בס״ד

Fruit & Vegetable Checking Guide

מדריך לבדיקת תועלים

COMPILED BY THE MANCHESTER BEIS DIN

According to Jewish law all fruits and vegetables are naturally kosher, however insects (toloim) are forbidden to be eaten. When one eats a fruit or vegetable which has even ONE insect in it, one has transgressed not only one but as many as SIX Torah prohibitions. It is therefore incumbent to check any fruit or vegetable that requires inspection.

The obligation to inspect.
There are three categories with regards to the requirement to inspect produce.

Torah Obligation: If a particular food has more than a 50% chance of being infested there is a Torah obligation to inspect the food.

Rabbinic Obligation: If the food has less than a 50% chance of being infested but is occasionally infested there is a Rabbinic requirement to inspect the food.

No Obligation: If finding an insect in this food is rare and unusual, there is no obligation to inspect it.

If one found in a food where one rarely finds infestation (category 3 above) at least three insects one has to deem this type of food as a food that is prone to infestation and inspection is required.

If one has opened a food and cut through an insect one should rinse the food, wash the knife with cold or warm water and remove from either side of the food a thin layer of the food. Following this procedure, the food may be eaten.

This Guide is for the inspection of fruits and vegetables purchased in the UK only. One must bear in mind that infestation and the quality of the produce differ greatly depending on where it was bought and its storage conditions.

This guide has been produced based on the findings and techniques of Manchester Beth Din supervisors and under the guidance of Dayan Y.O. Steiner Shlita.

The Manchester Beis Din has the facility to check for infestation with special equipment, if you are in doubt if something is infested please contact the office.

If you have any questions regarding the inspection of any fruit or vegetable please email services@mbd.org.uk

We are also happy to provide a free public service for the separation of Terumoh & Maaser.

If you have any questions regarding the separation of Terumoh & Maaser please email services@mbd.org.uk

Fruit & Vegetable Guide

Based on years of experience in the field of checking for infestation , we recommend that a regular washing up liquid is used rather than veggie wash or similar.

The nature of the most common thrips and bugs is to actually embed its feet into the vegetable. In order to dislodge and enable the bugs to unstick from the veg, basic veggie wash will be insufficient to remove the bugs. The mixture of water and washing liquid will create an ideal slippery nature to ensure the bugs will come off.

It is also worthwhile pointing out that when using liquid detergent, that the detergent be added in to the water rather than the other way round so as not to create a lot of froth. Luke warm water is recommended to achieve the easiest and best results.

Common insects found in Vegetables



Greenfly Aphid
Commonly found in leafty veg as well as on Strawberries



Asparagus Beetle
Found in Asparagus



Thrips
Commonly found in Lettuce, Leek, Cabbage, Spring Onion, Asparagus & Fennel



Seedcorn Maggot
Found in Beans



Leafminer
Often found in Spinach



Cabbage Mite
Found in Cabbage

Please note these are magnified images

Common insects found in Vegetables



Two Spotted Mite
Found in Strawberries



Mangold Fly
Found in Spinach



Cabbage Looper
Found in Lettuce, Cabbage & Celery



Onion Aphid
Found in Spring Onion



Mite



Leafminer Trail

Please note these are magnified images

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Apricot

1. Fresh Apricots require two types of inspection.
2. The skin requires inspection for dark brown or black spots.
3. If these spots can be removed they are a sign of infestation and they should be removed before eating.
4. If they cannot be removed this indicates the fruits have been damaged but are suitable to eat.
5. If the Apricot is very firm no internal inspection is required however if the Apricot is soft an internal inspection is required.
6. The Apricot should be cut in half.
7. The stone should be removed.
8. The area around the stone should be inspected. for insects.



Asparagus

1. Fresh Asparagus may be used, however there are parts of the vegetable that are prone to infestation.
2. The florets at the top and the stems at the bottom have to be removed and discarded. Ensure any part of the stem that has a cavity should be similarly removed and discarded.
3. Once removed the stalks need to be rinsed under cold running water.
4. The Asparagus should then be checked for thrips and Asparagus beetles.
5. If any infestation is found, repeat the procedure.
6. Canned asparagus with a reliable Hechsher may be used without checking (as long as the florets and stems have been removed).



Basil/Mint

1. Soak the Basil / Mint in a bowl of water with liquid detergent for a few minutes.
2. Once soaked, each leaf should be rubbed between the fingers.
3. Remove the Basil / Mint.
4. Fill a bowl with fresh water, soak the Basil / Mint and agitate the water.
5. If any insects are found in the water repeat the procedure until the water is clear.



Beans/Barley

1. All Beans or Barley should be stored in a dry and cool place.
2. Barley requires just a superficial inspection.
3. Check a sample of Barley for insects. If any insects are found the batch should be discarded.
4. All beans should be soaked in water for 8 hours. If there is shading, staining on the beans, holes found or if any of the beans rise to the surface it indicates there might be infestation and they should be cut open and checked.
5. If infestation is found in quite a few of the beans it is likely that the whole batch is infested and should be discarded.



Blueberries

1. Blueberries should be soaked in water.
2. Agitate and rub the Blueberries in the water.
3. A few Blueberries should be cut open and inspected for white maggots.
4. If maggots are found the batch should be discarded.
5. It is preferable to cut off the crown. However, if one needs the crown on, one should wash around the crown with extra care and do an extra visual inspection.



Bok Choy

1. One should cut off the bottom of the Boy Choy.
2. The leaves should be separated and all folds and creases should be opened.
3. Rinse well to remove any dirt.
4. Soak the Bok Choy in water with liquid detergent for a few minutes and rub each leaf between the fingers.
5. Each leaf should then be rinsed under a strong flow of water.
6. Once rinsed the Bok Choy should be soaked and agitated in a bowl of clear water.
7. The water should be inspected for thrips.
8. Repeat the procedure until the water is clear.



Cabbage

1. Clean the Cabbage by removing all dirt and unclean layers.
2. About an inch of the base should be cut off.
3. Cut the Cabbage into segments.
4. Rinse under water and do a visual check by holding each part in one hand and fanning out the leaves on both sides with the thumb of the other hand, look carefully between the leaves.
5. Black marks on the leaves are a blemish and are not an infestation concern.
6. This method applies to both Green and Red Cabbage.



Cauliflower

1. Remove the green leaves from the stalk.
2. The Cauliflower should then be cut into small pieces and soaked in water with liquid detergent for a while.
3. During this process open the florets allowing the water to penetrate inside.
4. The Cauliflower should then be rinsed under cold water.
5. The Cauliflower should be placed in a bowl of clear water, the water should be agitated.
6. If after the Cauliflower is removed the water is clear no further inspection is needed.



Celery

1. The leaves should be cut off from the Celery sticks and discarded.
2. The Celery should then be rinsed and brushed with a brush or a cloth to remove any debris from the surface of the stalk.
3. Rub your fingers along the stem.
4. When the surface is clean it may be used.



Cherries

1. Canned Cherries from a prestigious company do not require checking.
2. Sour Cherries in jars do not require checking.
3. Fresh Cherries grown commercially are generally insect free and do not require inspection.
4. However, if the skin has scab's inspection is required. One should open each Cherry and remove the stone.
5. Check for insects around the stone.
6. All unripe Cherries and privately grown Cherries have to be checked both outside and inside around the stone.



Chick Peas

1. Chick peas must first be poured into a bowl and checked for small shiny eggs.
2. The Chick Peas should then be cooked and then left to cool for about 3 hours.
3. Remove the Chick Peas and slowly roll a handful of Chick Peas from one side to the other.
4. If any Chick Peas with holes or dark patches are found they must be discarded. This is a sign that there is infestation, and therefore one is advised to check the remainder of the Chick Peas for infestation by breaking them open and checking.
5. Canned Chick Peas also need checking in the same way.



Chicory / Endives

1. Cut off the bottom of the vegetable.
2. Separate the leaves and place the leaves in a bowl of water with liquid detergent, allow to soak and then rub each leaf between the fingers.
3. Rinse each leaf on both sides under a strong stream of water.
4. Put the leaves in a fresh bowl of water and agitate the water.
5. Remove the leaves and check the water for infestation.
6. If the water is not clear repeat the procedure.



Chives

1. The Chives should be rinsed under running water.
2. The Chives should then be placed in a clean bowl of water and agitate the water.
3. Remove the Chives and check the water for infestation.
4. If infestation is found repeat the procedure until the water is clear.



Corn / Corn of the cob

1. Canned or frozen packs of individual kernels may be used without checking.
2. Canned or frozen packs containing sections of Corn on the Cob may be used without inspection.
3. Fresh Corn on the cob should be avoided.



Dates

1. Algerian, Iraqi and Pakistani Dates are of inferior quality and should therefore be avoided.
2. Other Dates, although less prone to infestation, still require a thorough inspection.
3. Check the outer surface for holes or tiny beetles which may be stuck to the fruit.
4. Open the Date, remove the stone and check for beetles or brown gritty matter especially around the stone area.
5. If any of these are found the fruit should be discarded. Stoned Dates need inspection in the same way.



Dill

1. Place the Dill in a bowl of water with liquid detergent and allow to soak.
2. As you remove the Dill shake the leaves.
3. Rinse each leaf on both sides under a strong stream of water.
4. Place the Dill in a fresh bowl of water and agitate the water.
5. Check the water for infestation, if the water is not clear repeat the procedure. Check at least 3 samples of Dill on both sides against a strong light.



Dried Fruit

1. Raisins/Sultanas & Currants do not require checking.
2. Dried Apricots:
3. If the dried Apricot is whole with the stone removed they are generally insect free and require an external inspection for brown spots (see page7).
4. If the Apricots are sold open and in halves and are soft they are more susceptible to infestation and require inspection.
5. If the edges are wrinkled they should be soaked in warm water until the edges can be opened.
6. Prunes do not require any inspection.

For dried Figs see Figs.



Fennel

1. Cut off the top and bottom and separate all the leaves.
2. Place the leaves in a bowl of water and liquid detergent, rub each leaf between the fingers.
3. Place each leaf under a strong current of water.
4. Place the leaves in a clean bowl of water and agitate the water.
5. Remove the leaves and check the water for infestation then check some of the leaves on both sides to make sure that they are clean.



Figs

1. Fresh Figs require an extremely careful inspection on the inside and outside, especially in the cavity where the stalk was removed.
2. By nature, Figs have thousands of seeds and therefore insects such as beetles, maggots and mites can be very hard to notice.
3. A small section around the stalk area must be removed.
4. The Fig should be opened and turned inside out and thoroughly checked throughout both on the surface of the seeds and between the cracks formed by turning the Figs inside out for insects.
5. The outside of the Fig must be washed well and carefully inspected for different types of insects
6. Dried Figs should be avoided unless they are commercially produced flakes and have been through a special cleaning process.



Flour

1. Flour should be stored in a dry and cool place.
2. If there is any webbing in the Flour, it needs to be checked.
3. The easy way to look for mites, moths or Flour beetles is by checking the inner walls of the packaging for webbing, or by running a fork through the packet and one finds strands of webbing hanging from the fork when removed.
4. Even a slight browning in the Flour could be a sign of mite infestation.
5. The mites found in Flour are difficult to see because they are only a half millimetre long.
6. If such webbing or discolouring is found the Flour needs to be sieved (80 mesh sieve)
7. All Flour coming from hot countries has to be sieved.



Kale

1. Cut the leaves from the stem and place the leaves in a bowl of water with liquid detergent.
2. Rub each leaf between your fingers.
3. Rinse each leaf under a strong stream of water.
4. Place the Kale in a clean bowl of water and agitate the water.
5. Remove the Kale and check the water for infestation.
6. If the water is not clear repeat the procedure.
7. Check a sample of leaves against a bright light to make sure that they are clean.



Leek

1. Cut off the roots,
2. If some layers are not clean peel them and discard before washing.
3. Cut the Leek lengthwise making sure there are no closed layers especially at the junctions.
4. Rinse each layer under a strong stream of water and brush with a strong brush up and down the Leek.
5. If they are not completely clean repeat the procedure.



Lettuce

1. The procedure below should be used for all types of Lettuces (Biondi, Iceberg, Lolo Rosa, Romaine).
2. The outer leaves that are not clean should be removed and discarded.
3. Separate all the leaves and open the creases and folds.
4. Soak the Lettuce in water with liquid detergent and rub each leaf between your fingers.
5. Each leaf should then be rinsed on both sides under running cold water.
6. The leaves should then be checked using a bright light.



Mushrooms

1. Remove any spoilt Mushrooms.
2. Small button Mushrooms are less prone to infestation than other types of Mushrooms and should be preferred wherever possible.
3. First check the brown gills under the cap. If damage is present it should be scraped away to enable inspection of the area behind it.
4. Break the cap into several small pieces to inspect for damage or tunnelling of white worms or red spider mites.
5. If tunnelling is found the entire batch should be discarded.
6. The stalks exterior must also be inspected.
7. Clean Mushrooms should be wipeed down with a cloth and no further checking is necessary.



Mustard Cress

1. The small plastic containers of Mustard Cress (sold in Europe) require no inspection.
2. The small black seeds and seed cases are of no concern whatsoever.

   Watercress should be avoided.



Onions

1. In the UK as long as the Onions are firm and healthy they do not require inspection.
2. If the Onion has deteriorated and is soft then one should not use it without proper inspection.
3. The Onion should be cut in to parts and checked carefully for a very small active insect looking like a grain of sand.



Poppy Seed

1. Fill a bowl of warm water.
2. Place a handful of Poppy Seeds on a plate and place on top of the bowl of warm water.
3. If there is any movement this indicates that this batch is infested and should be discarded.



Parsley

1. Release the bunch and rinse the Parsley under running water as this will help to clean the Parsley from any excess dirt.
2. If only the leaves are needed cut the stems from the leaves and discarded.
3. Place the Parsley in a bowl of water and liquid detergent or salt and gently agitate the water.
4. Remove the Parsley and rinse under a strong stream of running water.
5. Take the Parsley and place it in a clear bowl of water and allow to soak for a short while, then remove the Parsley and check the water.
6. Repeat the procedure if infestation is found in the water.



Rice

1. Rice should be stored in a cool and dry place.
2. Only good quality Rice should be used. Generally speaking, polished Rice is insect free but there might be infestation between the grains.
3. Put the Rice onto a plate and slowly move them around, watching out for black and brown insects, off-white worms or mites which are very small or spiders which can be found in rice stored in a humid and damp atmosphere.
4. This normally will be found where there is a bit of powder accumulating between the Rice and the bottom of the packet.
5. Brown Rice has the same requirements as white rice and should also be checked for severe discolouration or hollowed out pieces.
6. All insects and discoloured or hollowed Rice should be removed.



Rosemary

1. Place the Rosemary in a bowl of water with liquid detergent for a couple of minutes.
2. Remove the Rosemary and rinse under a strong stream of running water.
3. The Rosemary should be placed in a bowl of clear water and agitated.
4. Remove the Rosemary, If the water is clear the Rosemary may be used and no further checking is necessary.
5. If there are signs of infestation repeat the procedure until the water is clear.



Spinach

1. The outer leaves that are not clean should be removed and discarded.
2. Place the Spinach in a bowl of water with liquid detergent for a couple of minutes and open the creases and folds.
3. Each leaf should then be rinsed on both sides under running water.
4. The leaves should then be checked using a bright light.



Spring Onion

1. The bulb may be cut off and can be used without inspection.
2. The stalks should be sliced lengthwise and cut open at the junction area.
3. The stalks should then be washed under running water.
4. The stalks should then be visually inspected.



Strawberries

1. Cut off the tops completely.
2. The Strawberries should be placed in a bowl of water with liquid detergent or salt and rub all surfaces with your fingers (do not soak for too long).
3. Remove the Strawberries and rinse well under water.
4. The Strawberries should then be put into clear water and agitated.
5. The water should be inspected for infestation.
6. If the water is clear no further inspection is required.



Sugar Snaps / Mange Touts

1. Generally, Sugar Snaps are not prone to infestation however a brief inspection is required.
2. A handful of Sugar Snaps should be taken for inspection.
3. The Sugar Snaps should be opened entirely and the inside should be checked for all forms of infestation. If no infestation is found the rest of your batch may be eaten without further inspection.
4. If infestation is found in any of the Sugar Snaps the whole batch needs to be checked before eating.
5. Mange Touts are similar to Sugar Snaps however are more prone to infestation and therefore should be avoided otherwise every single one must be checked before use.





Fish

The infestation of the Anisakis worm is very common in deep sea fish which includes Wild Salmon (sockeye), Haddock, Cod, Halibut & Herring.

Not only is there the prohibition of infestation but also a health concern if consumed alive. This applies in both fresh & smoked fish.

If any such fish is bought, please ensure to wash and check the fish well and ensure that it has been frozen for 72 hours or fully cooked before eating.

There are also fish lice that can be found in Carp and fishery Trout, which is prohibited.

Tinned Salmon, tinned Tuna, farmed Salmon and farmed Trout are generally free of infestation. If using the head of the fish one should check for the fish lice, in and around the mouth and gills.

These product may only be bought with a reliable hechsher.



Artichok



Blackberries



Broccoli



Brussel Sprouts



Raspberries

הפרשת תרומה ומעשר
Terumoh & Maaser

Have you bought Israeli produce?

Use the MBD free Terumoh & Maaser service

- Simply text your name and T & M to 07960537281
- Separate a little more than 1%
- Say either of the text below
- Double wrap and discard

כל ההפרשות יחולו כמו שכתוב בנוסח המובא בסוף סידור מקור הברכה. כל מעשר שני ורבעי שיש כאן הרי הוא מחולל הוא וחומשו בפרוטה במטבע שייחד בד"ץ מנשסתר לחילול מעשר שני ורבעי.

All the separations of Terumos and Maaseros should take effect in accordance with the text set out in the Siddur 'Mekor HaBrocha'. All Maaser Sheini and Revai - it and its extra fifth - should be redeemed on a peruta of the coin set aside by Manchester Beis Din for the redemption of Maaser Sheini and Revai.

- Please note that for each type of fruit / vegetable a new separation is required.
- Produce that does not actually require separation cannot be used to carry out the Terumoh & Maaser separation for other products of the same type that do require. If in doubt whether one of the fruit / vegetable is actually produce of Eretz Yisroel (e.g a mixed pack of peppers where some are Israeli produce and some are not) a new separation is required for each one.

MANCHESTER BEIS DIN SUPPORTS THE COMMUNITY SUPPORTS

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