

# Kashrus Kurrents

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## It's a *Siman* that it's *Kosher*

Avoiding Bosor  
Shenisalaim Min Hoayin

An Interview With  
**RABBI MOSHE HEINEMANN**  
STAR-K RABBINIC ADMINISTRATOR

### INTRODUCTION:

The world of *kashrus* has played, and continues to play, a dominant role in the life of a Jew and the life blood of Judaism. This centrality is evidenced by the significant *halachic* treatment of *kashrus* in the *Shulchan Aruch*, by our *Poskim*, and in contemporary *Torah* journals, as well as the particular attention paid to the kosher consumer stretching from the aisles of the supermarket to the media portfolios of the marketplace.

Throughout the development of practical *kashrus*, the *Torah's* *halachic* tenets have been interwoven with rabbinical safeguards, protective fences, known in the words of the *Mishna* as *siyagim*. Every *halachic* arena has been bolstered with the pickets of these fences. Some classic examples that are well known are: the prohibition of cooking poultry and milk, waiting six hours between meat and milk, *stam yainum*, and *bishul akum*.

Our Rabbis realized, that without protective measures built into the *Torah's* system, there would be genuine concern that *Torah* statutes would be abused, adulterated, watered down or forgotten, *chas v'shalom*. Just as a dedicated farmer would exercise herculean efforts to save the life of a beautiful tree whose life has been placed in jeopardy by predators, weeds, or disease, how much more care must be expended when we deal with the preservation of the *Eitz Chaim* - The Tree of Life.

One of the most detailed and involved areas of *kashrus* is the production and processing of kosher meat. Because of its great scope, it would be impossible to do justice to the complete gamut of the *kashrus* directives for *shechita*, *bedika*, *nikkur*, and *melicha* in a few brief paragraphs, but we can get a clear appreciation of the careful detail that needs to be given to every step along the production trail.

The *shochet*, the ritual slaughterer, who has to be armed with both technical skill and great moral integrity, has to give painstaking attention to all aspects of *shechita*. The concerns start from the source. From where is the packing house getting their stock? Before the actual *shechita*, the *shochet's* knife, the *chalef*, must be carefully checked to make sure it is smooth and razor sharp.

In order to avoid the inadvertent slaughtering of a *b'chor*, a first born animal born in a Jewish herd, the sources of the cattle must be known. After the animal is slaughtered every surface of the lung has to be double checked, internally and externally, making sure that the lung is free of lesions or disease. Then, when the animal is pronounced kosher, its various parts are separated and sent to different areas of the packing house. In order to avoid intermingling and confusion with non-kosher look alike, the different parts of the forequarter of beef, veal or lamb have to be properly tagged. This system of labeling, branding, and tagging is critical to the kosher control maintenance in the packing house and beyond.

At the post-*shechita* stage, slaughtered meat is further processed at the plant site or at an independent processing facility, possibly under a separate *hashgacha*, or at local kosher butcher shops, where further processing will take place under the supervision of the local *Va'ad* or *Rav*. Whatever the option, identification plays an integral part of the process. How else would the *mashgiach* know when the *shechita* took place, if the meat is kosher, if the meat is *glatt* or not, or if the meat was *kashered* - were it not for tags, plumbas, and letters?

In the neighborhood butcher shop where the meat and poultry is prepared for retail sale, more often than not, the cut-up chicken pieces or cutlets are not showcased with plumbas, nor is the brisket, rib steak or flanken. Furthermore, today with both husband

CONTINUED ON PAGE 2



## All Washed Up

**RABBI TZVI ROSEN**

STAR-K KASHRUS ADMINISTRATOR;  
EDITOR, KASHRUS KURRENTS

In the health conscious world of the new millennium, healthful fine dining and garden fresh vegetables have taken an honorable position of prominence. Salad bars are in vogue. A colorful salad helps dress up the bland dinner plate. Fresh vegetables are healthy and wholesome. Unfortunately, it also causes havoc with the G-d fearing housewife, or the caterer's *mashgiach*, who want to make sure that the vegetables served are not only clean and fresh, but insect-free, as well. Oftentimes, this task is tedious, time consuming, and frustrating. This is particularly true when dealing with large quantities of exotic, leafy vegetables that have to be inspected in a relatively short amount of time. What is the answer?

Enter a remarkable, time saving addition to the produce yard and the hottest item on the supermarket produce section: pre-washed, cello-packed salads. Now greens in all varieties, cole slaw, garden salads, European salads, from the mundane to the exotic, from organic to

CONTINUED ON PAGE 3

## Inside this issue

It's a Siman that it's Kosher .....	Page 1
All Washed Up .....	Page 1
Star-K Certified Fresh Pkgd Vegetables .....	Page 4
Vegetable Checking Requirements .....	Page 5
Star-K Certifies Oven-Refrigerator .....	Page 6
Shaklee's Vita-Lea Multi-Vitamin .....	Page 7
New under Star-K Certification .....	Page 8



# It's a *Siman* that it's *Kosher*

An Interview With  
RABBI MOSHE HEINEMANN



CONTINUED FROM PAGE 1

and wife working, kosher households depend on the kosher butcher to make home deliveries. Many households employ domestic help whose duties include meal preparation. In addition, hotels and catering halls claim both kosher and non-kosher cuisine. In all of the above scenarios, beyond the *Torah* based *kashrus* requirements, an additional safeguard to protect us from the potential risk of advertent or inadvertent mixing, switching, or replacing kosher meat for a non-kosher look-alike was instituted. This *siyag*, protective measure, requires one to continuously identify or trace the trail of the kosher meat or kosher poultry. Failing to do so jeopardizes the *kashrus* acceptability of the meat, and this meat is designated as *bosor shenisalaim min hoayin*, literally, meat that is out of constant view of an observant Jew. Although the strict *halachic* context of the term *bosor shenisalaim min hoayin* refers to the suspicious possibility of kosher meat being switched with a non-kosher likeness, the contemporary usage of this term has far broader *halachic* applications. What are the parameters of this *halacha*? Is there any recourse once you lose visual contact with the meat?

These questions were posed to Rav Heinemann, *Shlita*, our Rabbinic Administrator, to clarify and elucidate this very important *halacha* for *Kashrus Kurrents* readers:

**Q: How do we, in the broader halachic context, define *bosor shenisalaim min hoayin*?**

**RH:** If a Jew left a piece of kosher meat or poultry, that has no distinct identification, unattended, in an area where a non-Jew has free access, and there is reason to suspect that the *aino Yehudi* may have exchanged the kosher meat with a non-kosher meat or poultry likeness, this piece of meat is deemed *bosor shenisalaim min hoayin* and may not be used.

**Q: Could you list some of the circumstances that would arouse suspicion?**

**RH:** 1) The kosher meat is of superior quality and the non-Jew would enjoy it more. 2) It is more convenient for the non-Jew to use the exposed kosher meat on the table at that moment and replace it later with non-kosher. 3) There is an outside benefit for the non-Jew to substitute the kosher meat.

**Q: When a kosher meat or poultry order is being sent from the kosher butcher shop to a Jewish household for home delivery and the order is wrapped in plain wrapping paper and tape, can *bosor shenisalaim min hoayin* be avoided?**

**RH:** 1) If the delivery man is, himself, a *Shomer Shabbos* and the order is delivered directly to the housewife or family member, the order can be sent out as is without additional identification. 2) If the delivery man is not a *Shomer Shabbos*, the meat order has to be marked with distinct and distinguishing *simanim* to avoid *bosor shenisalaim min hoayin* problems.

**Q: When is meat considered adequately identified?**

**RH:** Preferably *lechatchila*, the piece of meat or poultry should be sealed twice with kosher identification on the seal (two *simanim*), or be

sealed with a foolproof seal that would qualify for two *simanim*. Any seal which makes it difficult to open the closed package without tearing or breaking the closure, tape, or packaging qualifies as a *siman*. An example of a foolproof *siman* would be the new frozen chicken products which are encased in a totally fused specially printed Chill Pack Bag that has to be ripped open to take out the products.

**Q: Must a *mashgiach* be present at all times in a hotel kitchen during kosher meal preparation or throughout the function?**

**RH:** The "*glatt*" kosher method of hotel *hashgacha* is for the *mashgiach* to be present at all times. If the *mashgiach* has to leave the kitchen, he can only leave if (a) none of the kitchen help knows that he stepped out, (b) he leaves for a brief interval with the intention of immediately returning, and (c) he does not leave the hotel premises.

**Q: Assuming there are no *bishul akum* problems, can a maid prepare meals for a Jewish household without being supervised by a member of the household?**

**RH:** There are different scenarios that have to be considered.

(a) If the meat, chicken or fish have *simanim* on them (e.g. a plumba, a sealed casserole, fish with skin on) and these *simanim* will remain throughout their total preparation and cooking process the maid would be permitted to cook it.

(b) If the maid knows that members of the household constantly come in and out of the kitchen at no set time or schedule, this would serve as a deterrent for any foul play, and the maid would be permitted to cook.

(c) If there is no distinct identification on the meat and the maid is alone in the household, you would be forbidden to eat any food item that requires identification prepared by the maid, unless the food can be identified through a member of the family's *t'vias ayin*.

**Q: What is *t'vias ayin*?**

**RH:** If a *Yehudi* can recognize that this is the original piece of meat or poultry which was previously known to be kosher, and can be clearly identified without any question.

**Q: Can a recent *Baal* or *Baalas Teshuva* eat at their parents' home if the parents are still non-observant?**

**RH:** If the parents agree to keep kosher for their child, the *Rov* or *Rabbi* should be consulted to work out the details of each specific circumstance.<sup>1</sup>

**Q: What foods *halachically* require identification?**

**RH:** All foods that require kosher certification. That includes, among others, meat, poultry, fish, wine, cheese, bread, cake, and milk. Those products that have a more severe *halachic* prohibition (*m'doraisa*), require two *simanim* (e.g. meat, fish, poultry, wine, etc.). Those that have a less stringent prohibition (*m'drabonan*), require only one *siman* (e.g. cheese, bread, cake, milk, etc.).

**Q: Can you buy cryovaced, boxed, or bagged kosher chicken or meat provisions**

**from a non-kosher supermarket or buyers warehouse?**

**RH:** Yes, if they come appropriately sealed as outlined above.

**Q: Do meat flavored sauces, or food items mixed with cheese or fish require *simanim* (sent from caterers or take-out)?**

**RH:** If the meat, fish, or poultry is not *batel* (nullified) in the sauce or food item, two *simanim* would be required. Even if it is *batel*, it requires a *siman* identifying the sauce as kosher.

**Q: How would a deli meat or tuna fish sandwich sent by a caterer or take-out be wrapped if they require two *simanim*?**

**RH:** Wrapping the sandwich in a plastic wrap, sealing it on the bottom with a heat seal or label and labeling the top of the plastic only qualifies for one seal. An example of a second seal would be an additional band wrapped around the sandwich plus the sealed and labeled plastic. Another method would be to place the bill into the paper bag holding the sandwich and staple the bag and bill shut.

**Q: Would plain unmarked sealing tape qualify for an acceptable seal?**

**RH:** No, because there is no distinctive marking on the tape. In order for plain sealing tape to suffice, the *mashgiach* would have to sign his name across the tape and onto the box. If the box would be opened the signature would tear.

**Q: Would a specially made box used to box fish sticks that has the name of the company and the *hechsher* clearly printed on the box qualify for a *siman*?**

**RH:** No, the flaps of the box would have to be sealed to qualify for a *siman*. Sealed plastic over-wrap would qualify for a second seal.

**Q: If a *mashgiach* forgot to seal a *cholov Yisroel* milk silo, but the weight of the poundage that was recorded elsewhere corresponds to the weight in the silo, would that qualify for an adequate *siman*?**

**RH:** Yes, *b'dieved*.

**Q: What is the *halacha* if only one of the two *simanim* remains intact?**

**RH:** If the remaining *siman* is foolproof, it would be fine *lechatchila*. If the remaining *siman* is not foolproof a competent *halachic* authority should be consulted.

**Q: Is there any *halachic* recourse to permit the use of questionable chicken or meat if there are no obvious *simanim*? (e.g. The plumbas fell off or the *simanim* are no longer recognized.)**

**RH:** This meat can be used if the meat can be identified through *t'vias ayin*. If it was sent through an *aino Yehudi*, if the weight is the same as on the bill and it has a saltier taste indicating that it was *kashered*, one may rely on this *b'dieved*.

**Q: Who can make this identification?**

**RH:** The person who is the identifier must be a *Shomer Torah U'Mitzvos*; otherwise he has no *halachic* credibility and would not be believed in this instance. ■



<sup>1</sup> Igros Moshe, Yoreh Deah 1:54





# All Washed Up

RABBI TZVI ROSEN

CONTINUED FROM PAGE 1

hydroponic, can be bought cello bagged and ready to use. These varieties are specially washed, spun, and dried under superb hygienic conditions, using equipment that the housewife could only dream of using. Of great consequence to Jewish law, many of these cleaning systems have been tested and have been shown to effectively clean vegetables so that many of these processes render these vegetables insect-free, requiring no further inspection. It is a *mashgiach's* dream! Are all cleaning systems created equal? What technologies do they utilize? Are there other *halachic* factors that have to be taken into consideration before one can use these products without worry of infestation? Let us take a behind-the-scenes look at this new and fascinating industry.

According to vegetable processors, the goal of fresh vegetable processing is to provide good food safety protection while preserving the fresh characteristic that you look for in garden fresh vegetables, since vegetables are grown in earth and fertilizer, an environment conducive for bacterial growth. Aggressive washing and chemical treatments in the wash water removes and reduces the risk of the introduction of spoilage bacteria and pathogens. Fortunately for the kosher consumer, the same techniques that reduce bacterial presence will also remove *toloyim*, infestation. As previously mentioned, aside from bacterial concerns, earth and fertilizer often harbor other unwelcome predators that find comfortable housing in a leafy vegetable. Aphids, ladybugs, flies, and thrips are commonplace in these varieties of greens. Insect ingestion is strictly forbidden by the *Torah*. If vegetables contain insects, Jewish Law dictates that these fresh vegetable varieties would be forbidden to be consumed until the insects are removed.

Different seasons, different growing environments, and different countries of origin are all factors that contribute to a vegetable's contamination or cleanliness.

Summer and Autumn are the best growing seasons because insect infestation is kept to a minimum. There are more infestation problems during the rainy season, when the ground is muddy. The area best suited for quality vegetables is Salinas, California. Other growing areas include Florida, New Mexico, and Arizona. Even in these growing areas, there is a difference if the vegetable producer grows their own lettuce, or if the produce is purchased from the small independent farmer on the open market.

How are raw vegetables processed? Before entering the facility, the raw, unprocessed vegetables have to pass an initial inspection. If the product is infested or of poor quality, it is rejected. Not all sources of supply are similar. Some of the fresh vegetable producers grow produce in their own fields. This gives them an additional quality control edge. In these fields,

the company can exercise good agricultural practices to help control infestation through controlled fertilization and pesticides. Others buy produce from high volume farmers. Buyers can be selective and can reject substandard produce from the field. The least desired method of raw product purchasing is spot-buying from the small farmer. This reduces consistent quality assurance results.

Upon reaching the facility, the raw material is initially checked on the dock. Once accepted, the product is ready to be processed. Some companies treat the vegetables with a pre-wash. Other companies send the untreated vegetables directly to the first inspection table. At the inspection table, the leafy vegetables are cored, and the outer leaves and any discolored or limp leaves are discarded. It is standard operating procedure to discard 35% to 40% of each head of iceberg lettuce and 50% of romaine lettuce. Some companies do the initial inspection, cutting and coring in the field, and ship the cut up leaves to the facility in large totes. This high percentage of discarding is advantageous on many counts. The consumer is happy because only the choicest portion of the greens is sold. Also, most vegetable infesters lodge themselves in the outer leaves which are discarded.

After the initial cleaning and coring, the heads are broken into pieces and are either sent on a belt to be sliced and shredded, or left as whole leaves. The produce is now ready to be sent to the main washer.

There are many high pressure washers on the market: the flood washer, and the open or closed and long or short flume. The three factors needed for effective vegetable washing are freezing cold water, chlorine, and aggressively agitated water. The industry standard for cold water washing is 34°F. Chlorine levels can vary. Today, it is not uncommon to have chlorine levels set at 100 plus parts per million, or to have special systems installed that automatically set and monitor the active chlorine dispersion to give the vegetables the best chlorination possible. The most versatile water system is the flood washer that has overhead sprayers and underwater jets. The most powerful system is the flume with high spray water jets on either side of the flume.

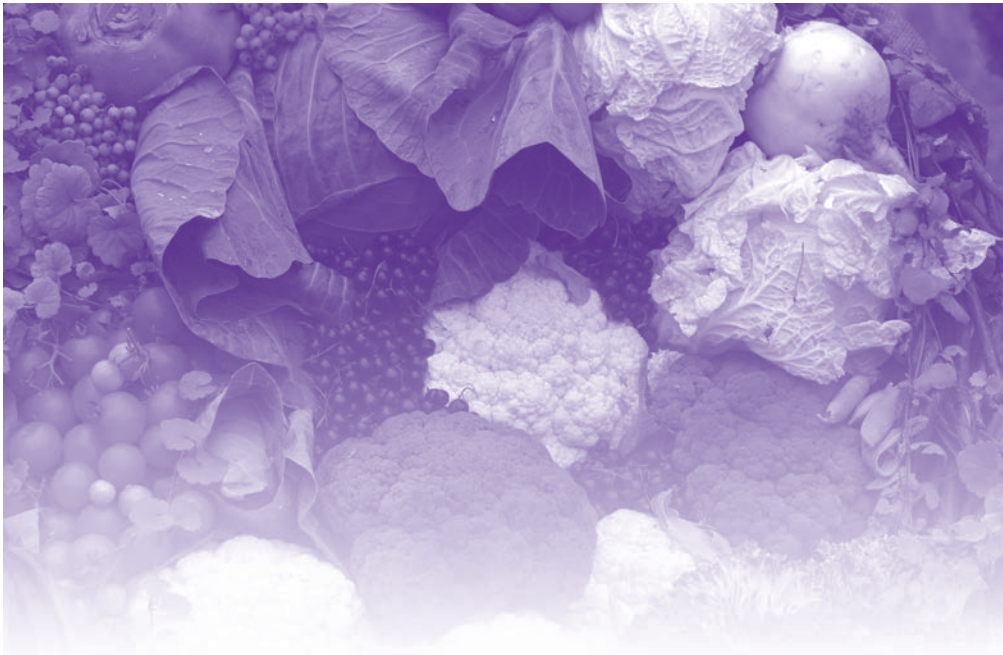
After the washing, the vegetables are dried in high speed spin dryers. Other systems dry the produce in special drying chambers. These processes also help remove any extraneous material that may have been left behind from the wash. The now cleaned vegetables are ready to be cello or vacuum packed and enjoyed.

The cleaning system seems great. Obviously, not every leaf is checked. What *halachic* provision assures us that these cleaned products are able to be eaten without checking? Whatever the

system, the goal is to be able to establish a *chazakah* assuring that the system not only cleans effectively, but cleans halachically as well. What is a *chazakah*? A *chazakah* is a means to create a *halachic* assumption. In general, if any action, activity, or circumstance is repeated three times, or repeats itself three times, Jewish law dictates that we are permitted to assume that what has been consecutively repeated will now continue to repeat itself. This status quo is called a *chazakah*.

Can a *chazakah* be established with produce, and if so, can a *chazakah* be established with a produce cleaning system? Most definitely!





This is the way a standard *chazakah* is established with regular raw, leafy vegetables: If a consignment of produce comes from one source, and three heads from the vegetable shipment are completely and thoroughly checked and found to be free of infestation, a *chazakah* can now be established on the rest of the consignment. *Halacha* allows the assumption that the rest of the vegetable consignment is equally insect-free. For this test, the outer leaves of the three heads can be stripped off, since they will equally not be used in the rest of the shipment, but the leaves cannot be washed or treated before being checked. This *chazakah* check has to be repeated every time a new shipment arrives. The *chazakah* check only applies to the particular variety that has been checked, and not to any other variety of vegetables that is present at the time of the *chazakah's* establishment.

With a vegetable cleaning system, the means of creating a *chazakah* is to see if the system can effectively clean three batches of lettuce, or any other leafy vegetable, that you know was previously contaminated. After going through the wash system three samples are checked. If the samples are found to be free of infestation, a *chazakah* on the system has been achieved. It can now be assumed that the system can effectively clean the vegetables and no more checking is required!

Of course, periodic inspections have to be done to be sure that the system is still cleaning properly so that the *chazakah* can be maintained. Different conditions, seasons, or different sources of supply can affect the status quo as well, so, again, the system must be monitored constantly. At times, due to atmospheric

conditions, high humidity, heavy rain, or seasonal change, there is an increase of insect presence in the fields. Of course this means that there will be more *toloyim* in the leafy vegetables. This manifests itself with a higher insect presence in the vegetables when the company tests the quality of the unprocessed lettuce before it is brought into the facility for further washing and processing. During these times, the wash system may not effectively clean for *toloyim*, and the certification is removed until the field conditions normalize so that the wash system will do an effective job. Often this occurs around *Pesach* when the consumer will not see the Star-K symbol on the date code for a prolonged period until conditions normalize.

Occasionally a consumer will call the Star-K and report that an insect was found in their vegetable salad. Not pleasant. However, this would not break the *chazaka*, nor should the bag of salad be discarded. If this happens, a good insurance practice would be to check the remaining salad. The next bag does not require additional checking.

Unquestionably, this burgeoning industry has become a positive addition to quality *kashrus* supervision. It is encouraging and inspiring to see *kashrus* and technology working hand in hand. ■



The Star-K  
would like to welcome  
*Fresh Express*  
to the Star-K Family.

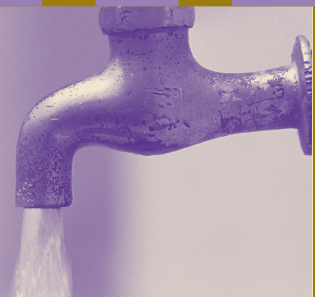
## Star-K Certified Fresh Packaged Vegetables & Salads:

(When bearing a Star-K Symbol by the date code)

- Albertson's
- Canadian Organic Sprout Co.
- Country Fresh Onions
- Cross Valley Farms
- Dole
- Earthbound Farm
- East Coast Fresh Cuts
- Eden
- Fresh 1/Fresh 'N Easy
- Fresh Express
- Hearn Kirkwood
- Hy-Vee
- Kidco Farms
- Krisp-Pak
- Leasa Industries
- Martens Country Kitchen
- Nash Finch
- Naturally Potatoes
- Old Erie
- Popeye
- Price Chopper
- Promark
- River Ranch
- Roundy's
- Shaw's
- Spice World
- Springwater Sprouts
- Sysco
- Taylor Farms Maryland
- The Farmer's Market
- The Produce Stand
- Trader Joe's
- Verdelli Farms
- Walter's
- Wegmans Food Markets
- Weis Markets



# Star-K Requirements For Vegetable Checking



## COMMON LEAFY VEGETABLES THAT REQUIRE INSPECTION

Bibb Lettuce • Bok Choy • Boston Lettuce  
Cabbage • Collards • Endive • Escarole  
Iceberg Lettuce • Kale • Mustard Leaves  
Red Leaf Lettuce • Romaine Lettuce  
Spinach Greens

One of two methods may be used:

### A. Leaf by Leaf Inspection:

1. Separate leaves.
2. Soak in water.
3. Make a complete, leaf by leaf inspection.
4. Wash off any insects prior to using.

### B. Chazaka Check for Large Volumes of Leafy Vegetables:

1. Throw out outer leaves.
2. Separate leaves of three heads of the vegetable.
3. Do NOT wash leaves.
4. Check the three heads leaf by leaf.
5. If one bug is found in the test heads, all the produce in the consignment must be checked leaf by leaf.
6. If no bugs are found, the rest of the shipment does not require checking and may be used after pulling off the outer leaves of the heads of the remaining consignment.

*Note: Leafy vegetable inspection is greatly enhanced when vegetables are placed over a light box. Therefore, all Star-K caterers and restaurants are required to use a lightbox during vegetable inspection.*

## FLORETED VEGETABLES

*Fresh Broccoli and Cauliflower*

1. Wash florets thoroughly under a strong stream of water.
2. Agitate florets in a white bowl.\*
3. Examine the water to see that it is insect-free.\*\*
4. If it is insect-free you may use the vegetable.
5. If insects are found, you may re-do this procedure up to three times in total. If there are still any insects, the whole batch must be discarded.

## FRESH STEM HERBS

Basil • Cilantro • Dill • Mint Leaves  
Parsley • Rosemary • Sage

1. Wash vegetables thoroughly under a strong stream of water.
2. Agitate in a white bowl.\*
3. Examine the water to see that it is insect-free.\*\*
4. If it is insect-free you may use the vegetable.

5. If insects are found, you may re-do this procedure up to three times in total. If there are still any insects, the whole batch must be discarded.

## SCALLIONS

Examine three scallions in a bunch as follows:

1. Slit scallion tubes and examine inside of tube closest to the bulb.
2. If no insects are found, scallions may be used.
3. If one insect is found, then all the scallions must be checked.

## ASPARAGUS

Examine three stalks in a bunch as follows:

### Checking Asparagus Leaves:

1. Check under a few of the triangular-shaped leaves on the side of the asparagus.
2. If one insect is found, then all the stalks must be checked.
3. If no insects are found, proceed to check tips.

### Checking Asparagus Tips:

After checking leaves, follow this procedure:

1. Wash thoroughly under a strong stream of water.
2. Agitate in a white bowl.\*
3. Examine the water to see that it is insect-free.\*\*
4. If it is insect-free you may use the vegetable.
5. If any insects are found, then this procedure must be done on all tips of all the stalks. You may re-do this procedure up to three times in total. If there are still any insects, the whole batch must be discarded or tips must be cut off.

## CELERY STALKS

Cut off leaves and wash stalks well under a stream of water.

## VEGETABLES THAT ONLY REQUIRE WASHING

Leeks • Mushrooms • Red Cabbage

## VEGETABLES THAT ONLY REQUIRE A VISUAL CHECK

Corn on the Cob

## VEGETABLES THAT DO NOT REQUIRE INSPECTION

Alfalfa Sprouts • Bean Sprouts • Beans  
Beets • Carrots • Cucumbers • Eggplant  
Green Beans • Kohlrabi • Onions  
Parsnips • Peas • Peppers • Potatoes  
Pumpkins • Radishes • Rutabagas  
Squash • Sweet Potatoes  
Tomatoes • Turnips • Zucchini

## VEGETABLES THAT CANNOT BE CHECKED

Artichoke Hearts • Brussel Sprouts

## FRUITS

### Strawberries

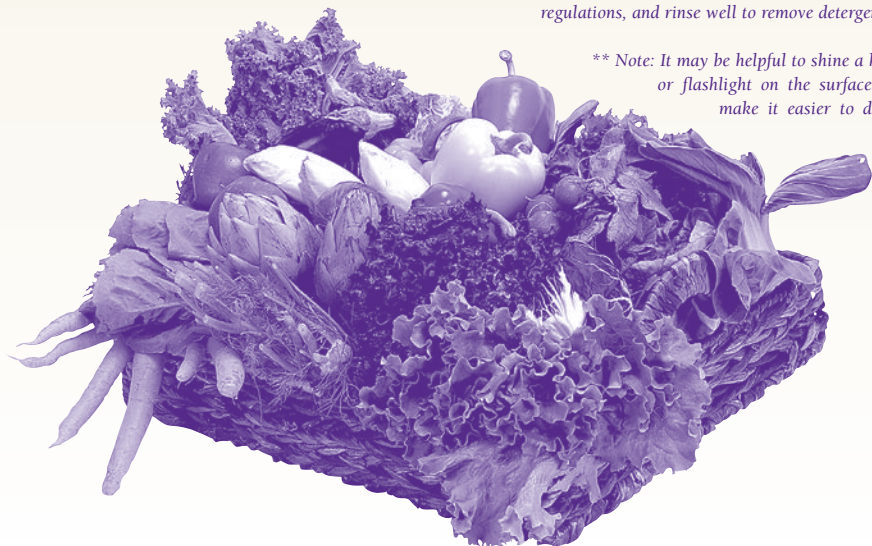
1. Fill basin with water and some dishwashing liquid\* or special strawberry wash (such as Tsunami 100).
2. Soak strawberries in soapy water.
3. Wash strawberries under a stream of water.
4. Strawberries may now be used.

### Raspberries

1. Take three raspberries out of a pint.
2. Check outside of raspberry.
3. Blow into cavity of raspberry.
4. Check for insects crawling out.
5. If no insects are found, all berries may be eaten. If one insect is found, then all berries must be checked.

*\*Note: It may be helpful to add some dishwashing liquid to the water, as it aids in removal of insects. (Be sure to use a food grade detergent that meets all federal, state, and local regulations, and rinse well to remove detergent.)*

*\*\* Note: It may be helpful to shine a high intensity light or flashlight on the surface of the water to make it easier to detect any insects and distinguish them from bits of debris or detached florets.*



# STAR-K CERTIFIES NEW *Remote Controlled Oven-Refrigerator*

*Tomorrow is your most hectic day of the week - Double Carpool Day. No problem. By now, you are used to waking up at 5 a.m. to cook your family a fresh dinner before dropping off your son's early morning carpool by 7:30 a.m. You will go to work, run a few errands after work, and then get to Bais Yaakov to pick up your daughter's carpool at 5 p.m. Everything is perfectly under control!*

*It was, until you realized that you forgot to set your alarm clock the night before and there would not be even a minute left in your bustling schedule to throw enough frozen waffles in your toaster oven for your whole family - two at a time, mind you!*

*Chol Hamoad is just around the bend. Now that the kids are older, you are determined to go on that long chol hamoad trip for that bonding experience that will last a lifetime. Little did you know that you would be stuck in heavy traffic on the way home, with your five overtired, "spirited" children. By the time you get home, every kosher restaurant and store in town will be closed. Even if everyone would have the patience to wait around until a freshly cooked homemade meal was made l'kavod yom tov, no one would be awake enough to prepare it!*

For these and other such similar occasions, you might want to consider one of the latest high tech innovations in the culinary world. TMIO™ President and CEO David Mansbery was inspired to invent his revolutionary multi-award-winning Connect Io™ Intelligent Oven™ after years of returning home hungry from his sons' baseball practices. With a little assistance from NASA's Glenn Research Center, the entrepreneur thought of a way to help today's fast-paced households juggle.

With a flick of a switch, or rather a push of keypad keys, you can remotely program your Connect Io™ oven from anywhere. The 30 inch electric double wall oven with refrigeration, programmable cooking and cooling cycles, plus Virtual control, provides maximum cooking flexibility and convenience. You can set separate cooking times with your phone or office computer. If you are stuck in traffic, you can even program it from your cell phone. And, if you miss dinner altogether, you can let the meal finish cooking and set the refrigerator function again to save it for a later time.

Intuitive interactive menu screens allow you to plan and prepare delicious home-cooked meals in a snap. Just make your selection from a wide variety of cook methods; easily store and retrieve your favorite menu items; cook now or later; add, edit, or delete cooking steps; or just refrigerate at your command from anywhere in the world. You can effortlessly adjust any pre-set menu to your own personal taste with a

simple touch screen command.

Star-K is proud to certify the new kosher consumer-friendly Connect Io™ Refrigerated, Electric Double Wall Oven, which includes separate Sabbath and Holiday modes, programmable prior to Shabbos and Yom Tov. Each of the two ovens may be programmed separately.

In the Sabbath mode, you can either choose to BAKE, ROAST, or WARM your meal. REFRIGERATE is yet another option. You can also select REFRIGERATE BEFORE COOKING and/or one of the WARM AFTER COOKING time periods. Your family's meal will be warmed and ready to serve when you are ready to dine. (Please note that food may not be cooked on Shabbos. Contact the Star-K office for guidelines).

Since oven temperatures may not be set, adjusted or turned off on Shabbos, Connect Io™ disables all oven controls with exception of the OFF button (if ever needed) after Sabbath mode is initiated. In addition, all other visible and audible signals - such as oven lights, displays, and tones - are disabled in the Sabbath/Holiday mode, and opening one of the oven doors will not activate the heating elements.

In the Holiday mode, temperature adjustment is permitted at any time because of the built-in random delay between the request for temperature change and its implementation. You now have the ability, before Yom Tov begins, to pre-set one or both ovens to operate over a 72-hour multiple cooking or refrigeration period within the same cooking day. With the extra convenience of three-day advance programming for baking, roasting, warming, and refrigeration, you can now pre-set your oven to refrigerate your fresh meal prior to the cooking cycle in Holiday mode, then continue in warming mode or refrigeration after cooking is completed.

The Connect Io™ self-cleaning implement, Green Clean, employs a 100% safe, clean, environmentally friendly, and non-toxic self-cleaning process. Not only is it energy-efficient, it uses no formaldehyde or other harmful substances in its cleaning cycle unlike most ovens.

"TMIO™ ovens are both innovative and user friendly," feels Star-K Engineering Consultant, Mr. Jonah Ottensoser. "These ovens expand the integration of technology into our kitchens. Furthermore, these units have combined our halachic requirements with technology to provide significant flexibility in the preparation of food for both Shabbos and Yom Tov."

For complete guidelines regarding the use of TMIO™ ovens on Shabbos and Yom Tov, or other appliance information and articles, please contact our office at 410-484-4110 or [www.star-k.org](http://www.star-k.org).



## Star-K Kosher Certification

*A non-profit agency representing the Kosher consumer in promoting Kashrus through Education, Research and Supervision.*

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# SHAKLEE'S VITA-LEA MULTI-VITAMIN Joins Star-K Family



According to IMS Health, global pharmaceutical sales grew 7% to \$550 billion in 2004. It is no wonder that the interest in kosher certification and approval for these products has also skyrocketed, as evident from the numerous calls

received by Star-K's Kashrus Hotline regarding their kosher status.

Perhaps, this is partially due to the USDA's realization that its decade-old Food Guide Pyramid is now passé. Nutritional experts at Harvard School of Public Health have constructed their own alternative pyramid, with recommendations reflective of the latest research that has redefined the healthy American diet and lifestyle. With daily exercise and weight control at the base, off to the side of the "Healthy Eating Pyramid" is an icon of a pill bottle with a caption that reads: "Multiple Vitamins for Most". This recommendation of a daily multi-vitamin/multi-mineral supplement as a "nutritional backup" is in sync with the American Medical Association's advice for all adults to take a daily dose of multi-vitamins. (See JAMA 2002; 287:3127-3129.)

"All of us grew up believing that if we ate a reasonable diet, that would take care of our vitamin needs," says Harvard University's Dr. Robert Fletcher. That may be good enough to ward off such vitamin-deficiency disorders as scurvy, beriberi and pellagra, but the latest evidence, he notes, is that supplementing our diets with multi-vitamins may be able to prevent the usual diseases we deal with every day - heart disease, cancer, osteoporosis and birth defects.

However, vitamins often contain non-kosher ingredients, such as gelatin, that may not be listed on the label. As a result, the kosher consumer's rabbinic advisor would need to question if vitamins were prescribed by a health care professional for vitamin deficiencies, or if they were self-prescribed for supplemental or preventative purposes. [See Rabbi Heber's Kashrus Kurrents archival article: "A Kashrus Guide to Medication, Vitamins, and Nutritional Supplements", 25.2 (2005)].

Star-K's newest kosher certified multi-vitamin, Shaklee's Vita-Lea, is one additional solution to this problematic situation. Until recently, it contained a trace amount of gelatin and was unable to be certified. Star-K worked together with Shaklee to remove the gelatin from its formulation, so it could become kosher certified.

According to Dr. Stephen Chaney, a Master Coordinator with Shaklee, Vita-Lea is the highest quality, best balanced and most complete kosher certified supplement on the market, having passed over 349 quality controlled tests for purity and bioavailability. Available with or without iron, Shaklee says it provides 23 essential nutrients and has twice the antioxidants, calcium, magnesium, and beta carotene, three times the selenium and vitamin K, six times the boron, and ten times the biotin, of other leading multi-vitamins.

"Of all the companies I work with I receive more calls about Shaklee than any other company," says Star-K Kashrus Administrator and pharmaceutical expert Rabbi Dovid Heber. "There is obviously a great interest in this company and certification of this multi-vitamin has been very well received. A lot of consumers have been waiting for this product."

Vita-Lea cannot be found on your pharmacy shelf, nor can

the other Shaklee nutritional and home care products that Star-K has been certifying for over eleven years. Shaklee products are only sold by the more than 700,000 distributors found in your local yellow pages - throughout the United States (even Alaska and Wyoming!), Canada, Mexico, Japan, and Malaysia. Shaklee products are certified kosher pareve when bearing the Star-K symbol, and kosher dairy when bearing the Star-D symbol.

Sarah Stauber is a Master Coordinator within the Shaklee multilevel marketing company. The 17-year veteran Shaklee distributor, a member of the Satmar community in Brooklyn, is one of the most successful distributors in the United States. She has established sales territories in New York, New Jersey, and South Florida. (See Wall Street Journal, 11/19/2001, Page B1, "Closed-Circle Commerce, Networks of Hasidic Women, Other Tightly Knit Groups Help Shaklee Sell Products" by Heidi J. Shrager). What impact does she foresee the new Star-K logo having on her Vita-Lea sales?

"Vita-Lea is a bread-and-butter item, and not to have it kosher was a tremendous obstacle in our business," feels Ms. Stauber. "With gratitude to Hashem, and with appreciation to His shluchim at Star-K, we can proudly announce that the world's best multi-vitamin now also has the best kosher certification. From my years at Shaklee I have learned that *Torah*-true Jews - whether *Litvish*, *Chasidish*, or *Yeshivish* - all trust Star-K. We already see that we just can't keep enough inventory of the Vita-Lea."

Anjana Srivastava, Shaklee's Senior Director of Marketing, Nutrition, couldn't agree more. "We're very pleased that our flagship multi, Vita-Lea, is now kosher-certified which extends the benefits of this product to the kosher community," says Ms. Srivastava. "Shaklee is committed to providing more kosher products and is working closely with Star-K to make this come to fruition."

Star-K annually publishes a list of companies with kosher certified supplements, health and pharmaceutical products. For the most recent list, please contact the Star-K office at 410-484-4110 or [www.star-k.org](http://www.star-k.org). ■

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Creating Healthier Lives™

## JUST IN TIME FOR CHANUKA GIFT GIVING!

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STAR-K  
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The ideal book for anyone who is clueless about kosher. Includes gourmet recipes from kosher cookbook guru Susie Fishbein.

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book retailers everywhere.**

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# New Under Star-K Kosher Certification

## Establishments

(see letter of certification)

### NARGILA

1599 York Ave, New York, NY  
Meat Restaurant

## Consumer Products

(only when bearing Star-K symbol)

### ALL MARKET

Brooklyn, NY  
**Vitacoco** Juice & Juice Concentrates

### CVS

Woonsocket, RI  
**CVS** Nuts & Seeds

### DUANE READE

New York, NY  
**Duane Reade** Pharmaceutical,  
Drug & Personal Care Products

### EDIBLE IMAGES

Bergenfield, NJ  
**Edible Imprints** Chocolate Products

### FRESH EXPRESS

Salinas, CA  
**Fresh Express** Fresh Packaged Salads

### GLORY FOODS

Columbus, OH  
**Glory Foods** Canned Vegetables

### GOURMET BY DINA

Brooklyn, NY  
**Gourmet by Dina**  
Sauces & Prepared Foods

### KENNEBEC BEAN COMPANY

N. Vassalboro, Maine  
**A-1, Sunshine Beans, Full-a-Beans, Kennebec Bean Company, Kennebec Bean Company Premium Select Beans**

### JAYS FOODS

Chicago, IL  
**Jays** Nuts & Seeds

### NATURAL VALUE

Sacramento, CA  
**Natural Value** Canned Vegetables

### POKONOBEE INDUSTRIES

Santa Monica, CA  
**Pokonobe** Oils/Olive Oils

### R.E.G. TRADING

Brooklyn, NY  
**King** Juice & Juice Concentrates

### TMIO, LLC

Cleveland, OH  
**Connect Io™**  
Sabbath Mode Oven-Refrigerator  
(For Sabbath mode guidelines call the  
Star-K office at 410-484-4110.)

### YUMMY SANDWICH LLC

Englewood, NJ  
**Yummy Sandwich** Prepared Foods

## Industrial/Institutional Products

(see letter of certification)

### ADRIAN AMERICA

Rahway, NJ  
Flavor Chemicals

### AXIOM FOODS

Los Angeles, CA  
Rice Products

### CHANGZHOU SHENMA PHARMACEUTICAL CO.

Jiangsu, China  
Herbal Extracts

### CHEMSTATION DAYTON

Dayton, OH  
Detergents & Cleansers

### CHEMSTATION DES MOINES

Des Moines, IA  
Detergents & Cleansers

### GLORYBEE FOODS

Eugene, OR  
Dried Fruit, Organic Products

### HUILIAN TRADING CO.

Hebei, China  
Dehydrated Vegetables

### HUZHOU TIANWANG FOOD CO.

Zhejiang, China  
Frozen Fruit & Vegetables

### LYNX ENTERPRISES

Fairfield, OH  
Detergents & Cleansers

### MONARCH CATALYST PVT.

Thane, India  
Industrial Chemicals

### NANJING YILONG FOOD CO.

Fujian, China  
Canned Fruit & Vegetables

### NATURAL REMEDIES PRIVATE

Bangalore, India  
Herbal Extracts

### NEMAN C & P, PLANT LLC

Kaliningrad, Russia  
Paper Products

### NUTRISCIENCE INNOVATIONS

Fairfield, CT  
Vitamin Components

### POKONOBEE INDUSTRIES

Santa Monica, CA  
Oils/Olive Oils

### SANMARK LIMITED

Liaoning, China  
Oils/Olive Oils

### SHENZHEN SHENBAO HUACHENG FOODS CO.

Guangdong, China  
Coffees, Teas

### SUQIAN CANNERY & FOOD CORP.

Jiangsu, China  
Canned Fruit & Vegetables

### TENGZHOU JITIAN AROMA CHEMICAL CO.

Shandong, China  
Flavor Chemicals

### TIANJIN KEJIAN TECHNOLOGY DEVELOPMENT CO.

Tianjin, China  
Enzymes

### TOKYO KANEKU INTERNATIONAL CORP.

Elizabeth, NJ  
Wasabi

### YICHANG SANXIA PHARMACEUTICAL CO.

Hubei, China  
Amino Acids

### ZHEJIANG BOSSEN INGREDIENTS CO.

Zhejiang, China  
Industrial Chemicals

### ZHEJIANG SHANGYU KING YEAR BIOCHEMICAL CO.

Zhejiang, China  
Amino Acids, Industrial Chemicals

## New Under Star-D

(only when bearing Star-D symbol)



The Star-D is a *kashrus* symbol of the National Council of Young Israel (NCYI). The Star-K, in its relationship with the

NCYI, administers the *kashrus* of the Star-D. All Star-D products are dairy – *cholov stam* (non-*cholov Yisroel*).

### CEREAL FOODS USA

Fort Myers, FL  
**Baffles** Snack Foods

### EDIBLE IMAGES

Bergenfield, NJ  
**Edible Imprints** Chocolate Products

Late breaking kashrus news and alerts are available via e-mail by  
sending a blank e-mail to [alerts-subscribe@star-k.org](mailto:alerts-subscribe@star-k.org).

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