CHECKING FOR PESTS
FOR PRODUCE IN THE UNITED STATES AND CANADA ONLY
February 2020

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

D. RINSE WELL
1. Wash the produce under a direct stream of water.
2. Fill the bowl with water, a few inches over the top of the barley.
3. Allow to sit for 15-20 minutes.
4. If there are insects present, they will float to the top.

E. 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. Tops should be cut off with a little of the fruit in the basin.
7. No further checking is required.

F. THRIP CLOTH METHOD

1. Wash produce well.
   [Note: For broccoli and cauliflower, whole heads should be broken down into smaller pieces and warm water should be used to soak/wash them.]
   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.
   [Note: For broccoli and cauliflower, soak for 30 seconds before agitating vigorously.]
   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 light box for any insects.
   7. If insects are found, repeat steps 1-6. This can be done up to three times.

G. THRIP CLOTH 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. Allow to sit for 15-20 minutes.
4. If there are insects present, they will float to the top.

H. VISUAL CHECK & THRIP CLOTH

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J. PEEL PROPERLY
Insects infest the crown and outer rind, and also the inside the blossom cups 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 fruit.

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.

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