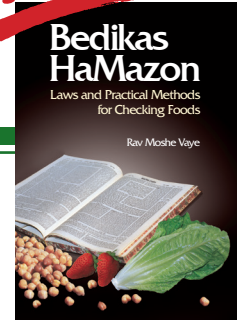


Bug-Free Tu B'Shevat

According to Rav Moshe Vaye's sefer Bedikas HaMazon
updated 5779



1. Clean Fruit – no checking required

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| apples (including dried) | cherries (produced in the USA) | melon, round | |
| apricots, canned | coconut (whole and shredded) | papaya (fresh, dried, canned) | |
| avocado | craisins (cranberries) | passion fruit | |
| bananas | esrog, candied | pecans in shell | |
| banana chips | fruit leather (in closed pkg.) | pecans, sugared | prunes |
| Brazil nuts | kumquat, candied | pears | quince (imported, yellow smooth peel) |
| chestnuts, Pre-cooked | Macadamia nuts | pignolias (pine nuts) | star fruit |
| with a kashrus supervision usually clean. | mango | pineapple, in syrup | watermelon |

2. Fruit that sometimes harbors infestation – should be checked

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| almonds | See "nuts". |
| apricots <i>dried</i> | whole: Open and check each half with through-lighting on both sides. fruit sold halved: Soak in warm water, open the folds, unroll the edges, and check with through-lighting. |
| blueberry | frozen: Preferable to grind it in blender. fresh: Soak the blueberries in soapy water. Place in a large-holed strainer, and rinse well. Repeat soaking and rinsing 3 times. Preferably grind in blender. dried: Difficult to check. Use only with Mehadrin Kashrus. |
| cashew nuts | Look over each one from the outside for nibbling or holes. If a nut seems to be infested, halve it and check inside. (A few thin brown crumbs inside the cashew are pieces of shell, not caused by bugs). If signs of infestation are found, halve and check each nut. [Even if no infestation is found, it is advisable to halve about 10% as a sample and check internally.] |
| cherries | maraschino: Open several (about 10%) as a sample. Check for a worm. If any infestation is found in the sample, open and check all of the batch. } Produced in the USA: usually clean. dried: Best to avoid using due to difficulty of checking. European sweet cherries in syrup: Open each one and check inside. European sour cherries in syrup: Usually clean. USA cherries: Usually clean. |
| chestnuts | Halve and check inside for a worm or dark crumbs (may be checked after cooking or roasting). |
| dates <i>dried</i> | Slit open with a knife, remove pit, check from both sides with through-lighting (looking for a dark bug about 2-3 mm. long or a worm, usually dead and dried up). |
| dates <i>frozen</i> | Usually clean, but it's good to open them and check. |
| fruit leather <i>sold open</i> | Check against the light, looking for an ant or fly stuck on. |
| grapes | 1. Separate tight clusters into small ones. Soak in soapy water and rinse well. 2. Look at each grape. If you see a dark spot penetrating inside the grape, cut there and check inside for a worm. |
| guava | Cut the fruit into slices across and examine each slice on both sides. The worms are the same color as the fruit (with a black dot at the head). alternate method: Peel the fruit and check for a small hole or a dark mushy area. Cut out this area and examine it for worms in the flesh of the fruit. |
| kiwi | The fruit itself is clean. On rare occasions there may be white or brown scale insects on the peel. Take care that they do not get transferred onto the fruit during peeling; Alternately, rinse off the fruit after peeling. |
| kiwi, mango, melon, peach, pear, quince } | <i>dried</i> Examine both sides for small insects sticking to the fruit. Good to rinse off. |
| loquat | Open the crown at the bottom of the fruit and check it for small insects. |
| nuts <i>chopped</i> | Shake the nuts in a wire mesh strainer over a white surface and check the surface for small bugs. Then pour the nuts themselves, which remained in the strainer, onto a white surface and check between the pieces. |
| nuts <i>in shell</i> (almonds) | As you shell each nut, check the inside of the shell and the nut for nibbling, sticky webbing dangling, round dark crumbs, or worms. |
| nuts <i>shelled</i> | Check each nut on both sides for webbing, holes, or nibbling. If a nut seems to be infested, halve it and check inside. If signs of infestation are found, halve and check each nut. [Even if no infestation is found, it is advisable to halve about 10% as a sample and check internally.] |
| olives | green olives: If there's a brown stain, open the olive and check inside for a tunnel. black olives: Open and check inside for a tunnel or a worm. olive rings: Spread out and check for a tunnel or worm. |
| peaches <i>canned</i> | Check for maggots in fruits and juice. |
| pecans <i>shelled</i> | Check the nuts on both sides for webbing, worms, or round crumbs. |
| persimmon | Remove the leaf at the top and wash well. If the fruit is unusually soft, check it inside. If there is a black stain on the peel, remove the peel at that spot and check to see if there are white maggots inside the fruit. (Small black dots in the flesh are not a problem). → |

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| pineapple | fresh: Peel and remove all hard brown hollow areas. dried with sugar: Look at it on both sides for a fly or bug that got stuck to it. natural dried: Break into a few pieces and check in the small spaces in the flesh of the fruit for worms or dark round crumbs. in natural pineapple juice: Pineapple in syrup is preferable. |
| pomegranate | Check for a hole in the peel. When taking out the seeds, check for small white maggots or a brown worm. |
| sugar-apple | Peel and rinse. Cut into segments and check for white worms. |
| walnuts <i>shelled</i> | Place the nuts in a large-holed strainer and shake over a white surface. Check the surface for small bugs or worms. Check each nut on both sides, especially inside the folds, for webbing, worms, or nibbling. |
| citrus fruit: oranges, tangerines, mandarines, grapefruit, esrog, sweetie, lemons | external infestation: There are often brown or dark gray scale insects on the peel. During peeling and cutting, take care that they do not get transferred onto the fruit or onto your hands. Or rinse off the fruit after peeling. If you want to use the peel, scrub it with a hard brush or metal scrubbie and dishwashing liquid, rinse, and check to make sure no scales remain. internal infestation: There are sometimes fruit-fly maggots inside the flesh of oranges, grapefruit, mandarines, and tangerines. This is rare when the fruit comes from orchards that were tended, especially in the winter. Citrus from trees that weren't sprayed, such as from private gardens or from Arabs during Shmitta, as well as citrus in the summertime, is more likely to harbor fruit-fly maggots. A. As you peel the fruit, look at the white side of the peel, checking for a brown stain or a mushy area that continues into the fruit. If this is found, check to see whether maggots penetrated at that point. B. If the fruit is soft and mushy or has an unusual odor, the inside of the segments should be checked. If one fruit is found to have maggots, all the fruits of that batch should be checked carefully. orange juice — fresh squeezed (at home or at a stand): Advisable to strain juice through a strainer. Alternately, the orange peel can be cleaned with a metal scrubbie and dishwashing liquid before the fruit is juiced to prevent scales from entering the juice. |
| peanuts | Look over each one from the outside for nibbling or holes. If a peanut seems to be infested, halve it and check inside. If signs of infestation are found, halve and check each peanut. At the end of the summer and in the fall extra care is required. [Even if no infestation is found, it is advisable to halve about 10% as a sample and check internally.] ground peanuts: See "chopped nuts" coated peanuts (chocolate-coated, candy-coated, etc.): Open about 10%. If infestation is found, open them all. peanuts in the shell: See "nuts, in the shell". |
| pistachios | Remove the shell and check for worms or webbing. If a nut seems to be infested, halve it and check inside. If infestation is found, each nut should be halved and checked internally. [Even if no infestation is found, it is advisable to halve about 10% as a sample and check internally.] |
| seeds | pumpkin seeds: in the shell: Usually clean. If the shell is damaged, open and check for worms. shelled: Shake in a plastic noodle strainer over a white surface and check the surface for worms. If worms are found, do not use. sunflower seeds: in the shell: Shell and check each one. shelled: Shake the seeds in a wire mesh strainer over a white surface and check the surface for small bugs. Then pour the seeds onto a white surface and check between them. If worms are found, do not use. watermelon seeds: Shell and check a sample (about 10%). If infestation is found, the entire batch should be shelled and checked. |

3. Fruit that is often infested – must be checked

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| carob | Wash well, break into small pieces (2 cm.=1 inch) and check for crumbs, webbing, worms, or insects. |
| figs <i>fresh and dried</i> | Highly infested. The procedure for checking is complicated and difficult. For instructions, see sefer "Bedikas HaMazon" in English. |
| goji berries | Highly infested and very difficult to check. Avoid eating them. May be brewed and strained through a cloth. Use only the essence. |
| mulberries | Very infested and difficult to check. Avoid eating them. |
| quince (<i>grown in Israel</i>) | Halve the fruit and check for a worm or tunnel with dark crumbs. Remove the affected area. |
| raisins | Raisins, including California raisins, should preferably not be used, due to their high incidence of infestation. Craisins can be used as a substitute. If one wants to use regular raisins, it is preferable to use raisins that have already undergone a preliminary screening, such as raisins with Badatz Eida Chareidis supervision. These should be checked thoroughly as follows: 1. Soak in hot water for 15 minutes. 2. Pour the top layer of water onto a white plate and check the water for worms or brown insects. If any are found, don't use batch, because the worms can also be inside. 3. If no bugs are found, rinse the raisins well under running water. |
| raspberries | Very infested and difficult to check. Avoid eating them. |
| strawberries | There is a world-wide problem of thrips, (small thin insects) which hide in the little depressions on the strawberries and do not come off with the usual cleaning methods. Therefore strawberries should only be eaten in one of the following 2 ways: Method A: With a knife, cut off the leaf at the top together with a few millimeters of the fruit. Remove any cracks, deep clefts, or damaged areas. Soak in water mixed with a little dishwashing liquid for 3 minutes, rub in the water, and rinse well under running water in such a way that the water reaches every part of the berry. This process should be done three times, after which the berries may be cooked or blended. Method B: Peel off the entire outer layer of the berry (including deep cracks and the place where the leaf is attached). Rinse after peeling. |

Answers to phone queries: from 11:00 to 12:00 a.m. and p.m. and on Friday from 2:00 p.m. until 30 minutes before Shabbos at (02) 532-5588.
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The sefer "**Bedikas HaMazon**" in English is available in book stores. For mail delivery, call (02) 5806612 or www.feldheim.com
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