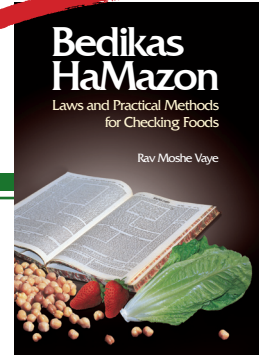


Bug-Free Tu B'Shevat

According to Rav Moshe Vaye's sefer
Bedikas HaMazon
updated 5774

NEW!

7"01



1. Clean Fruit – no checking required



apples (including dried)	fruit leather (in closed pkg.)	peaches, canned
apricots, canned	kumquat, candied	pears
avocado	Macadamia nuts	pignolias (pine nuts)
bananas	mango	pineapple, canned
banana chips	melon, round	prunes
Brazil nuts	papaya from abroad (fresh, dried, canned)	quince (imported, yellow smooth peel)
coconut (whole and shredded)	passion fruit	raisins (specially produced – see section 3)
craisins (cranberries)	pecans in shell	star fruit
esrog, candied	pecans, sugared	watermelon

2. Fruit that sometimes harbors infestation – should be checked

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: Wash well. 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. dried: 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	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	Halve and check inside (may be checked after cooking or roasting) for a worm or dark crumbs.
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>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. Repeat soaking and rinsing 3 times. 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) and are hard to identify. 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> (walnuts, hazelnuts, almonds)	As you shell each nut, check the inside of the shell and the nut for sticky webbing dangling, round dark crumbs, or worms. Check the nut for holes or nibbling.
nuts <i>shelled</i> (almonds, hazelnuts)	Check each nut on both sides for webbing, holes, or nibbling. Halve about 10% of the nuts and check inside. If signs of infestation are found, each nut should be halved and checked 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. } In the USA usually clean.
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).
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.
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	<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>
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> <p>sunflower seeds: in the shell: Shell and check each one.</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: Shell and check a sample (about 10%). If infestation is found, the entire batch should be shelled and checked.</p>
peanuts	<p>Look over each one from the outside for nibbling, holes, or signs of entry by a worm. Halve about 10% as a sample and check internally.</p> <p>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, and it is recommended to halve them all.</p> <p>ground peanuts: See "chopped nuts".</p> <p>coated peanuts (chocolate-coated, candy-coated, etc.): Open about 10%. If infestation is found, open them all.</p> <p>peanuts in the shell: See "nuts, in the shell".</p>
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

quince (<i>grown in Israel</i>)	Halve the fruit and check for a worm or tunnel with dark crumbs. Remove the affected area. Quince in the U.S. is clean.
carob	Wash well, break into small pieces (2 cm.=1 inch) and check for crumbs, webbing, worms, or insects.
raisins	 <p>Due to the high incidence of infestation in raisins, including California raisins, only specially produced bug-free raisins are recommended. These do not have to be checked. Available at (03) 677-9765 or (052) 7617341, Alternately, craisins can be used as a substitute for raisins.</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 at least 15 minutes. 2. Rub raisins in the water well and wait one minute. 3. 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. 4. If no bugs are found, rinse the raisins well under running water.
mulberries } 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.</p> <p>This 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 well after peeling.</p>
figs <i>fresh and dried</i>	Highly infested. The procedure for checking is complicated and difficult. For instructions, see sefer "Bedikas HaMazon" in English.

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.
Rav Vaye's shiurim can be heard on Kol Haloshon at (03) 6171039 or www.kolhalashon.com

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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