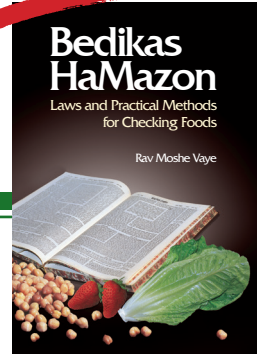


Bug-Free Tu B'Shevat

According to Rav Moshe Vaye's sefer Bedikas HaMazon

USA

1. Clean Fruit – no checking required



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



2. Fruit that sometimes harbors infestation – should be checked

almonds <i>in shell</i>	As you shell each almond, check the inside for sticky webbing dangling, round dark crumbs, or worms. Check the almond for holes or nibbling.	
almonds <i>shelled</i>	Check each almond on both sides for webbing, holes, or nibbling.	
almonds <i>chopped</i>	Usually clean.	
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.	
avocado	There may be scale insects on the peel. Take care that they do not get transferred onto the fruit during peeling.	
blueberry	frozen: Use only frozen blueberries produced under mehadrin hashgochoh. fresh: Heavily infested and difficult to check.	
cashew nuts	Check the nuts for holes or nibbling. Halve about 10% and check between the halves. If infestation is found, all the nuts should be halved and checked. (A few thin brown crumbs inside the cashew are pieces of shell, not caused by bugs).	
cherries	fresh and 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. dried: Best to avoid using due to difficulty of checking. in syrup: Open each one and check inside.	} Produced in the USA: usually clean.
chestnuts	natural: Halve and check inside for a worm or dark crumbs, preferably before 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). Avoid poor-quality dates, e.g. Pakistani or Algerian ones.	
dates <i>frozen or fresh</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		
olives	green or blackened olives: If there's a dark 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.	
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).	



pomegranate (from private gardens)	Check for a hole in the peel. When taking out the seeds, check for small white maggots or a brown worm.
pineapple	fresh: Cut off the peel, remove all hard brown hollow areas, and rinse. 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.
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.
walnuts <i>in shell</i>	see Almonds.
walnuts <i>chopped</i>	see Almonds.
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: Usually clean. orange juice — Advisable to strain juice through a fine mesh strainer. Alternately, when squeezing oranges at home, 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. Then the juice will not need straining.
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. 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.
pistachios	Remove the shell and check for worms or webbing. Halve about 10% of the nuts and check inside. If signs of infestation are found, each nut should be halved and checked internally.

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.
goji berries	Highly infested and very difficult to check. Avoid eating them. May be brewed and strained through a cloth. Use only the essence.
raisins 	Highly infested. The procedure for checking is complicated and difficult. For instructions, see sefer "Bedikas HaMazon" in English. Craisins can be used as a substitute.
mulberries } 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. The 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 well after peeling. Frozen strawberries – Use only with reliable <i>hechsher</i> . Follow instructions as printed on package.
figs <i>fresh and dried</i>	Highly infested. The procedure for checking is complicated and difficult. For instructions, see sefer "Bedikas HaMazon" in English.

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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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