soap solution, and checked with a *chazaka*. (*see above*)
 80. **Radish - Raw** - A general inspection is needed to rule out obvious infestation
 81. **Rapini** - The leaves Must be washed very well with either a vegetable wash or a food grade soap solution, and checked with a *chazaka*. (*see above*). The broccoli like buds are too difficult to check and should not be used.
 82. **Rhubarb - Raw**- Must be washed and checked well, especially around the bottom of the stalk and around the leaves.

83. **Rice (Raw Dry)** -Rice may become infested at the food warehouse or retail store or even in ones own home due to prevailing conditions such as humidity, temperature and other insect infestation. As such, one should always make a cursory inspection of the rice before purchasing (if possible) and before use, the rice should be placed in a bowl of cold water for a short time to remove any possible insects. Rice with added kosher sensitive ingredients, as well as all canned, cooked, quick and instant rice requires a reliable hashgacha.
84. **Romaine Lettuce: Not pre washed** - Must be washed very well with either a vegetable wash or a food grade soap solution, and checked with a *chazaka*. (see above)
Pre washed may be used without *hashgacha* only after checking each leaf of the product or washing again using the chazaka check (see above).
A cRc video with simple instructions on how to properly check romaine lettuce for insects can be found on our website by clicking [here](#).
85. **Romanesco Broccoli** - See cauliflower (#27) for the proper method to check this vegetable.
86. **Rosemary - Fresh**- Must be washed very well in either a vegetable wash or a food grade soap solution, and checked with a *chazaka*. (see above). **Dried** with no added kosher sensitive ingredients do not require hashgacha and no added inspection for insects is needed.
87. **Rutabaga - Raw** - A general inspection is needed to rule out obvious infestation
88. **Scallions (green onions)** – Cut along length of scallion and check for bugs inside scallion and around the area protruding from the bulb. Discard the roots.
89. **Seaweed Nori** - Both toasted and regular are acceptable without hashgacha as long as there are no added kosher sensitive ingredients, 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.
90. **Seeds** - A general inspection is needed to rule out obvious infestation. All raw or dry roasted seeds without any added kosher sensitive ingredients such as colors, flavors or oils are acceptable even without hashgacha.
91. **Sesame Seeds** - A general inspection is needed to rule out obvious infestation. All raw or dry roasted seeds without any added kosher sensitive ingredients such as colors, flavors or oils are acceptable even without hashgacha.
92. **Shallots** – peeled and washed - A general inspection is needed to rule out obvious infestation.
93. **Slaw Mix - Prewashed** - A general inspection is needed to rule out obvious infestation.
94. **Soybeans - Raw** - A general inspection is needed to rule out obvious infestation. All raw frozen without any added kosher sensitive ingredients are acceptable.
95. **Spinach** – It is very impractical and close to impossible for the average consumer to properly check frozen spinach. Therefore, only product with a reliable *hashgacha* may be used. **Pre washed fresh** may be used without *hashgacha* only after checking each leaf of the product or washing again using the chazaka check (see above). Canned needs a reliable hashgacha.
96. **Spring Mix:**
Not pre washed - Must be washed very well with either a vegetable wash or a food grade soap solution, and checked with a *chazaka*. (see above)
Pre washed may be used without *hashgacha* only after checking each leaf of the product or washing again using the chazaka check (see above).
97. **Squash** – A general inspection is needed to rule out obvious infestation. For Frozen, see "frozen vegetable" below.

98. **Sun Dried Tomatoes** - Do not require hashgacha if there are no added kosher sensitive ingredients. All jarred and canned tomato products need a reliable *hashgacha*.
99. **Sun Flower Seeds** - A general inspection is needed to rule out obvious infestation. All raw or dry roasted seeds without any added kosher sensitive ingredients such as colors, flavors or oils are acceptable even without hashgacha.
100. **Tomatoes** - Fresh raw- A general inspection is needed to rule out obvious infestation. **Sun dried** tomatoes do not require hashgacha if there are no added kosher sensitive ingredients. All jarred and canned tomato products need a reliable *hashgacha*.
101. **Turnip- Raw** - A general inspection is needed to rule out obvious infestation
102. **Thyme - Fresh**- Must be washed very well in either a vegetable wash or a food grade soap solution, and checked with a *chazaka*. (*see above*). **Dried** with no added kosher sensitive ingredients do not require hashgacha and no added inspection for insects is needed.
103. **Verdolagas** - May be used only after checking each leaf of the product or washing using the chazaka check (*see above*).
104. **Watercrest** - Must be washed very well with either a vegetable wash or a food grade soap solution, and checked with a *chazaka*. (*see above*)
105. **Zucchini** - A general inspection is needed to rule out obvious infestation. All frozen without any added kosher sensitive ingredients is acceptable.

FROZEN VEGETABLE GUIDE

All frozen vegetables are acceptable, with the following exceptions that would require a reliable hashgacha: Broccoli, Brussel Sprouts, Asparagus, Spinach, Potatoes, Artichoke Hearts.

The proper procedure for checking frozen cauliflower that does not hashgacha, can be found above under #27 - cauliflower.

- Any vegetable containing added ingredients such as pasta, oil, spices, sauces, flavors, or colors;
- Any frozen vegetables that are packed in Israel require reliable hashgacha.
- Any vegetables that are canned in Israel or China require reliable hashgacha.
- Any Winter Squash (this is squash that must be cooked before eating) that is fully cooked (due to the requirements of Bishul Yisroel)

FRUITS

All freeze dried fruits & Vegetables require a reliable hashgacha. For a listing of the status of other dried fruits, click [HERE](#). The following guide is for raw fruits.

1. **Blackberries** – Fresh are not recommended at this time. All frozen without any added kosher sensitive ingredients is acceptable. All canned needs a reliable *hashgacha*.
2. **Blueberries** – Fresh must be rinsed in water and a cursory inspection is needed. All frozen without any added kosher sensitive ingredients is acceptable. Canned needs a reliable *hashgacha*.
3. **Dates** - A general inspection is needed to rule out obvious infestation.
4. **Figs** - A general inspection is needed to rule out obvious infestation.

5. **Grapes** - Separate the large bunch of grapes into 3 or 4 smaller bunches and rinse under cold water.
6. **Melons** - A general inspection is needed to rule out obvious infestation.
7. **Mulberries** - Fresh are not recommended at this time. All frozen are acceptable. All canned needs a reliable *hashgacha*.
8. **Nuts** - all; see above
9. **Raspberries** –Fresh are not recommended at this time. All frozen without any added kosher sensitive ingredients is acceptable. All canned needs a reliable *hashgacha*.
10. **Strawberries** – Fresh strawberries that are smooth and rounded in shape should have the tops cut off and the strawberries should be gently rubbed while rinsed well under a strong stream of water. Strawberries that have an unusual shape and are curved, causing some crevices and overlaps on the surface where small insects may hide, must have the tops removed and then also must be soaked for a short while in a kosher vegetable wash or a soap solution. They then must be rinsed off under a strong stream of water. All frozen without added flavors or colors are acceptable. All frozen strawberries packed only with sugar are acceptable. Canned strawberries require a reliable *hashgacha*.

CANNED/JARRED & FROZEN FRUIT GUIDE

All canned, jarred and frozen fruit is acceptable without certification unless they contain any natural and/or artificial flavors or colors, grape juice or the words “fruit juice”, or are canned in Israel or China.

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| HaRav Gedalia Dov Schwartz, shlit"א | Rabbi Moshe Kushner | Rabbi Sholem Fishbane |
| Av Beth Din | Executive Director | Kashruth Administrator |

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