CHECKING METHODS

A. NO CHECKING REQUIRED

Make sure everything is properly sealed and stored in a cool dry area. Improper storage can lead to infestation issues. Note: Raisins, grains, and nuts should be purchased from companies that have proper quality control and storage practices.

B. NOT RECOMMENDED

Checking is not practical.

C. REMOVE PEEL & RINSE

1. Wash the produce under a direct stream of water.
2. No further checking is necessary.

D. RINSE WELL

- Place the barley you wish to use in a white bowl.
- Fill the bowl with water, a few inches over the top of the barley.
- Wash produce well.
- Prepare a basin of detergent solution, using at least two tablespoons of detergent per gallon of water.
- Agitate the strawberries in the solution for 10-15 seconds.
- Let the strawberries soak for at least one minute in the solution.
- Rinse off each berry.
- Agitate the produce in the solution for 15 seconds.
- Let the strawberries soak for at least one minute in the solution.
- Prepare a basin with water and a non-bleach and non-toxic dishwasher detergent solution. The water should feel slippery.
- Remove the produce from the basin and shake off excess water over the basin.
- If there are insects present, they will float to the top.
- If insects are found, repeat steps 1-6. This can be done up to three times.

E. SOAKING METHOD

1. Place all the barley you wish to use in a white bowl.
2. Fill the bowl with water, a few inches over the top of the barley.
3. Let the strawberries soak for at least one minute in the solution.
4. Allow to sit for 15-20 minutes.
5. Repeat steps 1-4 a second time.
6. Topsoil should be cut off with a little of the fruit.
7. No further checking is required.

F. SOAP WASH ONLY

1. Prepare a basin of detergent solution, using at least two tablespoons of detergent per gallon of water.
2. Agitate the strawberries in the solution for 10-15 seconds.
3. Let the strawberries soak for at least one minute in the solution.
4. Rinse off each berry.
5. Repeat steps 1-4 a second time.
6. Topsoil should be cut off with a little of the fruit.
7. No further checking is required.

G. THRIP CLOTH METHOD

1. Wash produce well.
2. Prepare a basin with water and a non-bleach and non-toxic dishwasher detergent solution. The water should feel slippery.
3. Agitate the produce in the solution for 15 seconds.
4. Agitate the strawberries in the solution for 10-15 seconds.
5. Let the strawberries soak for at least one minute in the solution.
6. Prepare a basin of detergent solution, using at least two tablespoons of detergent per gallon of water.
7. If insects are found, repeat steps 1-6. This can be done up to three times. If insects are still found, the produce should not be used. Note: If one does not have a thrip cloth, the water may be checked for infestation by placing a white basin over a light box.

H. VISUAL CHECK

Carob - Look for holes or webbing. Dates, fennel & figs - check inside carefully for insects. Note: For dates & figs: Check inside tube & between stalks for insects, as well as the outside for leaf miner trails.

I. 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.

J. PEEL PROPERLY

Insects infest the crown and outer rind, and also the 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 transfer to other fruits.

K. QUINOA/BROWN RICE

1) Place in a strainer (for brown rice use #12 mesh strainer or bigger; for quinoa, use #15-25 mesh strainer)
2) Shake around for 25-30 seconds over a lightbox or white paper
3) Examine the surface of the lightbox or paper for any insect presence. If no insects found, it may be used. If insects are found, the product should not be used.

In brown rice, look for beetles and weevils. In quinoa, look for booklice or mites.

See our website for pictures and video tutorials.

For more information to buy a light box or thrip cloth: call 410.484.4110 or visit www.star-k.org