



# The cRc's 2020/5781 Guide to a Kosher New Year

It is customary to eat certain foods as simanim on Rosh Hashana. Below are the Chicago Rabbinical Council's recommendations to avoid any kashrus concerns on these items. All further inquiries can be checked on [www.ASKcRc.org](http://www.ASKcRc.org) or by calling the office (773) 465-3900.



## Honey

**!** Requires kosher certification as retail honey might be packaged hot on equipment used for non-kosher products.



## Carrots

**✓** **FRESH OR FROZEN** (including baby carrots) With no questionable additives are acceptable without hashgachah.

**!** **CANNED** Requires kosher certification.



## Leek

**?** Cut along full length of the leek so every leaf is separated. Wash each leaf thoroughly under running water.

## 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.

**✓** **PRE-WASHED**  
Acceptable without certification; no further washing is required.



## Beets

**?** **RAW** A general inspection is needed to rule out obvious infestation.

**!** **COOKED, CANNED OR JARRED**  
Requires certification.



## Pomegranate

**?** **FRESH** A general inspection is needed to rule out obvious infestation.

**FRESH ARILS** With no questionable additives are acceptable without hashgachah.

## Dates

**?** **FRESH or DRIED** Acceptable 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 which are either grown in the United States and/or are pitted.



## Gourd

**?** **FRESH** A general inspection is needed to rule out obvious infestation.

**!** **CANNED**  
Requires kosher certification.



## Raisins

**✓** All domestic do not require certification, unless they are oil treated or flavored. Does not need special infestation inspection.



## Fish / Head of Fish

**?** **RAW FISH** It is preferable to purchase raw fish in a kosher fish store. If this isn't possible, one must first make sure the fish is, in fact, a kosher species. The only reliable method of determining that a fish is from a kosher species is by inspecting its scales to be sure that they are the type that can be removed from the fish without ripping any flesh. (One notable exception is salmon where the flesh-color is unique and is considered a clear identifying mark of the kosher, salmon fish.) Secondly, the knives used to scale, eviscerate, fillet and/or cut the fish may have been previously used for non-kosher fish. To avoid this issue it is necessary to ask the store employees to clean the knife and work on a clean piece of butcher-paper. If this isn't possible, there is basis to permit the purchase of pre-cut fish but it is necessary to scrub clean any surfaces that had been cut.

**!** **SMOKED / COOKED / PROCESSED / JARRED / CANNED**  
Requires certification.



## Head of Sheep

**!** Requires Certification.

## Black-eyed Peas

**?** **RAW** A general inspection is needed to rule out obvious infestation.

**!** **COOKED, CANNED OR JARRED**  
Requires certification.



## Fenugreek

**?** **FRESH** Use cRc cleaning thrip- cloth method, as directed below.

**✓** **SEEDS** Ground, chopped, powdered or whole are recommended without hashgachah.



## Spinach

**?** **FRESH or PREWASHED** Use cRc cleaning thrip-cloth method, as directed below.

**!** **FROZEN OR CANNED** Requires certification.



### Thrip-cloth Method (using a silk cloth)

You will need a large bowl, dish soap, 2 strainers, a thrip-cloth (a fine silk cloth that can be purchased from the cRc), and a light box.

1. Separate the leaves and place them into a bowl of water.
2. Put enough dish soap (a good choice would be Seventh Generation 0%fragrance) or kosher vegetable wash into the bowl until the water and leaves become somewhat slippery.
3. Agitate and soak the leaves in the soapy water for 1- 2 minutes.
4. Remove the leaves from the bowl and discard the water.
5. Repeat steps 2-4. Alternatively (instead of repeating steps 2-4) one can wash each leaf under running water (both sides) and then place leaves into a new bowl of soapy water.
6. Remove leaves and pour the water through a thrip-cloth that is sandwiched between 2 strainers.
7. Check the cloth carefully on top of a light box or similar apparatus. If a bug is found, repeat. If no bugs are found, rinse and enjoy

**FURTHER DIRECTIONS** on checking for infestation can be found on our website at [www.crckosher.org](http://www.crckosher.org)

*The Chicago Rabbinical Council wishes everyone a Kesiva V'chasima Tova.*