



CHECKING FOR BUGS

FOR PRODUCE IN THE UNITED STATES AND CANADA ONLY

Updated Elul 5784/September 26, 2024

A Alfalfa Sprouts	B Artichoke	A Artichoke Bottoms	I Asparagus	A Asparagus, White	E Barley	G Basil
A Beans	A Bean Sprouts	A Beets	B Blackberries	F Blueberries	G Bok Choy	G Broccoli
B Brussels Sprouts	A Butternut Squash	G Cabbage, Green	G Cabbage, Red	H Carob	A Carrots	G Cauliflower
D Celery Stalks	A Cherries	G Chives	G Cilantro	C Corn on the Cob	A Cucumbers	H Dates
G Dill	A Dried Spices	B Edible Flowers	A Eggplants	G Endive	D Endive, Belgian	G Escarole
H Fennel Bulb	H Figs	A Flour	C Garlic	D Grapes	A Green Beans	B Goji Berries
G Kale	A Kohlrabi Bulb	G Kohlrabi Leaves	H Leeks	G Lettuce	G Mint Leaves	B Mulberries
D Mushrooms, Button	B Mushrooms, Morel, Oyster, Porcini	B Mushrooms, Portobello	G Mustard Leaves	A Nuts	A Onions	G Oregano
G Parsley	A Parsnips	A Peas	D Peppers	J Pineapple	A Potatoes	K Quinoa
A Raisins, Red/Black	B Raisins, Golden	B Raspberries	K Rice, Brown	A Rice, White	G Rosemary	A Rutabagas
H Scallions	F Snap/Snow Peas	G Spinach	F Strawberries	A Tomatoes	A Turnips	G Watercress
						A Zucchini

CHECKING METHODS

A. NO CHECKING REQUIRED

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

Note: Raisins, grains, and nuts should be purchased from companies that have proper quality control and storage practices.

B. NOT RECOMMENDED

Checking is not practical.

C. REMOVE PEEL & RINSE

D. RINSE WELL

1. Wash the produce under a direct stream of water.*
2. For **peppers**: remove stem and surrounding area.
3. No further checking is necessary.

* For **celery stalks & peppers**: scrub by hand or a vegetable brush while washing.

E. SOAKING METHOD

1. Place all the barley you wish to use in a white bowl.
2. Add enough water to cover the barley.
3. Allow to sit for 15-20 minutes.
4. If there are insects present, they will float to the top.

F. SOAP WASH

1. Fill a basin with warm water and a non-toxic dishwasher detergent, 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 the berries well. **NOTE: strawberries** must be rinsed individually under a strong stream of water.
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.
8. For **snap/snow peas**: Single rinse is enough. Those sold pre-washed need no further washing. Frozen are not recommended at all at this time.

G. THRIP CLOTH METHOD

1. Wash produce well. (**For broccoli & cauliflower**: break heads into smaller florets (1/8 head or smaller); fill a basin with warm water and non-toxic dishwasher detergent so it feels slippery. Soak 20-30 minutes to loosen the heads, then rinse well under a strong stream of water.)
2. Prepare basin with warm water and non-toxic dishwasher detergent. Water should feel slippery. Add produce.
3. Agitate produce in the solution for 15 seconds, then remove and shake excess water over the basin. Set produce aside. (**For broccoli & cauliflower**: Let soak for 30 seconds. Then agitate VIGOROUSLY for 15 seconds.)
4. Line a colander with a thrip cloth and pour the water through it.
5. Place thrip cloth over a light box and check for insects.
6. If insects are found, repeat steps 1-5. This can be done up to 3 times. If insects are still found on the 3rd try, the produce should not be used.

H. VISUAL CHECK

Look on the outside for holes or webbing and inside for insects.

Note for leeks & scallions: Examine the outside for leaf miner trails. Check in between the layers for insects.

I. VISUAL CHECK & THRIP CLOTH

Remove triangular side leaves and use the thrip cloth method on the tips. If you peel the side leaves (as you would a carrot) and discard the tips, no checking is required.

J. PEEL PROPERLY

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

K. QUINOA/BROWN RICE

1. Place in a strainer (for **brown rice**, you can use a medium mesh, #12 or higher; for **quinoa**, use a fine mesh, #15-25).
2. Shake vigorously for 15-25 seconds over a lightbox or white paper.
3. Examine the surface of the lightbox or paper for any insect presence. If no insects are found, it may be used. If insects are found, the product should not be used. In **brown rice**, look for beetles and weevils. In **quinoa**, look for booklice or mites. See our website for pictures and video tutorials.