

STAR-K BUG CHECKING CHART

No Checking Required



Artichoke Bottoms



Asparagus, White



Beets



Butternut Squash



Eggplant



Kohlrabi Bulbs



Horseradish



Onions



Parsnips



Potatoes



Pumpkins



Radishes



Rutabagas



Tomatoes



Turnips



Zucchini

No Checking Required; Store Properly

These items should be purchased from companies that employ proper quality control and storage practices. Make sure they are properly sealed and stored in a cool, dry area. Improper storage can lead to infestation issues. No additional checking is required.



Nuts



Red Raisins

Rinse Well

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



Celery Stalks*



Endive, Belgian



Grapes



Mushrooms, Button



Mushrooms, Portobello



Peppers, Bell & Mini*

Visual Check & Thrip Cloth

Remove triangular side leaves and use the thrip cloth method on the tops.
NOTE: Many people find peeling asparagus completely like a carrot yields a tasty kosher result, with no further checking required.



Asparagus

Thrip Cloth Method

1. Wash the produce well. (Use warm water for broccoli and cauliflower.)
2. Fill a basin with warm water and add a non-toxic dishwasher detergent so the water feels "slippery."
3. Agitate the produce in the solution for 15 seconds.
4. Remove the produce and shake off excess water over the basin. Set the produce aside.
5. Line a colander with a thrip cloth and pour the water through it.
6. Place thrip cloth over a light box and check for insects.
7. If insects are found, repeat steps 1-6. This can be done up to 3 times. If insects are still found on the third try, the produce should not be used.



Basil



Bok Choy



Broccoli



Cabbage,
Green



Cabbage,
Red



Cauliflower



Chives



Cilantro



Collard
Greens



Dill



Endive



Escarole



Kale



Kohlrabi
Leaves



Lettuce



Mint
Leaves



Mustard
Leaves



Oregano



Parsley



Rosemary



Sage



Spinach



Watercress

TO PURCHASE
a lightbox, thrip
cloth, loupe, or
a color copy of
this chart call
410.484.4110
or email
info@star-k.org.

Peel Properly

Mites are being found in the crown and outer rind, as well as inside the blossom cups and crevices, if the pineapple is not peeled properly. 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 board. The crown and rind should not be used on decorative platters since the insects can migrate to other fruit.



Pineapples

Visual Check

Look for holes, webbing or insects inside the fruit. See our website for pictures and more detailed instructions. For Leeks and Scallions: Check inside tube and between leaves, as well as outside the tube for leaf-miner trails.



Carob



Dates



Fennel
Bulbs



Figs



Leeks



Scallions

Remove Peel & Rinse



Garlic

Mites can be found between the layers of the peel.



Quinoa

Note: Quinoa requires KFP certification due to concerns of being processed on *chometz* equipment.

1. Place quinoa in a strainer that won't allow the quinoa to fall through (approx. 15-25 mesh)
2. Shake over white paper or lightbox for approx. 30 seconds.
3. Inspect paper for insects (specifically booklice).

Soap Wash



Blueberries



Strawberries

1. Prepare a basin of detergent solution, using at least two tablespoons of detergent per gallon of water.
2. Agitate the berries in the solution for 10-15 seconds.
3. Let the berries soak for at least one minute.
4. Rinse the berries well. **NOTE:** Strawberries must be rinsed *individually* under a strong stream of water.
5. Repeat steps 1-4 a second time.
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 using organic, pick-your-own or wild- grown blueberries.

Not Recommended

Checking is not practical.



CA Golden
Raisins*



Artichokes



Blackberries
Raspberries



Brussel
Sprouts



Edible
Flowers



Goji Berries

* From California only. Other sources may be used.