

STAR-K BUG CHECKING CHART

No Checking Required



Artichoke Bottoms



Asparagus, White



Beets



Butternut Squash



Eggplant



Kohlrabi Bulbs



Horseradish



Onions



Parsnips



Peppers



Potatoes



Pumpkins



Radishes



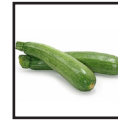
Rutabagas



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



Raisins

Rinse Well

1. Wash the produce under a direct stream of water. *

2. No further checking is necessary.

* For Celery Stalks: Wash while rubbing with your hand or a vegetable brush.



Celery Stalks



Endive, Belgian



Grapes



Mushrooms, Button



Mushrooms, Portobello

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 produce well. (**Note:** Use warm water for broccoli and cauliflower.)
2. Prepare a basin with water and a non-bleach, non-toxic dishwashing detergent solution. The water should feel slippery.
3. Agitate the produce in the solution for 15 seconds. (**Note:** For broccoli and cauliflower, soak for 30 seconds BEFORE agitating very vigorously in the water.)
4. Remove the 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 lightbox for any insects.
7. If insects are found, repeat steps 1-6. This can be done up to three times.
8. 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

Peel Properly



Pineapples

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.

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

Mites can be found between the layers of the peel.



Garlic



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 Only



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 in the solution.
4. Rinse off each berry.
5. Repeat steps 1-4 a second time.
6. For **strawberries**, cut off the tops with a little of the flesh. No further checking is required.
7. For **blueberries**, inspect samples for presence of scale insects that may be embedded on 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.



Artichokes



Blackberries



Brussel
Sprouts



Edible
Flowers



Goji Berries



Raspberries

TO PURCHASE a lightbox, thrip cloth, loupe, or a color copy of this chart call 410-484-4110 or email info@star-k.org.