



**The Complete KHV Guide To
“BIDIKAS TOLOYIM”
The Washing and
Checking of Fruits and
Vegetables**

BIDIKAS TOLOYIM

The Complete Updated KVH Guide to Washing and Checking Fruits & Vegetables

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Introduction:

This updated and complete guide was developed to provide KVH Mashgichim with a comprehensive and practical instruction for washing and checking produce. We hope that you find this a helpful asset & resource to assist you with your work.

BIDIKAS TOLOYIM- THE PROPER METHOD OF WASHING AND CHECKING PRODUCE FOR POSSIBLE INFESTATION

The appropriate methods of preparing fruits and vegetables according to KVH policy are explained in this guide. Please follow the correct method, for that particular fruit or vegetable.

If you have questions regarding a particular method, please contact your Rav for assistance.

General Guidelines

According to the Health Department guidelines and KVH policies, all fresh fruits and vegetables must to be washed with water before and/or after they are cut up

Level 2 & 3 produce should be washed before and/or after they are cut up, However, produce that are in levels 4 & 5 (lettuce & greens see pages 7 thru 11) should always be washed and checked prior to being cut up completely, i.e. their ends should be cut prior to washing and checking in a way that their leaves should remain whole until after the washing and checking is complete.

Frozen Fruits that need no further inspection, and they do not require a Hechsher (kosher symbol)

The following frozen fruits do not to be washed or inspected.

FROZEN VEGETABLES need to have an approved KVH Kosher symbol or be listed on your in-house ingredients list, or be approved by your supervisor.

NOTE: these items do not require a Hechsher when there are no other ingredients, additives or flavors other than salt or sugar listed in the ingredients. If you are unsure of the contents in the ingredient list, contact KVH Kosher for guidance.

Frozen Fruits



Pineapples

Cranberries

**Blueberries
(Non
organic)**

**Passion
Fruit**

Mango

Watermelon

**Cantaloupe
Honeydew**

Strawberries

Level 1- The dry white surface, drop & check method

NOTE: Before using this method also see **The GARNISH section**, located on page 12.

This method is the gentlest way to check certain products without damaging the products in question. Currently the only items are Edible Flowers and Microgreens.

The proper way to utilize this method is as follows:

Find a white napkin or a piece of baking paper, take the product out of its container and put it on one side of the napkin or paper. Look on the bottom of the inside of the container. Verify there are no insects present or crawling around. Pick up one (or several) pieces of the product, and gently throw it down on the other side of the napkin, or paper. Repeat for all of the product. If nothing emerges, put all the product back in its original container as neatly & gently as possible.

No more checking is required. If bugs do emerge while checking in this fashion, let the manager of the event, or someone in charge know ASAP, put the product aside, and if necessary, mark "do not use".

Level 2 - Fresh fruits & vegetables that require no checking, but do require washing prior to use

note: All fruits and vegetables listed below are subject to change status at any time (e.g. it may be determined that they need to be checked in addition to being just washed with water.)

According to the Health Department guidelines and our policies, all raw or fresh fruits and vegetables must always be washed with water.

Fresh Fruit (Level 2)



Apples



Apricots



Coconut



cherries



Kiwi



Plums



Nectarines



Grapes



Cranberries



**Blueberries
(non-organic)**



Watermelon



Honeydew



Cantaloupe



Starfruit



Pomegranate



Pears



Guava



mango



Kumquats



**Passion
fruit**



***Pineapple -
Entire rind should be
cut off, then washed
well**

Fresh Vegetables (Level 2)



**White
Asparagus**



***Green
Asparagus**



**Alfalfa
sprouts**



**Artichoke
bottoms**



**Bean
sprouts**



Beets



Eggplant



Carrots

* **Green Asparagus** can be used only after tips and triangle leaves have been removed, then washed



**Butternut
Squash**



Cucumber



Avocado



Edamame



**Green
beans**



**Snow
peas**



Peapods



Potatoes



**Sweet
Potatoes**



Radishes



Tomatoes



Mushrooms



Turnips



Zucchini



**all types of
Peppers**



**all types of
Squash**



Yams



**Sunchokes
AKA
Jerusalem
artichoke**



Pumpkin



Jicama



Parsnip



Onions



**Kohlrabi
root**



**Celery
root**



Rutabaga






**Sugar
snap
peas**


Level 3 - Specific Instructions for Each Item

Follow instructions to cut open and/or separate, check visually then as usual wash well with water.

* Additional instructions before washing


***Celery stalks** (not the leaves)-  cut both ends, discard or separate leaves, then wash each stalk with running water while rubbing your thumb down the center of each stalk.

Fresh corn  * husk corn before washing **Chives**  *cut tips, separate bunch
Discard husks Then wash well

Scallions *  Both ends are cut, bunch is separated, then inspect for infestation, i.e. leaf miners, then product is wash very well, while agitating under water.


Belgian endive  **Fresh Garlic-** heads, or cloves, remove peel first, then wash
*cut end, separate leaves, then wash well

LEEKS -  **Portabella Mushrooms**  * **Remove Fins-** look for any infestation
*Cut off both ends Then wash well Inspect for infestation Then wash well

Fennel bulb -  *cut off the top and discard, then cut then open up and separate pieces inspect for infestation, if there is none, wash well before using.

Red and White Cabbage (heads) -  *Remove the first 3-4 layers, cut open and separate the leaves then wash well.

Pre-Shredded and bagged Red and White Cabbage  with or without carrots and cabbage- if pre-washed, no further washing or inspecting necessary; however, spot checks are a good practice.

***Iceberg Lettuce** (Heads) -  cut or pull out core and discard with the top layer of the head, then separate all the leaves then wash well.

Iceberg Lettuce pre bagged and Shredded  *if pre-washed from the source, no further washing or inspecting necessary; however, spot checks are a good practice

Level 4 - Checking for Infestation (see listed produce on pages 9-10) after using a surfactant,(veg wash and/or soap) then water, and in addition to checking the rinse water through a thrip cloth, prior to inspecting the thrip cloth afterward, on a light box (source).

“EQUIPMENT NEEDED”

Before you begin your task at hand you should have all the equipment necessary by your side.

2 strainers - thrip cloth to fit into the strainers - a slippery veggie wash or soap, An approved light box - (or light source) & a jewelers loupe or a strong magnifying glass

Make sure you have clean basins/sinks before you start your task at hand.

Rule of Thumb: Always cut off the end off of the product, and try and keep the **leaves whole** and spread out very well, especially during the washing stages, when utilizing levels 4 & 5.

Detailed instructions of how to utilize this method for level 4 produce.:

STEP 1 Prepare 1 wash basin/sink by first adding significant amount of surfactant (slippery veggie wash or soap) then fill with water.

“The water has enough surfactant, when the produce in the solution feels slippery to the touch”

STEP 1a adding the surfactant can be done before or after the sink is filled with water

STEP 1b Fill another *basin/sink with just plain water. (*if available) for the rinse water

STEP 1c If product is bundled, loosen all ties, and thoroughly separate produce prior to immersing it into the Surfactant. It is best to wash the product with plain water prior to immersing it into the surfactant.

STEP 2 Make sure all of the surfaces of leaves are immersed in the soak (Surfactant + water)

STEP 2a Agitate very thoroughly top to bottom etc. just as a washing (Remember: some produce need a gentler touch) machine agitates clothing; don't be afraid to get wet.

STEP 3 Make sure that the basin is not overfilled with product. (remove some product if necessary)

STEP 4 - Remove small amounts of product by hand and shake out excess water.

STEP 4a Be careful to hold produce loosely in order to avoid re-trapping dislodged bugs.

STEP 5 Place all the produce in a second basin filled with fresh water and agitate as was done in 2a.

STEP 5a If surfactant is not rinsed away after the first rinse, repeat step 5 but without the agitation

STEP 6 Pour the last stage of the rinse water through a “thrip cloth” that is caught between 2 strainers,

STEP 7 After it is completely filtered through the strainers, take the cloth and place it on the light box.

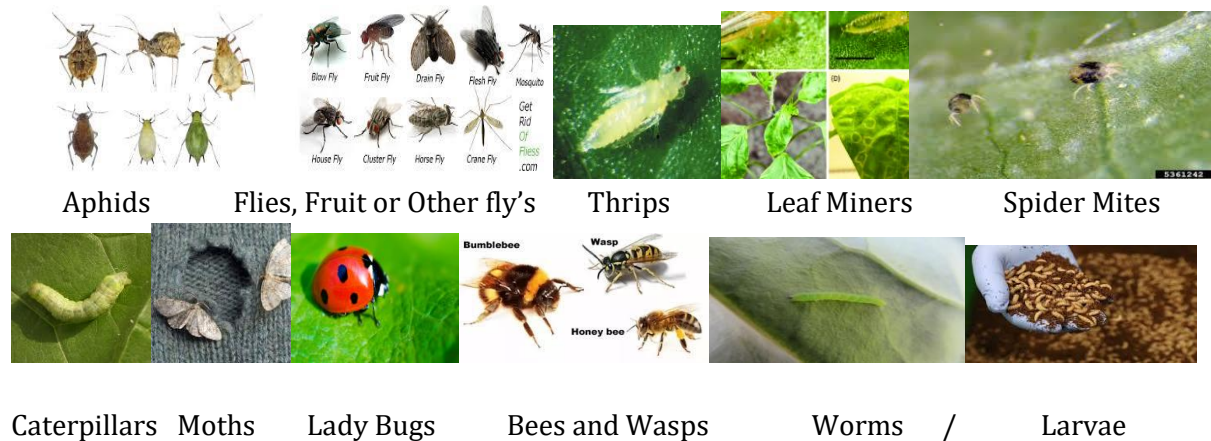
STEP 8 The use of a loupe will help to identify anything questionable. When using a loupe, place the lens as close to the item in question -not to your eye as you would eyeglasses - and gradually pull it away from surface until the magnified image is sharp.

If the cloth is free from bugs, the washed product may be served. Before serving you must ensure that all soap is rinsed off. If the thrip cloth has bugs, repeat Steps 1-7 until there are no bugs on thrip cloth. If product is not clean after three thorough washes (or cycles), it is recommended to reject the product, see cycles on page 11

What specifically are you trying to identify?

Here are the usual suspects and more (more details below):

First you need to be able to identify what it is you are looking at, so here are some photos of what you are trying to identify in your thrip cloth. Only when you see something that looks like a critter but are uncertain use loupe to help identify what it is. The more practice and experience you have the better you will get in identifying tolayim..



1. **Aphids:** are light green (can be tan/brown depending on age of produce and other factors) and oval pear shaped. Found on leafy greens, broccoli and herbs.
2. **Thrips** - can be found in various stages of development. The younger the thrip, the less visible it is. The young thrip can be as small as .5 mm (i.e. grain of sand or half the thickness of a dime) (grain of sand / dime) They have wings and ridges on their bodies (observe with loupe.) The younger thrip is commonly found on strawberries; the adult thrip is found on lettuce and other leafy greens, such as parsley and other herbs. Often the freshness of the product is a factor in what age thrip you will find.
3. **Spider Mites:** Often the smallest bugs found in produce - range in color from red to beige and brown. Small worms/larvae occasionally are found in various produce.
4. **Leaf Miners, Fruit Flies, large worms, Moths, Lady Bugs, Caterpillars, Bees and Wasps** - not common to most produce; however, they sometimes do make their way in to boxes and packing, especially in low -quality produce.
5. Each Item you check might have one or more of the above.,

Level 4 Produce: Is washed with a surfactant then run thru a thrip cloth and checked on a light box.

All types of lettuce: (All level 4)



Arugula Bibb Boston Butter Mache Oakleaf Radicchio Escarole



**Red leaf Romaine Spring mix Amaranth Spinach French sorrel Frisee Watercress
Leaves**

All: type of greens:



**Baby Kale Bok-choy Celery Kale Collard Chard Kohlrabi Mustard Napa
leaves Greens Swiss/reg greens greens Cabbage**

Level 4: is to be washed with a surfactant then run it thru a thrip cloth and then checked on a light box

Please note: All Fresh Herbs: are considered level 4

Tip: Wash your fresh herbs thoroughly with water before putting it in veggie wash/soap-rinse cycle, it will save you time in the long run.



Basil Cilantro Dill Mint Oregano sage Parsley Rosemary Tarragon curry

You should never feel rushed or pressured when you are checking produce. Follow the steps and do it correctly.

Level 5 - Require Additional Steps for Checking

Level 5 Produce: Is washed with a surfactant then run it thru a thrip cloth and check it on a light box, like stage 4 but with additional instructions and a different methodology

The following fresh fruits and vegetables have different method in the way they need to be washed prior to use.



- a. Broccoli** - If the florets are going to be used, break each large cluster into smaller pieces, discard leaves (if possible, run florets under a strong stream of water). Fill basin with soap or veggie wash and with warm/hot water. Agitate for a couple of minutes in soap or veggie wash water. Remove and thoroughly rinse off all soap water. Then put into fresh water and vigorously agitate piece by piece (similar motion to vigorously paddling a spatula in water). Do this to several pieces and then check rinse water with the aid of a thrip cloth and light box; if bug free, those pieces may be used. Repeat for each group of several pieces; continue until all product is finished. Remember: if you do three complete cycles and you are still finding infestation, discard that batch.



- b. Broccolini**- Follow above directions, but due to broccolinis loose headed florets, you do not have to break them down into smaller pieces, you and agitate the stalk and the floret on top at the same time one by one



- c. Cauliflower** If the florets are going to be used, break each large cluster into smaller pieces. Fill basin with warm/hot soap or veggie wash and with warm/hot wash water. Agitate for a couple of minutes in soap or veggie wash water. Remove and thoroughly rinse off all soap water. Then put into fresh water and vigorously agitate piece by piece (similar motion to vigorously paddling a spatula in water). Do this to several pieces and then check rinse water with the aid of a thrip cloth and light box; if bug free, those pieces may be used. Repeat for each group of several pieces; continue until all product is finished.

If you do three complete cycles and you are still finding infestation, do not use that batch.



d. Strawberries: Preferably, tops should be removed without exposing inner crevice. Soak and thoroughly agitate in basin filled with soap water. Gently rub the entire surface of each strawberry with finger to assist with bug removal. Place berries in a colander and thoroughly rinse under flow of water. Remove and place into fresh water basin. Agitate in second basin's water, remove strawberries and examine water. If bugs found, repeat rubbing process in basin #2 and as is necessary until rinse water is clean.

If the tops are needed, special attention when rubbing the entire surface, to also gently pick up the leaves and rub under them as well, you will need to do this each and every one
If you do three complete cycles and you are still finding infestation, do not use that batch.

Level 6 - Produce We Do Not Use

Fresh fruits and vegetables that we do not use (Unless bearing a KVH Approved kosher symbol)



Gr Asparagus tips and triangle leaves
 Artichoke hearts or tops
 Blackberries
 Raspberries
 Brussel Sprouts
 Oyster Mushrooms
 Morel
 Corn husk

& Field fresh or picked fruits including blueberries & strawberries

Important additional Information to be Aware of for Levels 4 and 5

Cycles: there is always a cycle when you washing and checking vegetables

Here is an example of one complete washing and checking cycle (this is a quick review from page 7)

- Put product in surfactant and water.
- Let it sit for a minute in the water and surfactant, agitate product (Some products you need to agitate gently.
- Add product to rinse water you will need do this either one or two times depending how much surfactant is washed off after the first rinse.
- After you wash and rinse each batch and run it thru the thrip cloth between the strainers, the thrip cloth is then put on a light box, you then start to look for any infestation.
- The above 4 steps are one complete cycle, and if you do a complete cycle 3 times, and you are still finding, the same amount of infestation, this batch needs to be rejected, and not used for kosher consumption, let management know as soon as possible to find a replacement Vegetable or another option.
- See if the item in question can be given to another source or location before discarding.

Chazaka Checks(ing)

In general the KVH does not allow chazaka checks.



Garnish: (i.e. Kale, Pineapple tops) Produce which is only used for garnish and is not intended for consumption only needs to be properly washed and no further checking of rinse water required. If however, it is also going to be used for consumption or may get mixed with other foods that will be eaten, a level 4 washing and checking would be required prior to being placed on plates or platters.

Frozen blackberries or raspberries may not be used without a pre-approved KVH Kosher symbol, even it being used to make smoothies or juice.

ALL Canned Vegetables Require a pre-approved KVH Kosher Symbol

Again, when in doubt about what to do, or are not sure if something is acceptable as per KVH policies, please reach out by phone to KVH Kosher as soon as possible.