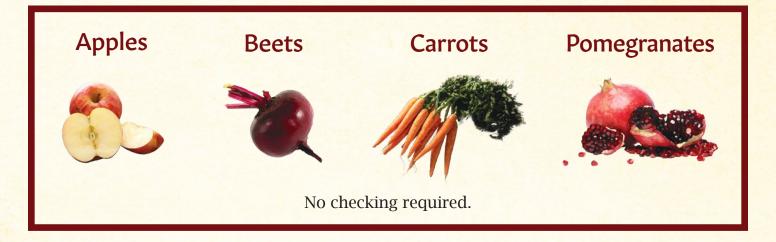


At this time of year, when we enjoy many types of fruits and vegetables, **STAR-K** reminds you to check these items properly.

For more information and pictures, please visit our website checkingforinsects.com





## 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 in the water 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:

- 1. Take the peas and inspect for holes or dark-colored stains, as this 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 leaves for thrips or other insects.



## Cabbage

*Fresh Cabbage:* Separate all leaves and wash well. Then check using the thrip cloth method.

*Stuffed Cabbage:* After freezing the head, defrost and separate all leaves and wash them well. Then check using the thrip cloth method.

#### THRIP CLOTH METHOD:

- Prepare a basin with water and non-bleach/non-toxic dishwasher detergent solution. The water should feel slippery.
- 2. Agitate the produce in the solution for 15 seconds.
- 3. Remove the produce from the basin and shake off excess water over the basin.
- 4. Pour water through the thrip cloth over another basin. Check the thrip cloth over a light box for any insects.\*\*
- 5. If insects are found, wash the produce again and recheck, repeating steps 1-4.
- 6. This can be repeated up to 3 times. If insects are still found on the third try, the produce should not be used.

\*\*If one does not have a thrip cloth, the cabbage leaves may be checked carefully using a lightbox or under good lighting.



## 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!