

FOR PRODUCE IN THE UNITED STATES AND CANADA ONLY

Updated June 2023



Artichoke Bottoms



Asparagus



Asparagus, White



Barley







Checking is not practical.

A. NO CHECKING REQUIRED

Improper storage can lead to infestation issues.

REMOVE PEEL & RINSE

- 1. Wash the produce under a strong 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.

CHECKING METHODS

Make sure everything is properly sealed and stored in a cool dry area.

Note: Raisins, grains, and nuts should be purchased from companies that

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.

- 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.
- 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.

- 1. Wash produce well. (For **broccoli & cauliflower:** whole heads should be broken down into smaller pieces and warm water should be used to soak/ wash them.)
- 2. Prepare a basin with water and a non-bleach and non-toxic dishwasher detergent solution. The water should feel slippery.
- 3. Agitate the produce in the solution for 15 seconds. (For broccoli & cauliflower: soak for 30 seconds BEFORE agitating very vigorously.)
- 4. Remove produce from the basin and shake off excess water over the basin.
- 5. Pour water through the thrip cloth.
- 6. Check the thrip cloth over a light box for any insects.
- 7. If insects are found, repeat steps 1-6. This can be done up to three times. If insects are still found on the third try, the produce should not be used.

Look for holes, webbing or insects in the fruit. For leeks & scallions: Check inside tube, between leaves and in the bulb for thrips. Check also for leaf-miner trails.

Remove triangular side leaves and use the thrip cloth method on the tops. **Note:** If you peel the side leaves and remove the tops, no checking is required.

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.

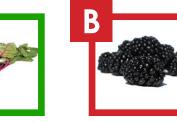
- 1. Place in a strainer (for **brown rice**: you can use a medium mesh, #12 or higher; for quinoa: use a fine mesh, #15-25).
- 2. Shake vigorously for 15-25 seconds over a lightbox or white paper. 3. Examine the surface of the lightbox or paper for any insect presence. If no
- insects are found, it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





Beets

Cabbage





Blackberries









Cauliflower

Dates

Goji

Berries

Carrots



Corn on the Cob

Carob





Endive, **Belgian**





Green



Beans



Mint



Leaves



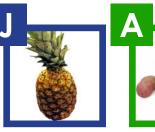


Quinoa

Sage

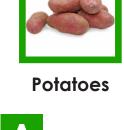
Nuts





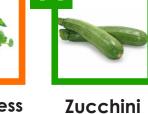
Leaves

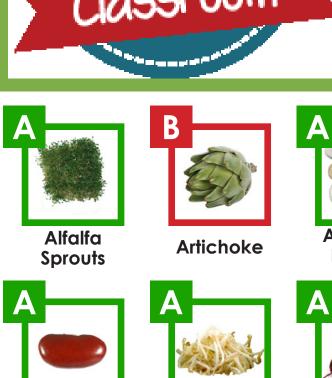
Bell & Mini



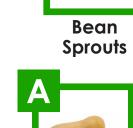






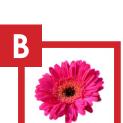


Beans





Chives



Edible







Kohlrabi Leaves



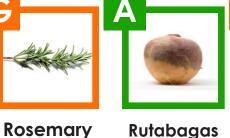
Leeks

Mushrooms, Porcini

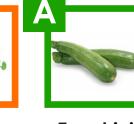


Peppers,





Rutabagas



Watercress

For more information or to buy a light box or thrip cloth: call 410.484.4110 or visit www.star-k.org

Butternut Brussels Sprouts Sauash

Dill

Fennel

Bulb

Kale

Mushrooms,

Button

Oregano

Radishes

Scallions









Kohlrabi Bulb

Morel

Parsley

Raisins

Snap/Snow

Peas

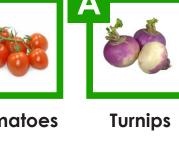




Peas



Rice, White







Cabbage, Red



Endive













Mushrooms, Mushrooms, Oyster



Parsnips

Raspberries

Spinach



Strawberries

