

GUIDE TO PREPARING FRUITS & JEGETABLES Wachsiach

KASHRUTH COUNCIL OF CANADA 416.635.9550 www.cor.ca

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Legend

- 🕐 Caution: ocasional infestation, proceed with caution
- Produce may be infested
- Produce that may be heavily infested and as a result are subject to change of their designation to "may not be used"
- ** * Produce that are designated as "may not be used"



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Note: Please send feedback and comments to the attention of Rabbi Tsvi Heber: theber@cor.ca



The COR Guide to Preparing Fruits and Vegetables is dedicated in memory of

בניה יחיאל _{ע״ה} בן ישראל אברהם נ״י אשחר

who was a dedicated Mashgiach Bodek Yerakos at COR for almost four years.

Benaya's perseverance and determination in the face of incredible challenges was awe-inspiring.

May his memory be an inspiration for his entire family and his extended COR family.

> **ת.נ.צ.ב.ה.** נפטר ח״י אלול תשע״ה

GENERAL RULES AND REGULATIONS

1) NATURE OF INFESTATION:

- Please be aware that any produce that grows in the ground may contain infestation. This Guide only addresses produce for which infestation is prevalent.
- b) Be aware that the level of infestation of produce depends on many factors, including climate. This means that infestation levels are revolving and constantly changing. As a result, the policies stated in this Guide are subject to constant change. This document represents COR Policy as of the date of publication and updates are always forthcoming. Please take care to check the web version of the Guide for updates from time to time.
- c) Be aware of visible indications of infestation. For example, the presence of leaf miners can be detected by the off-white trails that they leave along the surface of the infested leaf. Small sucking-spots that can be present on the surface of leaves are also an indication of infestation.

2) NATURE OF PRODUCE

It is important to be aware that many species of leafy lettuces and herbs grow with small flowers/clusters on the inner most part of the head of leaves. These small flowers/clusters should be discarded because insects can become lodged inside it making it difficult to remove through the regular washing and checking methods.

3) ORGANIC PRODUCE

Organic produce contains low levels of pesticides and is generally considered healthier. That said, infestation levels are most often very high to the point that it is not possible to clean and check properly. From the kashrus perspective, organic produce should be avoided.

4) SUPPLIES

In order to wash and check produce for insects the following supplies are required:

- a) Light-box Light-boxes are available for purchase at a discounted rate at the COR office. Small consumer light boxes are not acceptable for use in COR establishments.
- b) Sink A washing station consists of a large and deep sink; preferably with three compartments.
- c) Soap Fruit and vegetable solution or soap that contains a surfactant must be available for use.
- d) Kosher Screen A tight-threaded, 50 micron cloth or Kosher Screen are available through the COR office.
- e) Container A special container for use with the Kosher Screen Method must be available for use.
- f) Spray Bottle A spray (spritz) bottle is used to spray water at the debris, moving it away from insects and off of the Kosher Screen.

5) THE LAST STEP OF ANY WASHING AND CHECKING PROCEDURE MUST BE PERFORMED BY THE MASHGIACH:

- a) Produce that requires washing only shall be washed by the Mashgiach. If washing is performed by staff then the Mashgiach must perform the Kosher Screen Method in order to sample the produce to ensure that it has been washed properly.
- b) Produce that requires washing and checking can be washed by staff that is approved by the Mashgiach and then checked by the Mashgiach.

6) METHOD OF CHECKING

In general it is helpful to check produce on a lightbox so that the leaf is illuminated by the light. When checking cauliflower or purple cabbage, it is most helpful to use a strong overhead light in addition to a light box. The same is true when checking for leaf miners. The trail is oftentimes not visible when the leaf is illuminated on a light box. Therefore, when checking for leaf miners, it is best to use a strong overhead light as an aide.

7) GARNISH

Unwashed and unchecked produce may not be used as a garnish on or near food, even where it is clear that the garnish is not intended for consumption.

8) PRODUCE STICKERS

Produce stickers that are produced by COR shall be used by the Mashgiach in order to identify produce that has been washed and checked and to distinguish between inspected produce and non-inspected produce.

9) POSTING THE GUIDE

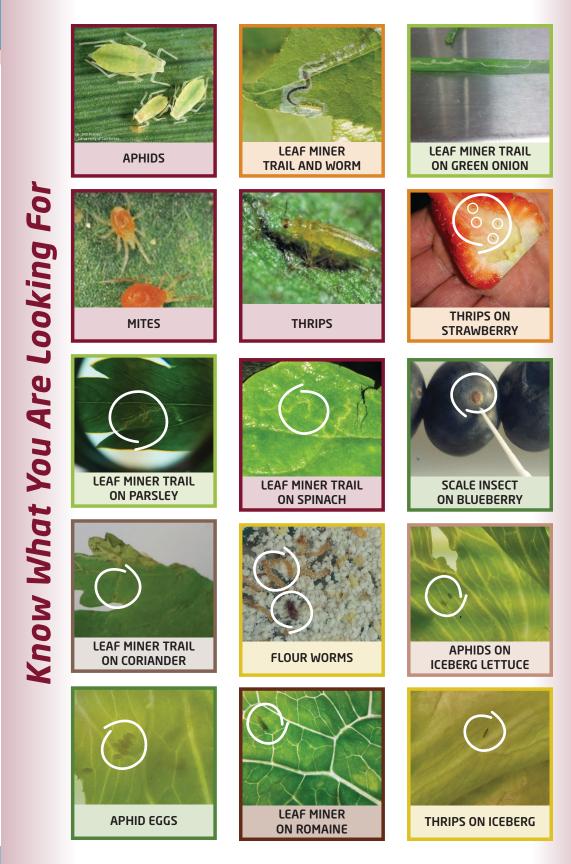
The COR Guide to Preparing Fruits and Vegetables shall be posted in kitchens and commissaries.

10) PUREEING FRUITS AND VEGETABLES

- a) Separate produce into individual leaves and place in water ensuring that the produce is completely submerged under water.
- b) Add a sufficient amount of food-grade soap or vegetable wash that contains a surfactant in the ingredients (FIT or Monster for example). The appropriate water to produce ratio is 3:1 (3 parts water to 1 part produce). The proper amount of vegetable wash/soap is when the soap suds are visible in the water.
- c) Produce is then thoroughly but gently agitated. Produce should be agitated in the water for a minimum of 1 minute.
- d) Use the Magic Bullet (or similar) food processor or grinder that is approved by COR for this particular use and grind/puree until produce becomes a single mass or is liquefied.
- e) Ground or pureed produce may not be used until approved for use by the Senior Mashgiach.

11) BODEK BAG (OR SIMILAR)

a) All produce, even produce which is otherwise not allowed, can be used in soup and stock for the purpose of extracting taste. Rinse well and place inside a Bodek Bag or similar filter that is tight enough to catch even the smallest insects (and has been approved by a Senior Mashgiach). Tie the bag tightly. Place the Bodek Bag inside the soup or stock and remove when desired. The contents of the Bodek Bag shall be discarded after use.







- 🔟 LEVEL OF INFESTATION 🗥
- **TYPE OF INSECT** Small worms
- LOCATION OF INSECT On the surface and inside of the fruit

PREPARATION METHOD

Take 3 from the container, split in halves and check for worms. If an insect is found then it must be removed and each apricot from the container must be split in half and checked.



Artichoke

🔟 LEVEL OF INFESTATION 様 卷 養

- TYPE OF INSECT Aphids and thrips
- LOCATION OF INSECT On the surface and lodged deep between the leaves
- **PREPARATION METHOD**

Fresh and Canned Hearts and Leaves:

May not be used even when bearing kosher certification

Fresh Solid Bottoms:

Ensure that no leaves are attached and rinse well under a strong stream of water

Canned Solid Bottoms:

May be used when bearing a reliable kosher certification

Frozen Solid Bottoms:

May be used





- LEVEL OF INFESTATION (Status subject to change - check website for updates)
- **TYPE OF INSECT** Aphids, thrips, leaf miners and grasshoppers
- ∞ LOCATION OF INSECT On the stem, in the leaf curls, leaf miners inside the leaf membrane
- **PREPARATION METHOD** Kosher Screen Method B (Small Leafy Greens)





- 📶 LEVEL OF INFESTATION 🏄 ≹ (Status subject to change check website for updates)
- TYPE OF INSECT Thrips
- LOCATION OF INSECT Under the triangles and inside the floret tip
- PREPARATION METHOD

Green Asparagus:

Remove the floret tip, peel the triangles and rinse well under a strong stream of water

White Asparagus:

Rinse well under a strong stream of water





- 📶 LEVEL OF INFESTATION 🏾 🔰
- TYPE OF INSECT Aphids, thrips, white flies and leaf miners
- **LOCATION OF INSECT** On the stem, in the leaf curls, and inside the leaf membrane

REPARATION METHOD

Pre-check

Check 60 leaves for leaf miner infestation

If no insects are found then proceed with **Kosher Screen Method B** (Small Leafy Greens) If even one leaf miner is found then check every leaf for leaf miner infestation, and proceed with **Kosher Screen Method B** (Small Leafy Greens) If even one white fly is found then basil may not be used





- 🔟 LEVEL OF INFESTATION 🗥
- TYPE OF INSECT Thrips, worms
- LOCATION OF INSECT On top and inside the rice grain

PREPARATION METHOD

Pour 3 cups into a medium mesh strainer over a white surface which is spread over a light box. Use vigorous back and forth motion to agitate rice inside the strainer. Check the white surface for the presence of insects.

If insects are found, the entire bag is likely to be infested and should not be used





- 🔟 LEVEL OF INFESTATION 🔾
- 🖰 TYPE OF INSECT Thrips
- 🗞 LOCATION OF INSECT On the surface of the leaf
- 🥄 PREPARATION METHOD

Remove leaves and wash thoroughly. No further checking necessary.





Blueberry

🔟 LEVEL OF INFESTATION 🗮 🗮 🍀

- TYPE OF INSECT Thrips or mites
- LOCATION OF INSECT On the surface of the berry, nestled in the crevices
- **PREPARATION METHOD**

May not be used



📶 LEVEL OF INFESTATION 🦂

- TYPE OF INSECT White worms, aphids, mites and scales
- LOCATION OF INSECT On the surface of the berry, in the crown

REPARATION METHOD

Kosher Screen Method F (Fresh Blueberries)

Frozen Blueberries:

May be used without further washing or checking

Blueberry Picking:

We do not recommend pick-your-own blueberries since they are only treated lightly with pesticides





- III LEVEL OF INFESTATION (Status subject to change - check website for updates)
- **TYPE OF INSECT** Aphids, thrips and mites
- **LOCATION OF INSECT** On the surface of the leaves and inside crevices and curls

Q PREPARATION METHOD

White Stem Only:

- 1. Remove leaves from the white stem
- 2. Soak in a soapy solution
- 3. Hold bok choy stem firmly under a strong stream of water and use a vegetable brush or a finger to brush both inside and outside of stem
- 4. Check samples for infestation

Leafy Green:

Kosher Screen Method A (Leafy Greens)

Note: Bok choy may not be washed with leaves attached to each other (harp design) rather all leaves must be separated prior to conducting the Kosher Screen Method





- 📶 LEVEL OF INFESTATION 🗮 🗮 🕷
 - TYPE OF INSECT Aphids, thrips, mites, broccoli worms
- **LOCATION OF INSECT** Lodged in the florets and on the stem
- **PREPARATION METHOD**

Fresh Broccoli:

May not be used

Frozen Broccoli:

May be used when bearing reliable kosher certification

Fresh Broccoli Stems:

Ensure that no leaves are attached and rinse well under a strong stream of water

Rapini Leaves:

Kosher Screen Method A (Leafy Greens)

Packaged Broccoli Slaw:

Kosher Screen Method G (Cabbage/Broccoli Slaw)





LEVEL OF INFESTATION 🔺

- **TYPE OF INSECT** Aphids and thrips
- LOCATION OF INSECT Lodged in the florets, on the leaves and stem

PREPARATION METHOD

Florets:

May not be used

Stems:

Ensure that no leaves are attached and rinse well under a strong stream of water

Leaves:

Kosher Screen Method A (Leafy Greens)



Bruccelc Sprout

GREEN / WHITE

LEVEL OF INFESTATION

- **TYPE OF INSECT** Aphids, thrips and spider mites
- **LOCATION OF INSECT** On the surface and in between the leaves

Q **PREPARATION METHOD**

Whole:

May not be used

Separated Leaves:

Kosher Screen Method A (Leafy Greens)



LEVEL OF INFESTATION 🐴

- TYPE OF INSECT Thrips, spider mites, aphids and cabbage worms
- **LOCATION OF INSECT** Most often found in the outermost layers but when infested can penetrate to the core

PREPARATION METHOD

Cole Slaw:

- 1. Detach two outer wrapper leaves. If the outer wrapper leaves are desired for stuffed cabbage, check them on a light box
- 2. Cut cabbage into quarters
- 3. Check both sides of the first four sample leaves of each of the quarters on a light box

If no insects are found then cabbage may be used and no wash is necessary

If even one insect is found then check an additional four leaves of each of the quarters on a liaht box

If no insects are found then cabbage may be used and no wash is necessary

If even one insect is found then layers perform Kosher Screen Method G (Cabbage/Broccoli Slaw)

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Stuffed Cabbage:

- 1. Freeze cabbage until thoroughly frozen for a minimum of twenty-four hours
- 2. Defrost or boil and rinse well both sides of each leaf under a strong stream of water
- 3. Check three leaves from each head on a light box to ensure that cabbage is free of infestation

If even one insect is found then check both sides of each leaf on a lightbox



- 📶 LEVEL OF INFESTATION 港 著
- **TYPE OF INSECT** Thrips, spider mites
- LOCATION OF INSECT Most often found in the outermost layers but when infested can penetrate to the core

PREPARATION METHOD

- 1. Peel two outer wrapper leaves directly over a light box, hit them against the top of the lightbox and discard
- 2. Check lightbox for obvious infestation
- 3. Cut cabbage into quarters
- 4. Check four sample leaves from each quarter individually using a strong overhead light while ensuring that all crevices are opened Perform only steps 5-7 of the Kosher Screen Method G (Cabbage/Broccoli Slaw) on all sample leaves

If no insects are found then peel each leaf off the head and rinse under a strong stream of water; or shred and rinse well under a strong stream of water

If even one insect is found then perform Kosher Screen Method G (Cabbage/Broccoli Slaw) for the whole cabbage





- LEVEL OF INFESTATION (Status subject to change - check website for updates)
- **TYPE OF INSECT** Aphids, thrips or mites
- **LOCATION OF INSECT** On the surface of the leaves and inside crevices and curls

PREPARATION METHOD

currently do not use Kosher Screen Method A (Leafy Greens)





- 🔟 LEVEL OF INFESTATION 🏄 🌟 (Status subject to change check website for updates)
- TYPE OF INSECT Worms, webbing
- LOCATION OF INSECT On the surface and inside

PREPARATION METHOD:

Look for holes on the outside which are an indication of infestation. Then break open in several places and examine for worms. The presence of white stringy webbing is a sign of infestation.



- 📶 LEVEL OF INFESTATION 🛆
- 🔀 TYPE OF INSECT Small worms
- LOCATION OF INSECT On the surface and inside

Q PREPARATION METHOD

Check 3 samples for infestation and check inside (check for holes in nuts which are an indication of infestation)

otes:





- TYPE OF INSECT Thrips, aphids, white and brown worms and caterpillars
- **LOCATION OF INSECT** Surface of cauliflower and inside florets
- **Q** PREPARATION METHOD

Fresh:

Kosher Screen Method C (Cauliflower)

Frozen:

May be used when bearing a reliable kosher certification





Cauliflower

- TYPE OF INSECT Scales
- LOCATION OF INSECT On the outer peel
- PREPARATION METHOD
 - If the peel is desired, examine the peel for the presence of scales







🔟 LEVEL OF INFESTATION 🦂

TYPE OF INSECT Thrips, aphids, flies and leaf miner worms

LOCATION OF INSECT On surface of stalk, in the leaves and leaf miners in the green flesh of the celery

REPARATION METHOD

Stalks:

- 1. Remove all branches containing leaves
- 2. Remove a small piece from the bottom of the celery
- 3. Soak in soapy solution
- 4. If the stalks are curled inward then they should be split in half
- 5. Hold celery firmly under a strong stream of water and use a vegetable brush or a finger to brush both inside and outside of stalk
- 6. Check all green stalks for the presence of leaf miner worms If a leaf miner trail is identified then the stalk should not be used and the remaining stalks must be checked carefully (peeling is not sufficient to remove leaf miners)

Leaves:

Kosher Screen Method D (Fresh Herbs)

Frozen:

May be used

Precut and Packaged:

May be used without further washing but must still be checked for the presence of leaf miner worms (as above)



- 🔟 LEVEL OF INFESTATION 🧚
- 🖰 TYPE OF INSECT Thrips
- LOCATION OF INSECT On the husk and in between the kernels
- REPARATION METHOD

Kosher Screen Method K (Corn on the Cob)

Note: Corn may not be barbequed with husks on







- **TYPE OF INSECT** Worms and maggots
- LOCATION OF INSECT Inside of the date
- **Q** PREPARATION METHOD

Dried (Pitted and Non-Pitted):

Take 3 dates from the container, slice lengthwise, open completely and examine (shine a strong light on one side of the date and check the opposite side) for worms.

Fresh:

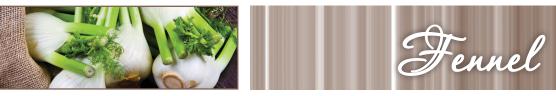
No checking necessary





Sates

- 🔟 LEVEL OF INFESTATION ≹ 🗮 養
- 🖰 TYPE OF INSECT Aphids, thrips, mosquitos, mites and leaf miners
- **LOCATION OF INSECT** Insects are very small and are found on the surface of the leaves
- **PREPARATION METHOD** May not be used



- 📶 LEVEL OF INFESTATION 🔰
- TYPE OF INSECT Thrips
- LOCATION OF INSECT On the surface of the leaves
- **PREPARATION METHOD**

Grass-like Top:

Cut off and perform Kosher Screen Method D (Fresh Herbs)

Stalks:

Remove stalks from the base, cut open and rinse under a strong stream of water

Bulb:

Cut open, separate layers and rinse well under a strong stream of water

Note: Fennel may not be washed with leaves attached to each other (harp design) rather all leaves must be separated prior to washing





- LEVEL OF INFESTATION 💧
- TYPE OF INSECT Worms, beetles
- LOCATION OF INSECT Amongst flour, on pasta and inside pasta

PREPARATION METHOD

The presence of infestation is more prevalent during the warm summer months or if dry goods are stored in warm areas. Store in a cool, dry place or, when possible, refrigerate. Eggs do not hatch if they are stored in temperatures below 5 Celsius. When properly stored, it is unusual to find infestation. It is advisable to check samples of flour visually or with a sifter.





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- LEVEL OF INFESTATION 🔺 🕷 🔰
- **TYPE OF INSECT** Aphids and thrips
- **LOCATION OF INSECT** At the base of each flower and between the petals
- **PREPARATION METHOD**

Since flowers are delicate and cannot practically be washed, they may not be used, even for garnish



- LEVEL OF INFESTATION 🗍 👫 🗍
- TYPE OF INSECT Thrips and aphids
- LOCATION OF INSECT On the surface of the leaf
- **PREPARATION METHOD**

May not be used

Motes:



- LEVEL OF INFESTATION
- TYPE OF INSECT MITES
- LOCATION OF INSECT BETWEEN THE LAYERS OF THE PEELS
- PREPARATION METHOD

REMOVE INDIVIDUAL CLOVES FROM THEIR PEELS AND RINSE WELL. DO NOT ROAST WITH SKIN ON.



- LEVEL OF INFESTATION 🗥
- **TYPE OF INSECT** Flies
- LOCATION OF INSECT On the sticky leaf part
- **PREPARATION METHOD**

Check 3 goldenberry leaves from each container to ensure that there is no presence of insects. If insects are found, peel the leaves off and rinse

- 🔲 LEVEL OF INFESTATION 🕉
- \mathbb{R} **TYPE OF INSECT** Thrips and mites
- **LOCATION OF INSECT** On the surface of the grapes

Q PREPARATION METHOD

- 1. Break large clusters into small clusters (approx. 12 grapes)
- 2. Wash well under a strong stream of water; care must be taken to ensure that entire surface of each grape is washed





Barlic





- LEVEL OF INFESTATION ا 👫 (Status subject to change - check website for updates)
- **TYPE OF INSECT** Aphids, thrips, mosquitos, mites, leaf miners
- **LOCATION OF INSECT** Insects are very small and are found on the surface of the leaves, stuck between leaf clusters

PREPARATION METHOD

Fresh:

Kosher Screen Method D (Fresh Herbs)

Dehvdrated:

May be used when bearing a reliable kosher certification

Soup:

Rinse under a strong stream of water, wrap inside a Kosher Screen, tie tightly and place in soup until desired flavour is extracted and remove.





- LEVEL OF INFESTATION (Status subject to change check website for updates)
- TYPE OF INSECT Aphids, thrips, mosquitos, mites, tiny egg-shaped insects, leaf miners
- **LOCATION OF INSECT** Insects are very small and are found on the surface of the leaves, stuck between leaf clusters

Q **PREPARATION METHOD**

Fresh:

Check for tiny egg-shaped insects and, if not found, perform Kosher Screen Method D (Fresh Herbs) If such infestation is found, may not be used.

Dehydrated:

May be used when bearing a reliable kosher certification

Soud:

Rinse under a strong stream of water, wrap inside a Kosher Screen, tie tightly and place in soup until desired flavour is extracted and remove

otes:





- LEVEL OF INFESTATION
- **TYPE OF INSECT** Aphids and thrips
- LOCATION OF INSECT On the surface of the leaves, in folds and crevices
- **PREPARATION METHOD**
 - Kosher Screen Method H (iceberg Lettuce)





- - LEVEL OF INFESTATION * (Status subject to change check website for updates)
- TYPE OF INSECT Aphids, thrips, mites and worms
- LOCATION OF INSECT On surface of leaves, in folds, crevices and curls
- Q **PREPARATION METHOD**
 - *Currently do not use* Kosher Screen Method A (Leafy Greens)





- **LEVEL OF INFESTATION *** (Status subject to change check website for updates)
 - **TYPE OF INSECT** Aphids, thrips, mites and leaf miners
- **LOCATION OF INSECT** On the surface of the leaves, in crevices and curls and leaf miners inside the membrane of the leaves
- PREPARATION METHOD

Motes:

Kosher Screen Method A (Leafy Greens)





- LEVEL OF INFESTATION 🔆 🄾 (Status subject to change check website for updates)
- TYPE OF INSECT Aphids, thrips, mites or leaf miners
- **LOCATION OF INSECT** On the surface of the leaves, in crevices and curls and leaf miners inside the leaves
- REPARATION METHOD

Currently do not use Red Oak Kosher Screen Method B (Small Leafy Greens)





- 🔟 LEVEL OF INFESTATION 🛛 🚿
- TYPE OF INSECT Thrips and flies
- **LOCATION OF INSECT** Between the layers of the leaves
- **PREPARATION METHOD**

Slice leek lengthwise and separate each individual layer, then rinse each layer, one by one, under a strong stream of water and check samples for infestation





- 🔟 LEVEL OF INFESTATION 卷
- TYPE OF INSECT Thrips and Aphids
- LOCATION OF INSECT Between the layers of the lemongrass
- **Q** PREPARATION METHOD

Separate leaves and rinse well under a strong stream of water

Totes:





(Status subject to change - check website for updates)

- 📶 LEVEL OF INFESTATION ≹ ≹
- **TYPE OF INSECT** Thrips and flies
- LOCATION OF INSECT On the leaves
- PREPARATION METHOD Kosher Screen Method D (Fresh Herbs)





- 👖 LEVEL OF INFESTATION 🗮 ≹ 🍍
- TYPE OF INSECT All kinds
- **LOCATION OF INSECT** On surface of leaves, in folds, crevices and curls
- PREPARATION METHOD

May not be used except when bearing a reliable kosher certification





- 📶 LEVEL OF INFESTATION 🗼
- TYPE OF INSECT Flies, worms
- LOCATION OF INSECT Embedded in gills or in inner sections of the mushroom
- **PREPARATION METHOD**

Fresh:

Rinse each mushroom gently under a stream of water and no further checking is required.

Dehydrated:

Kosher Screen Method J (Dehydrated Mushrooms)







- 🔟 LEVEL OF INFESTATION 🗼 ≹ 🕷
- TYPE OF INSECT Flies, worms
- LOCATION OF INSECT Embedded in gills or in inner sections of the mushroom
- REPARATION METHOD

Since oyster mushrooms are delicate and cannot practically be washed, they may not be used





- 📶 LEVEL OF INFESTATION 🦂
- TYPE OF INSECT Flies, worms
- **LOCATION OF INSECT** Embedded in gills or in inner sections of the mushroom
- **PREPARATION METHOD**

Scrape entire brown fanlike under-part and rinse gently; or if moisture is not desired, peel the top of each mushroom and check 3 samples from each container. If no insects are found then use without further checking.





📶 LEVEL OF INFESTATION 🦂

- **TYPE OF INSECT** Sea insects, mini scorpions, mini seahorses and small mites.
- LOCATION OF INSECT Pressed against the surface of the nori sheet, caught in between the grains of the seaweed

PREPARATION METHOD

May be used when listed on the COR List of Approved Nori Sheets

Motes:



REGULAR, RED, YELLOW, AND SPANISH

- LEVEL OF INFESTATION 🗍
- **TYPE OF INSECT** Thrips and mites
- **LOCATION OF INSECT** Under the skin and on the outside layer or in the middle of the onion

PREPARATION METHOD

Remove peel along with the first layer of the onion and no further washing is required

If onions are open on top (common in Spanish onions) then cut 3 onions from each sack in half and check the inside of each for infestation. If infestation is found, may not be used.





- 🔟 LEVEL OF INFESTATION ≹ ≹ 🍀
- 😚 TYPE OF INSECT Aphids, thrips, mosquitos, mites and leaf miners
- LOCATION OF INSECT Insects are very small and are found on the surface of the leaves and stuck between leaf clusters
- **PREPARATION METHOD**
 - May not be used



- 🔟 LEVEL OF INFESTATION 🔬
- **TYPE OF INSECT** Worms, beetles and mites
- LOCATION OF INSECT On the surface of the grain
- **Q** PREPARATION METHOD

Pour 3 cups into a medium-mesh strainer over a white surface which is spread over a light box. Use vigorous back and forth motion to agitate grain inside the strainer. Check the white surface for the presence of insects.

If insects are found, the entire bag is likely to be infested and should not be used *Repeat this process once-a-week if the bag of quinoa is not finished





- LEVEL OF INFESTATION \rm (1)
- TYPE OF INSECT Thrips H
- 1 LOCATION OF INSECT On the surface of the leaves
- **PREPARATION METHOD**

Separate leaves, rinse well under a strong stream of water and check samples for infestation





- LEVEL OF INFESTATION 🛛 👫 👫 🗍
- **TYPE OF INSECT** Aphids, thrips and mites
- **LOCATION OF INSECT** Nestled in the surface of the berry as well as inside the open cavity
- Q **PREPARATION METHOD**

May not be used





- LEVEL OF INFESTATION - 🏦
- **TYPE OF INSECT** Leaf miners and thrips
- **LOCATION OF INSECT** Inside shoots and in the joint where the green meets with the white

PREPARATION METHOD

Check each shoot for the presence of leaf miner trails and if a leaf miner trail is identified then trail must be removed from the shoot and the remaining shoots must be checked individually.

Slit open each shoot from top to bottom, soak in a soapy solution and rinse under a strong stream of water using your finger to remove infestation from the surface of the shoot and perform Kosher Screen Method I (Scallions/Green Onions)

If only the white part is desired then remove the hairs at the base, cut off the green part including a sliver of the white, and use.



LEVEL OF INFESTATION 🗍

- **TYPE OF INSECT** Thrips, aphids, mites and leaf miners
- **LOCATION OF INSECT** On the surface of the leaf or leaf miners inside the leaf

Q **PREPARATION METHOD**

May not be used

Frozen Spinach:

May be used when bearing a reliable kosher certification



Sprouts

- LEVEL OF INFESTATION 🛆
- **TYPE OF INSECT** Flies and thrips
- LOCATION OF INSECT Amongst the clusters and bunches
- **PREPARATION METHOD** Check to ensure that they are free of infestation





- 📶 LEVEL OF INFESTATION 🕷 🕷 🇯
- H **TYPE OF INSECT** Aphids, thrips and mites
- 1 **LOCATION OF INSECT** On surface of the berry and under the seeds
- **PREPARATION METHOD**

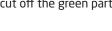
Kosher Screen Method E (Strawberries)

Frozen Strawberries:

May be used when bearing a reliable kosher certification











- 📶 LEVEL OF INFESTATION 🛛 ≹ ≹ 🇯
- TYPE OF INSECT All kinds
- LOCATION OF INSECT On surface of leaves, in folds, crevices and curls
- **PREPARATION METHOD**

May not be used





- TYPE OF INSECT Worms, beetles
- **LOCATION OF INSECT** On the surface of the grain or inside the grain
- **PREPARATION METHOD**

Soaking Method:

Place at least 3 large cups of grains into a bowl of water. Agitate and then allow water to rest for a few minutes. Carefully examine the water for insects, which will normally float to the top.

Motes:

KOSHER SCREEN METHOD A

Leafy Greens

- 1) **Preliminary Check** Check the produce for the presence of insects; focusing on heavy infestation of any type of insect or even light infestation of aphids and leaf miners. This preliminary check requires that the Mashgiach check 3 dry/unwashed heads or bunches or handfuls of produce. The Mashgiach should open the produce and shake well onto the light box and check light box for infestation.*
- If 3 or more leaf miners trails are found then the produce must be returned to the supplier. Small white spots indicate the presence of a leaf miner fly. If such spots are present then an additional quantity should be checked for leaf miners.
- If 3 or more aphids are found then the produce must not be used.
- If 10 or more thrips are found then the produce must not be used. Special care should be taken to identify the presence of baby thrips.
- 2) **Prepare Leafy Greens for Washing** Produce must be separated from the head. Discard small leaves from the center of the head.
- 3) Prepare Checking Station Add cold water and sufficient amount of food-grade soap or vegetable wash that contains a surfactant in the ingredients (for example FIT, Monster or Nature Clean) to a clean sink or container. The appropriate water to produce ratio is 3:1 (3 parts water to 1 part produce). The proper amount of vegetable wash/soap is when the soap suds are visible in the water.
- 4) **Soaking & Agitating** Place produce in water ensuring that the produce is completely submerged under water. Produce is then thoroughly but gently agitated. Produce should be agitated in the water for a minimum of 1 minute.
- 5) **Rinsing** Remove from water and rinse individually under a strong stream of water (strong water pressure from the tap or spray hose is critical in ensuring the effectiveness of the rinse); rub the leaves gently while they are rinsed. Care must be taken to ensure that all crevices and folds are opened while rinsing. Rinse both sides/surfaces of the produce.

NOTE: Steps 2-5 can be performed by anyone who is approved by the Mashgiach. Steps 6-9 must be performed by the Mashgiach himself.

- 6) Place Leafy Greens in Receptacle Fill up a receptacle with fresh water. Place leaves inside the receptacle, (one by one, if possible), agitate and remove from the receptacle while shaking out the water from the produce; then place the leaf in a clean container. Repeat until the process has been done to all the leaves.
- 7) **Kosher Screen** Place a clean Kosher Screen in between 2 plastic white colanders (ensuring that the Kosher Screen covers the holes of the colanders) and pour the water from the receptacle through the colanders ensuring that all the water goes into the Kosher Screen. Rinse the receptacle with fresh water and empty the fresh water through the colanders. Let the water flow out completely through the Kosher Screen. Visually check both sides of the top colander to ensure that insects are not caught.
- 8) Checking Kosher Screen Place the Kosher Screen on the light box. Use a spray bottle to gently spray water on the Kosher Screen. This allows the debris to spread on the Kosher Screen allowing clearer visibility to see insects. Examine the Kosher Screen on the light box for the presence of insects.
- If 1 or 2 thrips or mites are found then repeat steps 6-8 and re-check**.
- If 3 or more thrips or mites are found then it has been demonstrated that washing was not performed properly and steps 1-8 must be repeated.
- If an aphid is found then steps 1-8 must be repeated.
- Produce may not be used if the Kosher Screen Method has been performed twice and insects are still found on the Kosher Screen.
- 9) Leaf Sample Checking 25 leaves must be checked for insects; both sides of the leaf must be checked and cracks and crevices must be opened. If any insects are found then the produce may not be used.

- *This check should be conducted one day prior to intended use so that an establishment can return the produce to the supplier if it is found to be infested.
- **If the washing was not performed in the presence of a Mashgiach then steps 1-8 must be repeated.

KOSHER SCREEN METHOD B

Small Leafy Greens

1) **Preliminary Check** - Check the Small Leafy Greens for the presence of insects; focusing on heavy infestation of any type of insect or even light infestation of aphids and leaf miners. After a visual check, the Mashgiach check 3 handfuls of Small Leafy Greens by putting them into water, agitating, pouring the water through a Kosher Screen and checking the Kosher Screen on a light box for the presence of insects.*

- If 3 or more leaf miners trails are found then the produce must be returned to the supplier. Small white spots indicate the presence of a leaf miner fly. If such spots are present then an additional quantity should be checked for leaf miners.
- If 3 or more aphids are found then the produce must not be used.
- If 10 or more thrips are found then the produce must not be used. Special care should be taken to identify the presence of baby thrips.
- Prepare Small Leafy Greens for Washing When relevant, produce must be separated from its head.
- 3) Prepare Checking Station Add cold water and sufficient amount of food-grade soap or vegetable wash that contains a surfactant in the ingredients (for example FIT, Monster or Nature Clean) to a clean sink or container. The appropriate water to produce ratio is 3:1 (3 parts water to 1 part produce). The proper amount of vegetable wash/soap is when the soap suds are visible in the water.
- 4) **Soaking & Agitating** Place produce in water ensuring that the produce is completely submerged under water. Produce is then thoroughly but gently agitated. Produce should be agitated in the water for a minimum of 1 minute.
- 5) **Rinsing** Remove a handful of Small Leafy Greens from water and rinse under a strong stream of water (strong water pressure from the tap or spray hose is critical in ensuring the effectiveness of the rinse). Care must be taken to ensure that all crevices and folds are opened while rinsing. Rinse both sides/surfaces of the produce.

NOTE: Steps 2-5 can be performed by anyone who is approved by the Mashgiach. Steps 6-9 must be performed by the Mashgiach himself.

- 6) Place Small Leafy Greens in Receptacle Fill up a receptacle with fresh water. Place a small amount of Small Leafy Greens into the fresh water such that the appropriate water to produce ratio is 3:1 (3 parts water to 1 part produce). Agitate well. Remove a small handful in the palm of your hand; or alternatively, use a "spider" to remove Small Leafy Greens. Remove from the receptacle while shaking out the water from the produce; then place the leaves in a clean container. Repeat until the process has been done to all the leaves.
- 7) Kosher Screen Place a clean Kosher Screen in between 2 plastic white colanders (ensuring that the Kosher Screen covers the holes of the colanders) and pour the water from the receptacle through the colanders ensuring that all the water goes into the Kosher Screen. Rinse the receptacle with fresh water and empty the fresh water through the colanders. Let the water flow out completely through the Kosher Screen. Visually check both sides of the top colander to ensure that insects are not caught.
- 8) Checking Kosher Screen Place the Kosher Screen on the light box. Use a spray bottle to gently spray water on the Kosher Screen. This allows the debris to spread on the Kosher Screen allowing clearer visibility to see insects. Examine the Kosher Screen on the light box for the presence of insects.
- If 1 or 2 thrips or mites are found then repeat steps 6-8 and re-check**.
- If 3 or more thrips or mites are found then it has been demonstrated that washing was not performed properly and steps 1-8 must be repeated.
- If an aphid is found then steps 1-8 must be repeated.
- Produce may not be used if the Kosher Screen Method has been performed twice and insects are still found on the Kosher Screen.
- 9) Leaf Sample Checking 60 leaves must be checked for insects; both sides of the leaf must be checked and cracks and crevices must be opened. If any insects are found then the produce may not be used.

- *This check should be conducted one day prior to intended use so that an establishment can return the produce to the supplier if it is found to be infested.
- **If the washing was not performed in the presence of a Mashgiach then steps 1-8 must be repeated.

KOSHER SCREEN METHOD C

Cauliflower

- Preliminary Check Cut 3 heads of cauliflower from each box or case in halves or quarters. Shake the cauliflower well and break down the clusters onto the light box and check light box for infestation. Check for the presence of insects; determining if there is any type of infestation.*
- If any live thrips or aphids are found then the produce must not be used.
- 2) Prepare for Washing Cut produce to desired pieces.
- 3) Prepare Checking Station Add cold water and sufficient amount of food-grade soap or vegetable wash that contains a surfactant in the ingredients (for example FIT, Monster or Nature Clean) to a clean sink or container. The appropriate water to produce ratio is 3:1 (3 parts water to 1 part produce). The proper amount of vegetable wash/soap is when the soap suds are visible in the water.
- 4) **Soaking & Agitating** Place pieces in water ensuring that the cauliflower is completely submerged under water. Pieces are then thoroughly agitated. Pieces must be agitated in the water for a minimum of 1 minute.
- 5) **Rinsing** Pieces should be removed from water and all of the cauliflower should be rinsed small handfuls under a strong stream of water (power wash). Be sure to rinse all sides/surfaces of the pieces.

NOTE: Steps 2-5 can be performed by anyone who is approved by the Mashgiach. Steps 6-9 must be performed by the Mashgiach himself.

- 6) Place Cauliflower in Receptacle Fill receptacle with fresh water. Place cauliflower inside the receptacle fresh water such that the appropriate water to produce ratio is 3:1 (3 parts water to 1 part produce). Agitate well. Remove pieces from the receptacle, while shaking out the water from the cauliflower; then place cauliflower in a clean container. Repeat until the process has been done to all the pieces.
- 7) **Kosher Screen** Place a clean Kosher Screen in between 2 colanders and empty the water through the colanders ensuring that all the water goes into the Kosher Screen.

Rinse the container with fresh water and empty the fresh water through the colanders. Let the water flow out completely through the Kosher Screen and into the drain. Shake the top strainer onto the Kosher Screen to ensure that any caught insects are now on the Kosher Screen.

- 8) **Kosher Screen Checking** Place the Kosher Screen on the light box. Use a spray bottle to gently spray water on the Kosher Screen. This allows the dirt and pieces of cauliflower that are caught on the Kosher Screen to spread and allows clearer visibility of insects. It is crucial that the Kosher Screen be as clean as possible so that insects can be seen clearly. Examine the Kosher Screen on the light box for the presence of insects.
- If any insects are found then produce may not be used.
- 9) **Sample Checking** 6 pieces of cauliflower must be checked by breaking apart the pieces and examining all surfaces under a strong light/lamp. If any insects are found then produce may not be used.

*This check should be conducted one day prior to intended use so that an establishment can return the produce to the supplier if it is found to be infested.

KOSHER SCREEN METHOD D

Fresh Herbs

1) **Preliminary Check** – Visually check Fresh Herbs for the presence of insects; focusing on heavy infestation of any type of insect or even light infestation of aphids. After a visual check, check 3 bunches of fresh herbs by placing them into a receptacle with water, agitating, pouring the water through a Kosher Screen and checking the Kosher Screen on a light box for the presence of insects.*

- If 3 or more aphids are found then the produce must not be used.
- If 10 or more thrips are found then the produce must not be used.
- 2) Prepare for Washing Separate leaves and stems from roots and discard roots. For coriander/cilantro separate leaves from the stems and discard stems and roots. (You must also be careful to remove and discard flowering leaves which are still closed as it is difficult to remove insects from inside of them.)
- 3) Prepare Checking Station Add cold water and sufficient amount of food-grade soap or vegetable wash that contains a surfactant in the ingredients (for example FIT, Monster or Nature Clean) to a clean sink or receptacle. The appropriate water to produce ratio is 3:1 (3 parts water to 1 part produce). The proper amount of vegetable wash/soap is when the soap suds are visible in the water.
- 4) **Soaking & Agitating** Place Fresh Herbs in water ensuring that the produce is completely submerged under water. Produce is then thoroughly but gently agitated. Produce should be agitated in the water for a minimum of 1 minute.
- 5) **Rinsing** Fresh Herbs should be removed from water and rinsed well under a strong stream of water; rub your fingers through the leaves gently while they are rinsed.

NOTE: Steps 2-5 can be performed by anyone who is approved by the Mashgiach. Steps 6-9 must be performed by the Mashgiach himself.

6) Container – Fill up a receptacle with fresh water. Place a small amount of Fresh Herbs into the fresh water such that the appropriate water to produce ratio is 3:1 (3 parts water to 1 part produce). Agitate well and slowly. Remove a small handful in the palm of your hand; or alternatively, use a "spider" to remove Fresh Herbs. Remove from the receptacle

while shaking out the water from the produce; then place the leaves in a clean container. Repeat until the process has been done to all the leaves.

- 7) Kosher Screen Place a clean Kosher Screen in between 2 colanders and empty the water through the colanders ensuring that all the water goes into the Kosher Screen. Rinse the container with fresh water and empty the fresh water through the colanders. Let the water flow out completely through the Kosher Screen and into the drain. Shake the top strainer onto the Kosher Screen to ensure that any caught insects are now on the Kosher Screen.
- 8) Kosher Screen Checking Place the Kosher Screen on the light box. Use a spray bottle to gently spray water on the Kosher Screen. This allows the dirt to spread on the Kosher Screen and allows clearer visibility. Examine the Kosher Screen on the light box for the presence of insects.
- If 1 or 2 thrips or mites are found then repeat steps 6-8 and re-check**.
- If 3 or more thrips or mites are found then it has been demonstrated that washing was not performed properly and steps 1-8 must be repeated.
- If an aphid is found then steps 1-8 must be repeated.
- Produce may not be used if the Kosher Screen Method has been performed twice and insects are still found on the Kosher Screen.
- 9) Leaf Sample Checking 60 leaves must be checked for insects; both sides of the leaf must be checked. If any insects are found then the produce may not be used.

- *This check should be conducted one day prior to intended use so that an establishment can return the produce to the supplier if it is found to be infested.
- **If the washing was not performed in the presence of a Mashgiach then steps 1-8 must be repeated.

KOSHER SCREEN METHOD E

Strawberries

- 7) Kosher Screen Checking Place the Kosher Screen on the light box. Use a spray bottle to gently spray water on the Kosher Screen. This allows the dirt to spread on the Kosher Screen and allows clearer visibility. Examine the Kosher Screen on the light box for the presence of insects.
- If even 1 insect is found on the Kosher Screen then strawberries may not be used.

NOTE: Kosher Screen Method E. (Strawberries) must be performed by the Mashgiach himself.

- Prepare for Washing Remove the green leaf prior to washing. If the strawberry
 has crevices or is deformed then it is important to cut that part off of the strawberry in
 order to create a smooth surface. Be careful not to expose the hole in the middle of the
 strawberry.
- 2) Prepare Checking Station Add cold water and sufficient amount of food-grade soap or vegetable wash that contains a surfactant in the ingredients (for example FIT, Monster or Nature Clean) to a clean sink or receptacle. The appropriate water to produce ratio is 3:1 (3 parts water to 1 part produce). The proper amount of vegetable wash/soap is when the soap suds are visible in the water.
- 3) **Soaking & Agitating** Place strawberries in water ensuring that they are completely submerged under water. Agitate thoroughly but gently. Produce should be agitated in the water and left to soak for at least 5 minutes.
- 4) **Rinsing** Open the cold water tap and allow the water to create a strong flow into the clean sink or receptacle creating the "Jacuzzi effect" (water overflowing from the container rapidly) until all of the soap suds are rinsed out. Then take each strawberry out of the sink or container individually and massage their surface under the strong stream of water.
- 5) **Container** Fill up the container with fresh water. Place strawberries inside the container. The appropriate water to produce ratio is 3:1 (3 parts water to 1 part produce). Agitate well and slowly. Remove strawberries from the container, while shaking out the water from the strawberries; then place them in a clean container. Repeat until the process has been done to all the strawberries.
- 6) **Kosher Screen** Place a clean Kosher Screen in between 2 colanders and empty the water through the colanders ensuring that all the water goes into the Kosher Screen. Rinse the container with fresh water and empty the fresh water through the colanders. Let the water flow out completely through the Kosher Screen and into the drain. Shake the top strainer onto the Kosher Screen to ensure that any caught insects are now on the Kosher Screen.

KOSHER SCREEN METHOD F

Fresh Blueberries

- Prepare Checking Station Add cold water and sufficient amount of food-grade soap or vegetable wash that contains a surfactant in the ingredients (for example FIT, Monster or Nature Clean) to a clean sink or container. The appropriate water to produce ratio is 3:1 (3 parts water to 1 part blueberries). The proper amount of vegetable wash/soap is when the soap suds are visible in the water.
- 2) **Soaking & Agitating** Place Fresh Blueberries in water ensuring that they are completely submerged under water. Blueberries are then thoroughly but gently agitated. Blueberries should be agitated in the water for a minimum of 1 minute.
- 3) Rinsing Remove blueberries from water and place a small handful into a colander and rinse under a strong stream of water (strong water pressure from the tap or spray hose is critical in ensuring the effectiveness of the rinse); rub through the blueberries gently while rinsing.
- 4) Kosher Screen Method Guideline At this time, we are not requiring a Kosher Screen for blueberries if the Mashgiach does the washing as described above. If the Mashgiach does not perform the washing, then the Mashgiach must perform the Kosher Screen Method on the blueberries to ensure that no infestation remains.
- 5) Container Fill up the container with fresh water. Place blueberries inside the container. The appropriate water to produce ratio is 3:1 (3 parts water to 1 part produce). Agitate well and slowly. Remove blueberries from the container, while shaking out the water from the strawberries; then place them in a clean container. Repeat until the process has been done to all the blueberries.
- 6) **Kosher Screen** Place a clean Kosher Screen in between 2 colanders and empty the water through the colanders ensuring that all the water goes into the Kosher Screen. Rinse the container with fresh water and empty the fresh water through the colanders. Let the water flow out completely through the Kosher Screen and into the drain. Shake the top strainer onto the Kosher Screen to ensure that any caught insects are now on the Kosher Screen.
- 7) **Kosher Screen Checking** Place the Kosher Screen on the light box. Use a spray bottle to gently spray water on the Kosher Screen. This allows the dirt to spread on the

Kosher Screen and allows clearer visibility. Examine the Kosher Screen on the light box for the presence of insects.

- If 1 or 2 thrips or mites are found then repeat steps 5-7 and re-check*.
- If 3 or more thrips or mites are found then it has been demonstrated that washing was not performed properly and steps 1-7 must be repeated.
- If an aphid is found then steps 1-7 must be repeated.
- Produce may not be used if the Kosher Screen Method has been performed twice and insects are still found on the Kosher Screen.

*If the washing was not performed in the presence of a Mashgiach then steps 1-7 must be repeated.

KOSHER SCREEN METHOD G

Cabbage / Broccoli Slaw

1) Prepare for Washing - Shred cabbage prior to washing

- 2) Prepare Checking Station Add cold water and sufficient amount of food-grade soap or vegetable wash that contains a surfactant in the ingredients (for example FIT, Monster or Nature Clean) to a clean sink or receptacle. The appropriate water to produce ratio is 3:1 (3 parts water to 1 part produce). The proper amount of vegetable wash/soap is when the soap suds are visible in the water.
- 3) Soaking & Agitating Place Cabbage/Broccoli Slaw in water ensuring that the produce is completely submerged under water. Produce is then thoroughly agitated. Produce should be agitated in the water for a minimum of 1 minute.
- 4) **Rinsing** Cabbage/Broccoli Slaw should be removed from water and rinsed well under a strong stream of water.

NOTE: Steps 1-4 can be performed by anyone who is approved by the Mashgiach. Steps 5-8 must be performed by the Mashgiach himself.

- 5) Container Fill up a receptacle with fresh water. Place Cabbage/Broccoli Slaw into the fresh water such that the appropriate water to produce ratio is 3:1 (3 parts water to 1 part produce). Agitate well and slowly. Remove a small handful in the palm of your hand; or alternatively, use a "spider (with large holes)" to remove Cabbage/Broccoli Slaw. Remove from the receptacle while shaking out the water from the produce; then place the produce in a clean container. Repeat until the process has been done to all the produce.
- 6) Kosher Screen Place a clean Kosher Screen in between 2 colanders and empty the water through the colanders ensuring that all the water goes into the Kosher Screen. Rinse the container with fresh water and empty the fresh water through the colanders. Let the water flow out completely through the Kosher Screen and into the drain. Shake the top strainer onto the Kosher Screen to ensure that any caught insects are now on the Kosher Screen.
- 7) **Kosher Screen Checking** Place the Kosher Screen on the light box. Use a spray bottle to gently spray water on the Kosher Screen. This allows the dirt to spread on the

Kosher Screen and allows clearer visibility. Examine the Kosher Screen on the light box for the presence of insects.

- If 1 or 2 thrips or mites are found then repeat steps 5-7 and re-check*.
- If 3 or more thrips or mites are found then it has been demonstrated that washing was not performed properly and steps 2-7 must be repeated.
- If an aphid is found then steps 2-7 must be repeated.
- Produce may not be used if the Kosher Screen Method has been performed twice and insects are still found on the Kosher Screen.

*If the washing was not performed in the presence of a Mashgiach then steps 1-7 must be repeated.

KOSHER SCREEN METHOD H

Iceberg Lettuce

- Preliminary Check Check the produce for the presence of insects; focusing on heavy infestation of any type of insect or even light infestation of aphids. This preliminary check requires that the Mashgiach check each and every dry/unwashed head. The Mashgiach should open three leaves from the outside of the head of lettuce and inspect over a light box and check light box for infestation.*
- If even a single aphid is found in a single head then that head of lettuce must not be used.
- If 3 or more thrips are found then the head of lettuce must not be used. Special care should be taken to identify the presence of baby thrips.
- Prepare Iceberg Lettuce for Washing Produce must be separated from the head.
 Remove core of from the center of the head.
- 3) Prepare Checking Station Add cold water and sufficient amount of food-grade soap or vegetable wash that contains a surfactant in the ingredients (for example FIT, Monster or Nature Clean) to a clean sink or container. The appropriate water to produce ratio is 3:1 (3 parts water to 1 part produce). The proper amount of vegetable wash/soap is when the soap suds are visible in the water.
- 4) **Soaking & Agitating** Place produce in water ensuring that the produce is completely submerged under water. Produce is then thoroughly but gently agitated. Produce should be agitated in the water for a minimum of 1 minute.
- 5) **Rinsing** Remove from water and rinse well under a strong stream of water (strong water pressure from the tap or spray hose is critical in ensuring the effectiveness of the rinse); rub the leaves gently while they are rinsed. Care must be taken to ensure that all crevices and folds are opened while rinsing. Rinse both sides/surfaces of the produce.

NOTE: Steps 2-5 can be performed by anyone who is approved by the Mashgiach. Steps 6-8 must be performed by the Mashgiach himself.

6) Receptacle – Fill up a receptacle with fresh water. Place a small amount of Iceberg Lettuce into the fresh water such that the appropriate water to produce ratio is 3:1 (3) parts water to 1 part produce). Agitate well and slowly. Remove a small handful in the palm of your hand; or alternatively, use a "spider" (with large holes) to remove Iceberg Lettuce. Remove from the receptacle while shaking out the water from the produce; then place the leaves in a clean container. Repeat until the process has been done to all the leaves.

- 7) **Kosher Screen** Place a clean Kosher Screen in between 2 plastic white colanders (ensuring that the Kosher Screen covers the holes of the colanders) and pour the water from the receptacle through the colanders ensuring that all the water goes into the Kosher Screen. Rinse the receptacle with fresh water and empty the fresh water through the colanders. Let the water flow out completely through the Kosher Screen. Visually check both sides of the top colander to ensure that insects are not caught.
- 8) Checking Kosher Screen Place the Kosher Screen on the light box. Use a spray bottle to gently spray water on the Kosher Screen. This allows the debris to spread on the Kosher Screen allowing clearer visibility to see insects. Examine the Kosher Screen on the light box for the presence of insects.
- If 1 or 2 thrips or mites are found then repeat steps 6-8 and re-check**.
- If 3 or more thrips or mites are found then it has been demonstrated that washing was not performed properly and steps 1-8 must be repeated.
- If an aphid is found then steps 1-8 must be repeated.
- Produce may not be used if the Kosher Screen Method has been performed twice and insects are still found on the Kosher Screen.
- 9) Leaf Sample Checking 25 leaves must be checked for insects; both sides of the leaf must be checked and cracks and crevices must be opened. If any insects are found then the produce may not be used.

- *This check should be conducted one day prior to intended use so that an establishment can return the produce to the supplier if it is found to be infested.
- **If the washing was not performed in the presence of a Mashgiach then steps 1-8 must be repeated.

KOSHER SCREEN METHOD I

Scallions / Green Onions

KOSHER SCREEN METHOD J Dehydrated Mushrooms

- 1) **Prepare Scallions/Green Onions for washing** Ensure that each shoot is slit from top to bottom.
- 2) Receptacle Fill up a receptacle with fresh water. Place a small amount of Scallions/ Green Onions into the fresh water such that the appropriate water to produce ratio is 3:1 (3 parts water to 1 part produce). Agitate well and slowly. Remove a small handful in the palm of your hand; or alternatively, use a "spider" (with large holes) to remove Scallions/ Green Onions. Remove from the receptacle while shaking out the water from the produce; then place the leaves in a clean container. Repeat until the process has been done to all the leaves.
- 3) Kosher Screen Place a clean Kosher Screen in between 2 plastic white colanders (ensuring that the Kosher Screen covers the holes of the colanders) and pour the water from the receptacle through the colanders ensuring that all the water goes into the Kosher Screen. Rinse the receptacle with fresh water and empty the fresh water through the colanders. Let the water flow out completely through the Kosher Screen. Visually check both sides of the top colander to ensure that insects are not caught.
- 4) Checking Kosher Screen Place the Kosher Screen on the light box. Use a spray bottle to gently spray water on the Kosher Screen. This allows the debris to spread on the Kosher Screen allowing clearer visibility to see insects. Examine the Kosher Screen on the light box for the presence of insects.
- If 1 or 2 thrips or mites are found then repeat steps 1-3 and re-check.
- If 3 or more thrips or mites are found then it has been demonstrated that washing was not performed properly and begin the washing process once again.
- If an aphid is found then steps 1-3 must be repeated.
- Produce may not be used if the Kosher Screen Method has been performed twice and insects are still found on the Kosher Screen.
- 5) **Leaf Sample Checking** 3 leaves must be checked for insects; both sides of the leaf must be checked and cracks and crevices must be opened. If any insects are found then the produce may not be used.

- 1) **Receptacle** Fill up a receptacle with fresh water. Place all dehydrated mushrooms into the receptacle and rehydrate mushrooms. Agitate and remove rehydrated mushrooms from receptacle.
- 2) Kosher Screen Place a clean Kosher Screen in between 2 colanders and empty the water through the colanders ensuring that all the water goes into the Kosher Screen. Rinse the container with fresh water and empty the fresh water through the colanders. Let the water flow out completely through the Kosher Screen and into the drain. Shake the top strainer onto the Kosher Screen to ensure that any caught insects are now on the Kosher Screen.
- 3) Kosher Screen Checking Place the Kosher Screen on the light box. Use a spray bottle to gently spray water on the Kosher Screen. This allows the dirt to spread on the Kosher Screen and allows clearer visibility. Examine the Kosher Screen on the light box for the presence of worms. If worms are found then produce must not be used.

KOSHER SCREEN METHOD K

Corn on the Cob

1) **Prepare for Washing** – Remove the husk. Check for obvious infestation (thrips) which is noticeable and if found, do not use.

- 2) Prepare Checking Station Add cold water and sufficient amount of food-grade soap or vegetable wash that contains a surfactant in the ingredients (for example FIT, Monster or Nature Clean) to a clean sink or receptacle. The appropriate water to produce ratio is 3:1 (3 parts water to 1 part produce). The proper amount of vegetable wash/soap is when the soap suds are visible in the water.
- 3) **Soaking & Agitating** Place cobs in water ensuring that it is completely submerged under water. Agitate thoroughly.
- 4) Rinsing Remove cobs from water and rinse well under a strong stream of water (strong water pressure from the tap or spray hose is critical in ensuring the effectiveness of the rinse).
- 5) Container Fill up the container with fresh water. Place cobs inside the container. The appropriate water to produce ratio is 3:1 (3 parts water to 1 part produce). Agitate well and slowly. Remove cobs from the container, while shaking out the water from the cobs; then place them in a clean container.
- 6) Kosher Screen Place a clean Kosher Screen in between 2 colanders and empty the water through the colanders ensuring that all the water goes into the Kosher Screen. Rinse the container with fresh water and empty the fresh water through the colanders. Let the water flow out completely through the Kosher Screen and into the drain. Shake the top strainer onto the Kosher Screen to ensure that any caught insects are now on the Kosher Screen.
- 7) Kosher Screen Checking Place the Kosher Screen on the light box. Use a spray bottle to gently spray water on the Kosher Screen. This allows the dirt to spread on the Kosher Screen and allows clearer visibility. Examine the Kosher Screen on the light box for the presence of insects.
- If even 1 insect is found on the Kosher Screen then corn may not be used.