

1. Clean Fruit – no checking required



apples (including dried)	craisins (packaged)	papaya from abroad (fresh, dried)	
apricots, canned	esrog, candied	pecans in shell	
avocado	fruit leather (in closed pkg.)	pecans, sugared	
bananas	kumquat, candied	peaches, canned	pomegranate (commercially grown)
banana chips	Macadamia nuts	pears	pumpkin seeds
Brazil nuts	mango	pignolias (pine nuts)	California prunes (in original package)
coconut	melon, round	pineapple, canned	star fruit
			watermelon

2. Fruit that sometimes harbors infestation – should be checked

almonds	See "nuts".	
apricots <i>dried</i>	whole: wash outside, open and check each half with through-lighting. fruit sold halved: Soak in warm water, open the folds, unroll the edges, and check with through-lighting.	
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.	} In the USA usually clean.
chestnuts	Halve and check inside (may be checked after cooking or roasting).	
craisins	loose: Rinse under running water. in original package from U.S.: No washing required.	
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.	
kiwi	On rare occasions there may be white or brown scale insects on the peel. Either take care that they do not get transferred onto the fruit during peeling, or alternately, rinse off the fruit after peeling. The inside of kiwi is clean.	
kiwi, mango, melon, peach, pear, quince	} <i>dried</i> Examine both sides. Good to rinse off.	
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.	
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.	
prunes <i>Israeli or loose</i>	Wash the outside well. It's a good idea to halve the prune and wash inside.	
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.
seeds	pumpkin seeds: presumed clean
	sunflower seeds: in the shell: Shell and check each one. shelled: <ol style="list-style-type: none"> Place in a noodle strainer and shake over a white surface. Check if any bugs fell through. Check the seeds on both sides for holes or nibbling. Break open some of the seeds and check internally. If infestation is found, each seed should be halved and checked internally.
	watermelon seeds: Shell and check a sample (about 10%). If infestation is found, the entire batch should be shelled and checked.
peanuts	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. 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. 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".

3. Fruit that is often infested – must be checked

guava	<ol style="list-style-type: none"> Check the peel for scale insects, and remove them if found. Cut the fruit into slices across and examine each slice on both sides. <p>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.</p>
quince	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, the following thorough check should be done:</p> <ol style="list-style-type: none"> Soak in hot water for at least 15 minutes. Rub raisins in water well and wait one minute. Pour the top layer of water onto a white plate and check the water for worms or brown insects. If found, don't use batch, because the worms can also be inside. If no bugs are found, rinse the raisins well under running water. <p>It is preferable to use raisins of which samples have already been checked, such as raisins with a Badatz Eida Chareidis hechsher. For now, all raisins should be checked this way, even ones in boxes from California. Note: After the raisins have been soaked, they can be re-dried by putting them into an oven on low heat.</p>
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: 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 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 Hamozone Cahalocho."

Rav Vaye shlita answers phone queries from 11:00 to 12:00 in the evening and on Friday from 2:00 until the beginning of Shabbos at (02) 532-5588.
Rav Vaye's shiurim can be heard on Kol Haloshon at (03) 6171039.

The sefer "Bedikas Hamozone Cahalocho" is available in book stores. For mail delivery, call (02) 5806612.
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Available by calling (02) 5867047 or E-mail: vaiem@netvision.net.il