



# Rosh Hashana

## SIMANIM CHECKING GUIDE

At this time of year, when we enjoy many types of fruits and vegetables, STAR-K reminds you to check them carefully for signs of insect infestation. Commonly used items are listed below. For more information and guidelines, please visit [checkingforinsects.com](http://checkingforinsects.com)

### Apples



### Beets



### Carrots



### Pomegranates



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**No checking required**

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### Dates\*



Open a few dates in each container and visually inspect. If no insects can be seen, the rest may be eaten without further checking.

### Figs\*



Open each one and check carefully for infestation (typically wasps, beetles or worms).

**\* Checking instructions for dates and figs apply even if they have a *hechsher*, due to the possibility of improper storage.**

### Black-Eyed Peas



*Dried peas* should first be boiled in water. After they have been fully cooked, allow the peas to soak for 2-3 hours. The peas will then swell and the peel will become translucent. Then check as instructed below.

*Canned or frozen peas* may be checked straight out of the can/bag. There is no need to boil or soak.

#### TO CHECK ALL TYPES OF BLACK-EYED PEAS:

1. Inspect the peas for holes or dark-colored stains, as these may indicate an insect beneath the thin peel.
2. If there is a dark spot on the peel, remove the thin skin and check if there is a cavity with a bug in it.

**NOTE:** The black “eye” spot is not a sign of infestation. Similarly, orange-colored stains on the surface are not signs of infestation. Only dark or black stains are of concern.



## Leeks

Examine the outside for any leaf miner trails. Check in between the layers for thrips or other insects.



## Spinach

Check using the **Thrip Cloth Method**.

### THRIP CLOTH METHOD

1. Wash the produce well. Fill a basin with warm water and add a non-toxic dishwasher detergent so the water feels "slippery."
2. Add produce to the basin and agitate vigorously in the solution for 15 seconds.
3. Remove the produce and shake excess water *over the basin*. Set produce aside.
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.



## Green Cabbage

*For fresh cabbage:* Separate all the leaves and wash well. Then check using the **Thrip Cloth Method** described above.

*For stuffed cabbage:* After freezing the head, defrost and separate all the leaves and wash them well. Then check using the **Thrip Cloth Method** described above.

*For green cabbage only:* If one does not have a thrip cloth, cabbage may be checked carefully leaf by leaf, using a light box or under a strong light.



## Honey

Pure honey does not need a *hechsher* (Clover, Wildflower, Blossom, Orange, etc, are types of honey, not flavors). Flavored honey needs a *hechsher*.

STAR-K WISHES EVERYONE  
A K'SIVA V'CHASIMA TOVA



*& a sweet new year!*