

BUG-FREE TU B'SHEVAT

And to be used as a guide for all year round

According to Rav Moshe Vaye's sefer Bedikas Hamozone Cahalocho
The world's biggest expert on insect infestation

updated 5771

Note!! Items bearing kosher certification does not mean it is bug-free, and therefore requires checking for insects. Kosher certification is only certifying the ingredients, unless specifically noted on the item "no checking necessary".



CLEAN FRUIT

No checking required

Apples (including dried)
Apricots, canned
Avocado
Bananas
Banana chips
Brazil nuts
Coconut
Craisins
Esrog, candied
Fruit leather (in closed pkg.)

Kumquat, candied
Loquat
Macadamia nuts
Mango
Melon, round
Papaya from USA (fresh, dried, canned)
Passion fruit
Pecans in shell
Pecans, sugared
Peaches, canned
Pears
Pignolias (pine nuts)
Pineapple, canned
Pumpkin seeds
California prunes
Star fruit
Watermelon



FRUIT that sometimes harbors

INFESTATION

Should be checked

Almonds

See "nuts".

Apricots Dried

Whole: wash outside, open and check each half with through-lighting.

Fruit Sold Halved: Soak in warm water, open the folds,

unroll the edges, and check with through-lighting.

Cashew Nuts

Check the nuts for holes or nibbling. Halve about 10% and check between the halves. If infestation is found, all the nuts should be halved and checked. (A few thin brown crumbs inside the cashew are pieces of shell, not caused by bugs).

Cherries

Maraschino: Open several (about 10%) as a sample. Check for a worm.

If any infestation is found in the sample, open and check all of the batch.

Dried: Best to avoid using due to difficulty of checking.

In Syrup: Open each one and check inside. Cherries in the USA usually clean.

Pos'tiv Produce • Taking Kosher to another level

To receive future updates and Kashrus alerts, please send your email address to info@postiv.com

Web: www.postiv.com • Phone: 610.264.3707



Chestnuts

Halve and check inside (may be checked after cooking or roasting).

Dates Dried

Slit open with a knife, remove pit, check from both sides with through-lighting (looking for a dark bug about 2-3 mm. long or a worm, usually dead and dried up).

Dates Fresh

Usually clean, but it's good to open them and check.

Fruit Leather Sold open

Check against the light, looking for an ant or fly stuck on.

Kiwi

On rare occasions there may be white or brown scale insects on the peel. Either take care that they do not get transferred onto the fruit during peeling, or alternately, rinse off the fruit after peeling. The inside of kiwi is clean.

Dried Fruits

Kiwi, Mango, Melon, Peach, Pear, Quince

Examine both sides. Good to rinse off.

Nuts Chopped

Shake the nuts in a wire mesh strainer over a white surface and check the surface for small bugs. Then pour the nuts themselves, which remained in the strainer, onto a white surface and check between the pieces.

Nuts In Shell

(Walnuts, Hazelnuts, Almonds)

As you shell each nut, check the inside of the shell and the nut for sticky webbing dangling, round dark crumbs, or worms. Check the nut for holes or nibbling.

Nuts Shelled

(Hazelnuts, Almonds)

Check each nut on both sides for webbing, holes, or nibbling. Halve about 10% of the nuts and check inside. If signs of infestation are found, each nut should be halved and checked internally.

Olives

Green Olives: If there's a brown stain, open the olive and check inside for a tunnel.

Black Olives: Open and check inside for a tunnel or a worm.

Olive Rings: Spread out and check for a tunnel or worm.

Olives in the USA usually clean.

Pecans Shelled

Check the nuts on both sides for webbing, worms, or round crumbs

Persimmon

Remove the leaf at the top and wash well. If the fruit is unusually soft, check it inside. If there is a black stain on the peel, remove the peel at that spot and check to see if there are white maggots inside the fruit. (Small black dots in the flesh are not a problem).

Pineapple

Fresh: Peel and remove all hard brown hollow areas.

Dried With Sugar: Look at it on both sides for a fly or bug that got stuck to it.

Natural Dried: Break into a few pieces and check in the small spaces in the flesh of the fruit for worms or dark round crumbs

Pistachios

Remove the shell and check for worms or webbing. Halve about 10% of the nuts and check inside. If signs of infestation are found, each nut should be halved and checked internally.

Pos'tiv Produce • Taking Kosher to another level

To receive future updates and Kashrus alerts, please send your email address to info@postiv.com

Web: www.postiv.com • Phone: 610.264.3707



Pomegranate

Check externally for a hole. When opening the fruit, check for a brown caterpillar or small white worms between the kernels.

Sugar-Apple

Peel and rinse. Cut into segments and check for white worms.

Walnuts Shelled

Place the nuts in a large-holed strainer and shake over a white surface. Check the surface for small bugs or worms. Check each nut on both sides, especially inside the folds, for webbing, worms, or nibbling.

Citrus Fruit

Oranges, Tangerines, Mandarins, Grapefruit, Esrog, Sweetie, Lemons

External Infestation

There are often brown or dark gray scale insects on the peel. During peeling and cutting, take care that they do not get transferred onto the fruit or onto your hands. Or rinse off the fruit after peeling. If you want to use the peel, scrub it with a hard brush or metal scrubby and dish washing liquid, rinse, and check to make sure no scales remain.

Internal Infestation:

There are sometimes fruit-fly maggots inside the flesh of oranges, grapefruit, mandarins, and tangerines. This is rare when the fruit comes from orchards that were tended, especially in the winter. Citrus from trees that weren't sprayed, such as from private gardens or from Arabs during Shmitta, as well as citrus in the summertime, is more likely to harbor fruit-fly maggots.

a. As you peel the fruit, look at the white side of the peel, checking for a brown stain or a mushy area that continues into the fruit. If this is found, check to see whether maggots penetrated at that point.

b. If the fruit is soft and mushy or has an unusual odor, the inside of the segments should be checked. If one fruit is found to have maggots, all the fruits of that batch should be checked carefully.

Orange Juice

Fresh squeezed (at home or at a stand): Advisable to strain juice through a strainer. Alternately, the orange peel can be cleaned with a metal scrubby and dish washing liquid before the fruit is juiced to prevent scales from entering the juice.

Seeds

Pumpkin Seeds: presumed clean

Sunflower Seeds:

In The Shell: Shell and check each one.

Shelled:

a. Place in a noodle strainer and shake over a white surface. Check if any bugs fell through.

b. Check the seeds on both sides for holes or nibbling.

c. Break open some of the seeds and check internally. If infestation is found, each seed should be halved and checked internally.

Watermelon Seeds: Shell and check a sample (about 10%). If infestation is found, the entire batch should be shelled and checked.

Peanuts

Look over each one from the outside for nibbling, holes, or signs of entry by a worm. Halve about 10% as a sample and check internally.

If signs of infestation are found, halve and check each peanut. At the end of the summer and in the fall extra care is required, and it is recommended to halve them all.

Ground Peanuts: See "chopped nuts".

Coated Peanuts (chocolate-coated, candy-coated, etc.): Open about 10%. If infestation is found, open them all.

Peanuts In The Shell: See "nuts, in the shell".

Pos'tiv Produce • Taking Kosher to another level

To receive future updates and Kashrus alerts, please send your email address to info@postiv.com

Web: www.postiv.com • Phone: 610.264.3707





FRUIT that is often INFESTED

Must be checked

Guava

1. Check the peel for scale insects, and remove them if found.
2. Cut the fruit into slices across and examine each slice on both sides. The worms are the same color as the fruit (with a black dot at the head) and are hard to identify.

Alternate method: Peel the fruit and check for a small hole or a dark mushy area. Cut out this area and examine it for worms in the flesh of the fruit.

Quince

Halve the fruit and check for a worm or tunnel with dark crumbs. Remove the affected area. Quince in the U.S. is clean.

Carob

Wash well, break into small pieces (2 cm.=1 inch) and check for crumbs, webbing, worms, or insects.

Raisins



Due to the high incidence of infestation in raisins, they must be checked by a professional mashgiach who has the knowledge of how to check for insects in raisins. Instructions on checking should be followed according to the book "Bedikas Hamozone Cahalocho".

A great suggestion to have 100% insect free raisins is to buy seedless grapes, place them in the oven and set your oven on the "Warm" setting, it should be 150-200 degrees. Bake them this way for up to 4 hours, some people prefer leaving it overnight, slowly they dry out and evenly dry to make sweet delicious raisins.

You will then have the highest standard kosher raisins.

Mulberries & Raspberries

Very infested and difficult to check. Avoid eating them.

Strawberries



There is a world-wide problem of thrips, small thin insects which hide in the little depressions on the strawberries and do not come off with the usual cleaning methods. Therefore strawberries should only be eaten in one of the following 2 ways:

Method A: With a knife, cut off the leaf at the top together with a few millimeters of the fruit. Remove any cracks, deep clefts, or damaged areas. Soak in water mixed with a little dish washing liquid for 3 minutes, rub in the water, and rinse well under running water in such a way that the water reaches every part of the berry.

This process should be done three times, after which the berries may be cooked or blended.

Method B: Peel off the entire outer layer of the berry (including deep cracks and the place where the leaf is attached). Rinse well after peeling.

Figs Fresh And Dried

Highly infested. The procedure for checking is complicated and difficult. For instructions, see sefer "Bedikas Hamozone Cahalocho."

To join **Kashrus Magazine's** ongoing vegetable training program leading to certification being held at the Pos'tiv plant, call Rabbi Yosef Wikler at **1-718-336-8544** or email **kashrus@aol.com**

לע"נ הר"ר אברהם חיים בן הר"ר יצחק ע"ה ולע"נ מרת יראת קיילא חוה ב"ר חיים הכהן ע"ה

Rav Moshe Vaye answers to phone queries: from 11:00 p.m. to 12:00 p.m. Israeli time Sunday-Thursday, and on Friday from 2:00 p.m. until 30 minutes before Shabbos Israeli time at (02) 532-5588.

Rav Vaye's shiurim can be heard on Kol Haloshon at (03) 6171039.

The sefer "Bedikas Hamozone Cahalocho" is available in book stores. For mail delivery, call (02) 5806612.

This page may be copied and disseminated as a public service on condition that **no changes are made to it.**

Available by calling (08) 9766653 or E-mail: vaiem@netvision.net.il



Pos'tiv Produce • Taking Kosher to another level

To receive future updates and Kashrus alerts, please send your email address to **info@postiv.com**

Web: www.postiv.com • Phone: 610.264.3707

