

MANCHESTER BETH DIN

FRUIT & VEG INSPECTION MANUAL



Inspection of Fruits, Vegetables & Spices

According to Jewish law all fruits and vegetables are naturally kosher, however insects (tolaim) are forbidden to be eaten. When one eats a fruit or vegetable which has ONE insect in it, one has transgressed not only one but as many as SIX Torah prohibitions.

Please find below a guide on how to check fruits and vegetables which require inspection.

This Guide is for the inspection of fruit & veg purchased in the UK.

**If you have any questions regarding the inspection of any fruit / veg please contact the Manchester Beis Din Office
0161 740 9711 – info@mbd.org.uk
or R' Yossi Lock
07534 524 430**

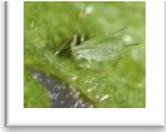


Fruit / Veg that require inspection

Asparagus
Basil/Mint
Beans/Barley
Bok Choy
Cabbage (red & white)
Celery
Chick Peas
Chives
Dates
Dill
Dried fruits
Endive
Fennel
Kale
Leeks
Lettuce
Lollo Rossa
Mushrooms
Parsley
Rosemary
Spinach
Spring onions
Strawberries



Green Fly (aphid)



Commonly found in leafy veg. e.g Lettuce, Parsley, Basil also on Strawberries & others

Asparagus Beetle



Commonly found in Asparagus

Thrip



Commonly found in Lettuce, Leek, Cabbage, Spring Onion, Asparagus, Fennel & many others.

Cabbage Beetle



Commonly found in Cabbage

Cabbage Maggot



Commonly found in Spring Onions

White Maggot



Commonly found in
Mushrooms

Two Spotted Mite



Commonly found in
Strawberries

Mangold Fly



Commonly found in
Spinach

Onion aphid



Commonly found in
Spring Onions

Cabbage Looper



Commonly found in
Lettuce, Cabbage &
Celery.

ASPARAGUS



Fresh Asparagus may be used, however the florets need to be removed and discarded. This is done by scraping the florets with a sharp knife. Likewise the triangular leaves must be completely removed from the stems. The stems should then be rinsed well with fast running water. The vegetable should then be inspected for any thrips.

BASIL/MINT



First soak thoroughly in a solution of lukewarm water with liquid detergent or second best salt. Each leaf should then be rinsed off on both sides under running cold water. Hold the leaves from the stems and slap them with the other hand over a white surface, any infestation will be visible on the surface.

BEANS/BARLEY



All beans or barley need a superficial inspection

BOK CHOY



First rinse thoroughly in a solution of luke warm water and liquid detergent or second best salt. Each leaf should then be rinsed off on both sides under running cold water. If this procedure is followed correctly only random checking is necessary. If this procedure can't be followed, each item will have to be checked visually with the use of a bright light. Outer leaves that are not clean should be discarded before use.

CABBAGE



Clean the cabbage by removing all dirt and unclean layers. Cut the cabbage in quarters and do a visual check by holding each quarter in one hand and fanning out the leaves on both sides of the quarter with the thumb of the other hand, look carefully between the leaves. Black marks on the leaves are a blemish and are not a kashrus concern.

CELERY



Celery sticks should be washed under cold water and brushed with a brush or a cloth until clean. Celery leaves after washing should be checked under a bright light for insects like with any leafy vegetable.

CHICK PEAS



Chick peas must first be poured into a bowl and checked for small shiny eggs. Then slowly roll a handful of chick peas from one side to another. If any chickpeas with holes or dark patches are spotted those chick peas must be discarded, the remainder of the chick peas must then also be checked. Tinned chick peas also need checking in the same procedure.

CHIVES



The packet should be opened and the contents separated. The chives should be rinsed under running water, the chives should then be placed in a clean basin of water and swished around. Remove the chives and check the water for infestation.



DATES



Iraqi, Algerian and Pakistani dates are of inferior quality and should therefore be avoided. Other dates, although are less prone to infestation still require a thorough inspection. Check the outer surface for holes or tiny beetles which may be stuck to the fruit. Open the date, remove the stone and check for beetles or brown gritty matter. If any of these are found the fruit should be discarded. Stoned dates need inspection in the same way.

DILL



Place the dill in water with washing up liquid and allow to soak. Then rub each leaf between your fingers. Rinse each leaf on both sides under a strong stream of water. Then place the dill in a fresh bowl of water and swish it around. Remove the dill and place on a clean surface check the water for infestation and then check at least 3 samples on both sides against a strong light.

DRIED FRUIT



Remove a few samples from each box and inspect by opening them up.

Raisins/Sultanas & Currents do not require checking.

Apricots must be individually inspected.

ENDIVE



Cut off the bottom. Separate the leaves and place the leaves in liquid detergent, allow to soak and then rub each leaf between your fingers. Rinse each leaf on both sides under a strong stream of water. Put the leaves in a fresh basin of water and swish them around.

Remove the leaves and check the water for infestation then check the leaves to make sure that they are clean.

FENNEL



Cut off top and bottom and remove all the leaves.

Place the leaves in liquid detergent, rub each leaf between your fingers then place each leaf under a strong current of water. Then place the leaves in a clean basin of water and swish them around. Remove the fennel and check the water for infestation then check some of the leaves on both sides to make sure that they are clean.

KALE



Cut the leaves from the stem and place the leaves in liquid detergent, then rub each leaf between your fingers. Rinse each leaf under a strong stream of water then place the kale in a clean basin of water and swish around vigorously. Remove the kale and check the water for infestation then check some of the sample pieces against a light to make sure that they are clean.

LEEK



Cut off the roots, if some layers are not clean peel them off before washing. Cut the leek lengthwise making sure there are no closed layers especially at the junctions. Rinse each leek under a strong stream of water and brush with a strong brush up and down the leek then check each leaf to make sure they are clean if they are not completely clean repeat the procedure until they are clean.

LETTUCE



The outer leaves that are not clean should be removed and discarded. Rinse thoroughly in a solution of lukewarm water and liquid detergent and then rub each leaf between your fingers. Each leaf should then be rinsed on both sides under running cold water. The leaves should then be checked using a bright light.

LOLLO ROSSA



The outer leaves that are not clean should be removed and discarded. Rinse thoroughly in a solution of lukewarm water and liquid detergent and then rub each leaf between your fingers. Each leaf should then be rinsed on both sides under running cold water. The leaves should then be checked using a bright light.

MUSHROOM



Remove any spoilt mushrooms. Small button mushrooms are less prone to infestation than other types of mushroom and should be preferred wherever possible. First check the brown gills under the cap. If damage is present it should be scraped away to enable inspection of the area behind it. Break the cap into several small pieces to inspect for damage or tunnelling if white worms, red spider mites, or tunnelling is found the entire batch must be discarded. The stalks exterior must also be inspected. If the mushrooms are whole and clean then wipe the mushroom down with a cloth and no further checking is necessary.

PARSLEY



Release the bunch and immerse the parsley under running water as this will help to clean the parsley from any excess dirt. If only the leaves are needed cut the stems from the leaves.

Place the parsley in lukewarm water and liquid detergent and gently swirl around for a couple of minutes, remove the parsley and rinse under a strong stream of running water. Take the parsley and place it in a clear container and fill with water. Place the parsley inside the container and allow to soak for a short while, then remove the parsley and check the water. If the water is clear the parsley may be used and no further checking is necessary. If however the water is showing signs of infestation then the batch should be discarded as infestation is rife and cleanliness can't be

ROSEMARY



Place the Rosemary in lukewarm water and liquid detergent and gently swirl around for a couple of minutes, remove the rosemary and rinse under a strong stream of running water. Take the Rosemary and place in a clear container and fill with water. Place the rosemary inside the container and allow to soak for a short while then remove the rosemary and check the water. If the water is clear the Rosemary may be used and no further checking is necessary. If however the water is showing signs of infestation then the batch should be discarded as infestation is rife and cleanliness can't be assured.

SPINACH



The outer leaves that are not clean should be removed and discarded. Separate the leaves and rinse thoroughly in a solution of lukewarm water and liquid detergent and then rub each leaf between your fingers. Each leaf should then be rinsed on both sides under running water. The leaves should then be checked using a bright light.

SPRING ONION



The bulb may be cut off used without inspection. The stalks should be sliced lengthwise and cut open at the junction area. Each leaf should then be washed thoroughly with water and detergent and then visually inspected

STRAWBERRIES



Cut off the tops completely and place in water with detergent and rub all surfaces with your fingers (do not soak).

THE FOLLOWING FRUITS AND VEGETABLES MAY NOT BE USED UNLESS WITH A HECHSHER

ARTICHOKES



BRUSSEL SPROUTS



BROCCOLI



BLACKBERRIES/ RASPBERRIES



CAULIFLOWER



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