



Rabbi Yisroel Langer
cRc Bedikas Toloyim Specialist

FRUIT AND VEGETABLE POLICY



Below you will find the current cRc position on the proper checking and use of various fresh and frozen fruits and vegetables purchased in the United States. Infestation levels change due to seasons, growing environments, global imports, and other factors, and therefore the cRc constantly reviews its policies and cleaning methodologies. The instructions noted below represent the most updated information as of the printing of this book. It is difficult to cover all the different varieties, so if you want to use a product which is not found on this list, please call the cRc office at (773) 465-3900.

A word of caution: 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 by just reading the guide and policy. Rather, wait until you've been given some hands-on direction and become experienced enough and capable to do so. Furthermore, the actual insects may not be what you are expecting. They are not simple flies, roaches or spiders. Most of them are small and hard to find right away due to their size and color, but nevertheless forbidden to consume. For those "first-timers" we do offer an alternative method to clean leafy vegetables which is listed under "alternate method if no thrip-cloth is available".

When we refer to a "cRc thrip-cloth cleaning method" the following procedure should be followed:

THRIP-CLOTH METHOD (USING A SILK CLOTH) FOR LETTUCE (ROMAINE, ETC.):

You will need a large bowl, dish soap, 2 strainers, a thrip-cloth, 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 for Pesach 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 (fine silk cloth that can be purchased from the cRc at <http://www.crcweb.org/books.php>) 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 process (steps 2, 3, and 6). If no bugs are found, rinse off soap and enjoy.

ALTERNATE METHOD IF NO THRIP-CLOTH IS AVAILABLE:

FOR LARGE LEAFY VEGETABLES: Separate leaves. Soak and agitate in soapy water. Gently rub a sponge over the entirety of each side of every leaf making sure to open all folds of the leaf. Rinse both sides of each leaf under running water. No further checking is required.

FOR SMALL LEAF VEGETABLES SUCH AS PARSLEY, CILANTRO AND OTHER HERBS: Follow steps 2-5 of the thrip-cloth cleaning method. One may then check the water using a clear basin in bright light very carefully for insects. (Please

note that a lot of time is needed when checking the water as the insects will be harder to see when floating in 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 that we do not recommend the use of saltwater or vinegar to properly remove insects from fruits and vegetables.

Produce (especially organic) can sometimes be infested with insects. If the thrip cloth contains bugs after following the above method three times, the produce would be considered highly infested. Such produce should preferably not be used, but, in situations of necessity, may be consumed after


performing the “thrip cloth method” repeatedly and finding **two** consecutive rounds of a bug-free cloth on the bug light.















According to cRc policy, one is permitted to thoroughly puree produce (when purchased for the purpose of blending) that is only moderately infested with insects. Before pureeing, one should first rinse the produce under running water to remove the surface, easy to remove bugs. With regards to more heavily infested produce, such as fresh strawberries, blackberries, raspberries, and organic leafy produce (such as organic kale, romaine lettuce, etc.), or any produce that seems to be more infested than usual, one should avoid pureeing them altogether. If one would like to puree fresh strawberries, it would be permissible to do so provided that they are first soaked and agitated in soapy water (1 tablespoon of soap to 8 cups of water) for a minute, followed by a rinse.














NOTE: Due to specific Pesach restrictions, the following is a partial list. Additional fruits and vegetables are listed on our app and our website at http://www.crcweb.org/fruit_vegetable_policy.php.












	NAME	YEAR-ROUND KOSHER STATUS	PESACH EXCEPTIONS	INSPECTION RECOMMENDATIONS
	Artichokes	See Inspection Recommendations	Frozen and canned require special Pesach certification	Whole artichokes are not recommended without reliable kosher certification. Fresh and frozen artichoke bottoms do not require certification.
	Arugula			Use cRc thrip-cloth cleaning method, as directed above.
	Asparagus, Green		Frozen and canned require special Pesach certification	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. Canned are permissible only with reliable kosher certification.
	Asparagus, White		Frozen and canned require special Pesach certification	Fresh white asparagus is permissible without further checking after rinsing with water. Canned are permissible only with reliable kosher certification.
	Basil, fresh			Use cRc thrip-cloth cleaning method, as directed above.
	Belgian Endive, fresh			Separate the leaves and wash each one individually under a stream of water.
	Blackberries, fresh	Not Recommended		




	NAME	YEAR-ROUND KOSHER STATUS	PESACH EXCEPTIONS	INSPECTION RECOMMENDATIONS
	Blackberries, frozen		Requires special Pesach certification if it contains any sensitive additives	Frozen blackberries, without any kosher-sensitive ingredients added, may only be purchased for purposes of blending thoroughly to produce smoothies and the like.
	Bok Choy			Use cRc thrip-cloth cleaning method, as directed above.
	Broccoli, fresh or frozen	Requires reliable kosher certification	Frozen requires special Pesach certification	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 kosher certification be used. Broccoli stems (no florets) may be used without checking after rinsing with water. Pre-washed broccoli slaw (broccoli stems and carrots) should be purchased before Pesach or with special Pesach certification.
	Brussels Sprouts, fresh	Generally, not recommended		One who insists on eating Brussels sprouts may separate all the leaves, wash them in a bowl of soapy water, and check them using the thrip cloth method.
	Brussels Sprouts, frozen and canned	Requires reliable kosher certification	Requires special Pesach certification	
	Cabbage, fresh green			Remove outer 4 leaves, and rinse the remaining leaves thoroughly (front and back) under a stream of water.
	Cabbage, red			Remove outer 4 leaves, and rinse the remaining leaves thoroughly (front and back) under a stream of water.
	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 cleaning method above.
	Cauliflower, frozen		Requires special Pesach certification	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 kosher certification.
	Celery Stalks			Must be washed and checked well, especially around the bottom of the stalk and around the leaves.

	NAME	YEAR-ROUND KOSHER STATUS	PESACH EXCEPTIONS	INSPECTION RECOMMENDATIONS
	Chard, all varieties, including Swiss Chard			Use cRc thrip-cloth cleaning method, as directed above.
	Chives, fresh			Use cRc thrip-cloth cleaning method, as directed above.
	Cilantro, fresh			Use cRc thrip-cloth cleaning method, as directed above.
	Cranberries, canned, frozen & Cranberry Sauce	Acceptable without certification	Requires special Pesach certification	Except during Pesach, 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.
	Dates, fresh			Slice open a handful from the container and check inside. If no insects are found, then the rest may be eaten without checking. This applies to all dates domestic, pitted etc.
	Dates, dried	Acceptable without certification	Requires special Pesach certification	Dried dates with no additional flavors are acceptable even without certification. Slice open a handful from the container and check inside. If no insects are found, then the rest may be eaten without checking. This applies to all dates domestic, pitted etc.
	Dill, fresh			Use cRc thrip-cloth cleaning method, as directed above.
	Fenugreek		Ground or powdered require special Pesach certification	Use cRc thrip-cloth cleaning method, as directed above.
	Figs, 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 figs (domestic, etc.).
	Figs, dried	Acceptable without certification	Requires special Pesach certification	Slice lengthwise. Check for wasps (black-ish appearance) and worms.
	Frisee			Use cRc thrip-cloth cleaning method, as directed above.
	Grapes, fresh, all varieties			Separate the large bunch of grapes into 3 or 4 smaller bunches, and rinse under cold water.

	NAME	YEAR-ROUND KOSHER STATUS	PESACH EXCEPTIONS	INSPECTION RECOMMENDATIONS
	Green Onion, (Scallion)			Cut scallion root from top to bottom of bulb; examine between thin layers where they emerge 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 (as seen in picture). 
	Horseradish, fresh			A general inspection is needed to rule out obvious infestation.
	Horseradish, jarred	Requires reliable kosher certification	Requires special Pesach certification	
	Kale, fresh			Use cRc thrip-cloth cleaning method, as directed above.
	Kale, frozen	Requires reliable kosher certification	Requires special Pesach certification	It is very impractical and close to impossible for the average consumer to properly check frozen kale.
	Leek			Cut along the 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, dried, frozen	Acceptable without certification	Requires special Pesach certification	Frozen dried lemongrass without any kosher sensitive ingredients is acceptable without certification.
	Lettuce, including iceberg			Use cRc thrip-cloth cleaning method, as directed above.
	Lettuce, iceberg			Use cRc thrip-cloth cleaning method, as directed above.
	Lettuce, iceberg pre-washed		Purchase before Pesach or with special Pesach certification	Needs proper certification. If not certified, wash in a bowl of water with a small amount of vegetable wash.
	Lettuce, Romaine, not pre-washed			Use cRc thrip-cloth cleaning method, as directed above.
	Lettuce, Romaine, pre-washed		Purchase before Pesach or with special Pesach certification	Use cRc thrip-cloth cleaning method, as directed above.
	Lettuce, spring mix, pre-washed		Purchase before Pesach or with special Pesach certification	Use cRc thrip-cloth cleaning method, as directed above.

	NAME	YEAR-ROUND KOSHER STATUS	PESACH EXCEPTIONS	INSPECTION RECOMMENDATIONS
	Mint, fresh			Use cRc thrip-cloth cleaning method, as directed above.
	Mushrooms, fresh			Fresh mushrooms must be rinsed, and a cursory inspection is needed.
	Mushrooms, dried or frozen – regular or portobella ONLY	Acceptable without certification	Frozen require special Pesach certification	All dried or frozen without any kosher-sensitive ingredients are acceptable without certification.
	Mushrooms, Portabella			Thoroughly wash each mushroom, including the fan area beneath the crown, under a strong stream of water.
	Nori Seaweed	Requires reliable kosher certification	Requires special Pesach certification	
	Onion, all varieties fresh			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		Purchase before Pesach or with special Pesach certification
	Onions, freeze dried and canned	Requires reliable kosher certification	Requires special Pesach certification	
	Onions, frozen	Acceptable without certification	Requires special Pesach certification	
	Oregano, fresh			Use cRc thrip-cloth cleaning method, as directed above.
	Parsley, fresh			Use cRc thrip-cloth cleaning method, as directed above.
	Parsley, dried	Acceptable without certification	Ground or powdered require special Pesach certification	Dried parsley without any added kosher-sensitive ingredients is acceptable without certification.
	Pepper, Chili, dried		Ground or powdered require special Pesach certification	Dried chili peppers with no added kosher-sensitive ingredients are acceptable without certification. Canned, cooked, and bottled chili peppers require reliable kosher certification.
	Potatoes, all varieties, fresh			A general inspection is needed to rule out any obvious infestation.

	NAME	YEAR-ROUND KOSHER STATUS	PESACH EXCEPTIONS	INSPECTION RECOMMENDATIONS
	Potatoes, frozen, canned, instant, dehydrated, potato starch and potato flour	Requires reliable kosher certification	Requires special Pesach certification	
	Prunes, dried	Acceptable without certification	Requires special Pesach certification	Recommended if there are no added flavors. Does not need to be checked for insect infestation.
	Raspberries, fresh	Not Recommended		
	Raspberries, frozen		Requires special Pesach certification if it contains any sensitive additives	Frozen raspberries, without any kosher-sensitive ingredients added, may only be purchased for purposes of blending thoroughly to produce smoothies and the like.
	Rhubarb, fresh			Must be washed and checked well, especially around the bottom of the stalk and around the leaves.
	Rosemary, fresh			Use cRc thrip-cloth cleaning method, as directed above.
	Shallots, peeled and washed	Acceptable without certification		A general inspection is needed to rule out obvious infestation.
	Spinach, fresh			Use cRc thrip-cloth cleaning method, as directed above.
	Spinach, frozen	Requires reliable kosher certification	Requires special Pesach certification	It is very impractical and close to impossible for the average consumer to properly check frozen spinach. Therefore, only product with a reliable kosher certification may be used.
	Spinach, pre-washed		Purchase before Pesach or with special Pesach certification	Use cRc thrip-cloth cleaning method, as directed above.
	Strawberries, fresh			The cRc 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 specific method below this chart to clean the strawberries from insects.

	NAME	YEAR-ROUND KOSHER STATUS	PESACH EXCEPTIONS	INSPECTION RECOMMENDATIONS
	Strawberries, frozen	Only recommended for pureeing purposes, or if they are reliably certified as bug-free	Requires special Pesach certification unless pure fruit or fruit with sugar (not artificial sweetener)	
	Sun-dried Tomatoes	Acceptable without certification	Requires special Pesach certification	Sun-dried tomatoes do not require certification if no kosher-sensitive ingredients are added. All jarred and canned tomato products require reliable kosher certification.
	Thyme, fresh			Use cRc thrip-cloth cleaning method, as directed above.

cRc RECOMMENDED METHOD FOR CLEANING STRAWBERRIES

- 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 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 by hand under a stream of cold water.
- 4) Soak and agitate the strawberries a second time for 1-2 minutes in new soapy water with the same ratio as above.
- 5) Rinse strawberries.

Once all five steps are done, you may enjoy the strawberries without further inspection.

Please note that this does not apply to organic strawberries which 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 may eat the strawberries (even organic) by simply cutting off the tops and peeling off the entire outside of the strawberries, followed by a rinse.

חג כשר ושמח



Welcome to Your Higher Current Account!

- No minimum daily balance requirement
- \$6.00 monthly fee applies (First 3 months FREE when using promo code "PROTECTME")

To Apply, visit our website at www.DevonBank.com

Enhanced Benefits Such As:

- IDProtect Identity Theft Monitoring*
- Debit MasterCard (with "Wallet Pay" Cardless Options)
- Monthly e-Statements with an Image of Cancelled Checks
- Unlimited Check Writing
- And More!

A minimum opening deposit of \$100.00 required. *Registration/activation required.

1. Special Program Notes: The descriptions herein are summaries only and do not include all terms, conditions and exclusions of the Benefits described. Please refer to the actual Guide to Benefit and/or insurance documents for complete details of coverage and exclusions. Coverage is provided through the company named in the Guide to Benefit or on the certificate of insurance.

Insurance Products are not insured by the FDIC or any Federal Government Agency; not a deposit or guaranteed by the bank or any bank affiliated.

Member FDIC. Equal Housing Member.