



# Fruit & Vegetable Guide

## A Sampling



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### Introduction

The cRc is proud to maintain a full database of common fruits and vegetables purchased in the United States and their respective proper checking methods.



The full range of fruits and vegetables can be found by searching at:

[consumer.crc kosher.org/consumer/fruitsvegetables](http://consumer.crc kosher.org/consumer/fruitsvegetables).

Below you will find the current cRc position on a few popular items. Infestation levels change seasonally and due to growing environments, global imports, and other factors; 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 guide. For current information, please search at [www.ASKcRc.org](http://www.ASKcRc.org).

For instructions on the cRc thrip-cloth cleaning method please see <https://askcrc.org/item/Policies/536499>





### Alternative Method to Clean Romaine Lettuce (non-organic hearts only):

1. Separate the leaves from the hearts, place them in a bowl of soapy water, and agitate for approximately one minute.
2. Remove lettuce from the soapy water and gently rub all areas of both sides of the leaves with a sponge (this includes flattening the curled up edges so that they can be scrubbed).
3. Rinse each leaf under running water, front and back, while running your fingers across the entire leaf to open the folds.
4. Start again, by putting the lettuce back into a fresh bowl of soapy water and agitate the leaves for about a minute.
5. Rinse each leaf under running water, front and back, and enjoy.

### Recommended Method for Cleaning Fresh 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 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 (or preferably with a bristled brush like a toothbrush).
4. Soak and agitate strawberries a second time for 2 minutes in new soapy water with the same ratio as above.
5. Rinse strawberries and enjoy.

Note: Organic strawberries are very difficult to get clean and should be avoided at this time.

	Name	Inspection Recommendations
	Belgian Endive, fresh	Separate the leaves and wash each one individually under a stream of water.
	Lettuce, romaine, fresh	Use cRc thrip-cloth cleaning method or Alternative Method at right.
	Parsley and other herbs, fresh	Use cRc thrip-cloth cleaning method.
	Strawberries, fresh	Use method at right.

For our pureeing policy, please visit: <https://askcrc.org/item/Policies/371774>.

