

pineapple	<p>fresh: Peel and remove all hard brown hollow areas.</p> <p>dried with sugar: Look at it on both sides for a fly or bug that got stuck to it.</p> <p>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.</p> <p>in natural pineapple juice: Pineapple in syrup is preferable.</p>
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.
<p>citrus fruit: oranges, tangerines, mandarines, grapefruit, esrog, sweetie, lemons</p>	<p>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.</p> <p>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.</p> <p>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.</p> <p>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.</p> <p>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.</p>
peanuts	<p>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.]</p> <p>ground peanuts: See "chopped nuts".</p> <p>coated peanuts (chocolate-coated, candy-coated, etc.): with reliable <i>hechsher</i>, usually clean.</p> <p>peanuts in the shell: See "nuts, in the shell".</p>
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	<p>pumpkin seeds: in the shell: Usually clean. If the shell is damaged, open and check for worms.</p> <p>shelled: Shake in a plastic noodle strainer over a white surface and check the surface for worms. If worms are found, do not use.</p>
sunflower seeds:	<p>in the shell: Shell and check a sample (about 10%). If infestation is found, the entire batch should be shelled and checked.</p> <p>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.</p> <p>watermelon seeds: Usually clean.</p>

3. Fruit that is often infested – must be checked

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	<p>Raisins, including California raisins, should preferably not be used, due to their high incidence of infestation. Craisins can be used as a substitute.</p> <p>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:</p> <ol style="list-style-type: none"> 1. Soak in hot water for 15 minutes. 2. Stir and 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	<p>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:</p> <p>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. The process should be done three times, after which the berries may be cooked or blended.</p> <p>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.</p> <p>Frozen strawberries – Use only with reliable <i>hechsher</i>. Follow instructions as printed on package.</p>

Answers to phone queries: from 10:45 to 11:45 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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