

Checking 5783 Fruits

In honor of Tu B'shvat, some people have a custom to eat various fruits. STAR-K presents our handy guide to checking various fruits grown and purchased in the United States. Checking procedures in other countries may be different.

(This should not be taken as a suggestion that they must be eaten on Tu B'shvat)

NO CHECKING REQUIRED

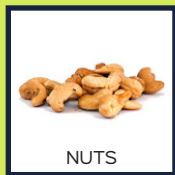
- Purchase good quality brands.
- Make sure everything is properly sealed and stored in a cool dry area. Improper storage can lead to infestation issues.



RAISINS



APRICOTS



NUTS



GRAPES

RINSE WELL

1. Wash the produce under a direct stream of water.
2. No further checking is necessary.



BLUEBERRIES



STRAWBERRIES

SOAP WASH

1. Prepare a basin of detergent solution, using at least 2 tablespoons of detergent per gallon of water.
2. Agitate the berries in the solution for 10-15 seconds.
3. Leave the berries to soak for at least one minute.
4. Rinse each berry well.
5. Repeat steps 1-4.
6. For **strawberries**: cut off the tops of the berry along with a little of the fruit. No further checking is required.
7. For **blueberries**: we recommend inspecting samples for presence of scale insects that may be embedded in the outer layer of the berry. We do not recommend organic, pick-your-own, or wild grown blueberries.

VISUAL CHECK

Carob - Look for holes on the outside, which are a sign of infestation. Then break open in several places to check for infestation. **Dates & Figs** - Slice open and check inside carefully for infestation.

Note: Due to potential for improper storage concerns, these guidelines apply even if the fruit has a *hechsher*.



DATES



FIGS



CAROB

NOT RECOMMENDED

Checking is not practical.



GOJI BERRIES (DRIED)



BLACKBERRIES



RASPBERRIES



MULBERRIES

PEEL PROPERLY

Insects infest the crown and outer rind as well as inside the blossom



PINEAPPLE

cups and crevices if the pineapple is not thoroughly peeled. The pineapple should be peeled until only yellow fruit is visible. The fruit and cutting board should be rinsed after peeling since the insects often crawl onto the cutting surface. The crown and rind should not be used on decorative platters since the insects can transfer to other fruit.