

KASHRUT: PLANTS: BUGS: WHICH FOODS TO CHECK

Checking Fresh Vegetables Depending on Locale

Vegetables, herbs, and other edible plants that may have bugs must be checked only if those plants commonly have bugs in the locale in which they are grown.

NOTE Bug infestations vary from locale to locale where the vegetables were grown; even if bugs are a problem in one place, they may not be in others.

NOTE You must check all of that particular fruit or vegetable for bugs if there would commonly be a bug in 10% or more of samples.

Checking Triple-Washed Greens for Bugs

For vegetables that commonly have bugs in them, you must check even triple-washed lettuces and other greens, even if they have been cut and packaged, unless they have a *hechsher* stating that they have been checked.

Which Foods Commonly Have Bug Infestations

The most common foods with bug infestations are raw vegetables, but bugs may also infest grains, some fruits, spices, and nuts.

All Herbs Need Checking

Many fresh herbs might contain bugs and therefore must be checked before use.

Difficult-To-Check Vegetables

Eating closed vegetables from which bugs won't be washed out, such as artichokes and Brussels sprouts, is not recommended.

NOTE For a way to use artichokes, see [Checking Raw Artichokes for Bugs](#).

Checking Frozen Vegetables for Bugs

You may eat any and all frozen vegetables and you do not need to soak them first or check them for bugs since the manufacturer washes the vegetables to remove bugs before cooking. If, however, you do find bugs, don't eat the vegetables. *Kosher* supervision is recommended.

No Need To Check Most Frozen Fruits for Bugs

You may eat all frozen berries, except strawberries, without checking for bugs.