

# Hakashrus



Information, Awareness & Advice  
for the Kosher Consumer



RULES AND  
PRACTICAL ADVICE

## חמשה עשר בשבט

YEAR 5778



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# Fruit



**V**arious fruits (fresh, dry, frozen) have several halachic questions (for example: worms, wax/oil coating on the peels, flavorings). The following is a detailed list of each specific fruit and its halachic instructions.

**The dried fruits that bear our hechsher have our guarantee only on the kashrus of the product itself, not on its bug-free status. We cannot take responsibility for any infestation that may have occurred after packaging of the fruit.**

*When writing the instructions concerning products that may contain bugs, we used particular phrases to explain the different halachos and handling instructions.*

When we write	It means	Instructions
<b>Very Wormy</b>	Most products of this type are infested with worms	One is obligated to check it well before eating
<b>Often Wormy</b>	great percentage of products of this type are infested with worms	
<b>Usually Bug-Free</b>	There is only a small chance of finding bugs in products of this type	One is not obligated to check for bugs, but it is preferable to check it nonetheless
<b>Bugs Are Seldom Found</b>		

## Apples

- ▶ **Fresh apples:** Due to concerns about the coating on their peel, fresh apples should be peeled before eating, cooking or baking.
- ▶ **Dried apples:** need a reliable hechsher.

## Apricot

- ▶ **Fresh Apricots:** Due to concerns about the coating on the peel, it is best to wash them with warm water. One is not obligated to peel them.

They are bug-free. But if there's a part of the apricot that is rotten, then it is possible that that particular area is infested and one should cut it off.

- ▶ **Dried apricots:** They need to have a reliable hechsher because of the flavoring.

The dried apricots from California are usually bug-free. (The red dots they exhibit are not a sign of bugs.) But it is advisable to check a few pieces from each container by opening them and verifying that there are no worms sticking to the insides of those pieces. If the ones that were checked are clean, then

the rest are most likely clean as well. But if an insect was found on one of them, then every piece must be checked through to ascertain that they are not similarly infested.

Those who are scrupulous prefer to always check each apricot before eating.

**Turkish apricots:** In rare instances, worms may be found in them (larvae, beetles). It is therefore advisable to inspect each one by opening it and checking to see if any worms are sticking to it.



The red dots are not a sign of bugs



Larvae on dried apricots

## Blackberries

All types of blackberries, fresh or frozen, are very wormy. Since it is impossible to properly check them, they should not be used.





## Blueberries

All types of blueberries, fresh or frozen - even the best quality ones - are very wormy (by the crown). They also may have scales on the outside of the peels. Blueberries should therefore not be used.



Scales on blueberries

**Those blueberries that bear our hechsher are meticulously checked by expert mashgichim, and they are insect-free.**



## Carob

Carob is very wormy (larvae, beetles). In most cases, the worms are found inside the fruit so one is only permitted to eat carob after it has been thoroughly checked on the outside to ensure that there is no webbing on the fruit. One must also look out for many crumbs or holes on the fruit. If it is completely clean on the outside, then it should be broken into small pieces and thoroughly checked inside to ascertain that there is no webbing, crumbs or holes. If one finds any of these signs, the carob should not be eaten.

**Due to it being very wormy, we do not have supervision on any carobs.**



## Cherries

► **Fresh cherries:** of good quality are usually bug-free, and one is not obligated to check them. Still, it is recommended to check a few from every box by cutting them in half and looking out for small white worms (maggots). If the ones that were checked are clean, then the rest are most likely clean as well. But if an insect was found on one of them, then every piece must be checked through to ascertain that they are not similarly infested.

► **Dried cherries:** need a reliable hechsher.



## Cranberries

► **Fresh cranberries:** Which are not processed may be used, and are bug-free.



## Craisins

► **Dried cranberries:** are bug-free, but need a reliable hechsher.



## Dates

► **Fresh dates:** are bug-free.

► **Dried dates from California:** are usually bug-free, and one is not obligated to check them. But since there is a small chance that some pieces may contain insects (larvae or beetles) it is recommended to open them and look inside at the area of the pit to ascertain if there are any worms stuck to it.

► **Dried dates from other places:** are usually infested with worms and one is therefore obligated to check inside the fruit, around the area of the pit, to ascertain if there are any worms stuck to it.

**Warning!** Scale infestations were found on imported dates from **Tunisia**, due to the fact that they are hard to recognize they **should not be used**.

► **Pressed dates:** are often wormy. Since it is impossible to properly check them, they should not be used.

**Those from Eretz Yisroel need a reliable supervision.**

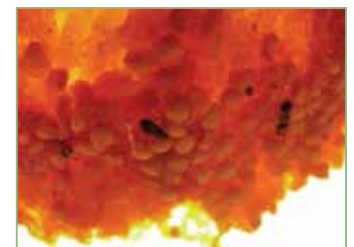


## Figs

► **Fresh figs:** On rare occasions, worms may be found inside fresh figs, either between the small seeds or underneath the opening of the fig (opposite the wooden part). It is therefore advisable to cut the fig in half and cut away the bottom opening, remove the insides so that all the seeds are spread out and carefully check for any insects (the insects look very similar to the seeds).



Cut away the bottom opening



Held closely under a strong light

► **Dried figs:** are very wormy in the fleshy part of the fruit, between the seeds. Since the insects are very hard to identify, some people refrain from eating dried figs entirely.

(The only way it is permissible to eat figs is if they are cut in half, the bottom opening is cut away, the insides are removed and the seeds are flattened by hand. The seeds must then be

held closely under a strong light until they are transparent, and checked well. A light box is not good enough for this scrutiny, because it cannot shine through the thickness of the fig. The white pieces that can be seen in the fig are from sweetness of the fig, not from worms. If one is uncertain about finding insects, he should cut away all the dirt.)

**Due to it being very wormy, we do not have supervision on any dried figs.**



## Grapes

All types of grapes, from all countries, are often wormy. Therefore, one should do as follows: A typical bunch should be separated into small clusters and then rinsed thoroughly three times under a strong flow of cold water. One must be sure that every grape was well rinsed.

- ▶ Grapes for Shabbos or Yom Tov, should preferably be rinsed before Shabbos to avoid the transgression of borer (separation).
- ▶ Those who make cider or homemade wine should first rinse the grapes, and after making the cider/wine one should sift it using a cloth sifter.



## Mango

- ▶ **Dried mangos:** need a reliable hechsher. (They are made with several flavorings, even though they are not necessarily listed in the ingredients.)



## Nectarine



## Peaches

Are bug-free.

But if a part of the fruit is rotten, that area may be infested, so one should cut it away. It is possible but unlikely that one may find a worm by the pit, especially if the pit is split open. Therefore, those who are scrupulous prefer to open the fruit and check it before eating.

Due to concerns about the coating on their peel, it is preferable to wash the nectarine with soap and water. (One is not obligated to peel it.)



## Orange



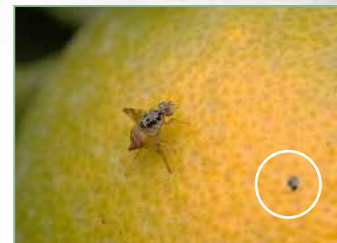
## Grapefruit



## Lemon

Due to concerns about the coating on the peel, one should refrain from using the peels unless the first layer is peeled off.

The peels are often wormy (scales) and these worms are tightly attached to the peel. Therefore, one does not need to worry that worms may fall off the peel and onto the fruit during peeling of the fruit.



Scales on orange peels

**Important!** Those who make homemade juice using a machine that squeezes the fruit along with the peels should be aware that worms may go into the juice. The juice should therefore be sifted after squeezing. Or it should be peeled off (at-least the outer layer) before squeezing.

**The juice that bears our hechsher is bug-free.**



## Papaya

- ▶ **Dried papaya:** needs a reliable hechsher. (They are made with several flavorings, even though they are not necessarily listed in the ingredients.)



## Pears

Due to concerns about the coating on their peel, pears should be peeled before eating, cooking or baking. Bosc (brown pears) need not be peeled, as it does not get coated.



## Pineapple

- ▶ **Fresh pineapple:** Both the peel and the leaves on top are very wormy. Therefore, when peeling the pineapple, one should make sure that no brown spots from the peel remain on the fruit. The pineapple should then be rinsed well.

If one wants to use the leaves of the pineapple for decorative purposes, they need to be wrapped in plastic.

Pineapple Products bearing our hechsher are made with precise caution, not to use any of the outer part of the pineapple and is therefore bug free.

- ▶ **Dried pineapple:** need a reliable hechsher. (They are made with several flavorings, even though they are not necessarily listed in the ingredients.)

- ▶ **Juice:** Due to the infestation on the outer part of the pineapple, we do not produce- for now- any pineapple juice under our certification.

**All canned pineapple that bear our supervision is packed in syrup, not in real juice.**





## Plums

- ▶ **Fresh plums:** are bug-free.

But if a part of the fruit is rotten, that area may be infested, so one should cut it away. It is possible but unlikely that one may find a worm by the pit. Therefore, those who are scrupulous prefer to cut the fruit in half and check the area of the pit before eating.

Due to concerns about the coating on their peel, it is preferable to wash the plum with soap and water. (One is not obligated to peel it.)



## Dried Plums\Prunes:

Good quality prunes are bug-free.



## Raisins

All types of raisins (both dark and light) are very wormy (larvae, maggots and more). The worms stick to the grapes while they are still on the tree, and there is no way to clean them properly. Therefore, raisins should not be used.

- ▶ In those products/baked goods that bear our hechsher, only currants are used. Currants look similar to raisins, but they are bug-free.



## Raspberries

All types of raspberries, fresh or frozen, are very wormy. Since it is impossible to properly check them, they should not be used.

- ▶ The raspberry products (jam, etc.) that bear our hechsher are produced using a raspberry juice that is well filtered and bug-free.



## Strawberries

All types of strawberries, fresh or frozen, are very wormy. They should not be used. (One may only eat strawberries after cutting off the leaves and removing a thin layer of the strawberry along with it. One must also ensure that this did not create a hole, for if a hole was created then the strawberry may not be used. One must peel the entire strawberry and ascertain that it is completely smooth, without any hollows in it. Then it should be rinsed under a strong flow of water, and rubbed thoroughly between the hands.)

**Those strawberries that bear our hechsher are meticulously checked by expert mashgichim, and they are insect-free.**



## Fruit Discs

Are bug-free (their bracha is שהכל).

# Nuts



The nuts that bear our hechsher have our guarantee only on the kashrus of the product itself, not on its bug-free status. We cannot take responsibility for any infestation that may have occurred after packaging of the nuts. Therefore, one should adhere to the following guidelines:



## Pistachios



## Walnuts



## Cashews

If they were roasted/fried or if they contain a flavor or

seasoning, these nuts need a reliable hechsher (because of the oil that was used, the utensils with which they were produced).

These nuts are generally bug-free and one is not obligated to check them.



Worms on sunflower seeds

Still, it is preferable to check them by opening every nut individually. With pistachios one should also check underneath the inside peel.



## Peanuts

- ▶ **Unpeeled peanuts:** do not pose any concern regarding bishul akim. There is also no kashrus concern, even with the salted ones. They are bug-free.
- ▶ **Peeled peanuts:** are bug free, roasted/fried need a reliable hechsher.



## Brazil Nuts



## Hazelnuts



## Almonds



## Pecans



## Pumpkin Seeds

If they were roasted/fried or if they contain a flavor or seasoning, these nuts need a reliable hechsher (because of the oil that was used, the utensils with which they were produced, and because of concerns regarding bishul akim).

These nuts are usually bug-free and one is not obligated to check them. (If one finds a hole in one of the nuts, that nut must be opened and checked for worms.) If a worm or any of the three signs of worms listed below are found, the nut should not be used.

If nuts were lying around for a long time (approximately 4 weeks) in a warm place (for example in a cabinet near a gas range) they usually get infested and one is obligated to check them for any worms or any of the three signs of worms.

Scrupulous people prefer to open and check nuts every time before eating (which is why the package states: 'they should be inspected for worms').



Webbing on almonds



A hole in an almond

Three signs of worms:

① **Webbing** If, when the contents are poured out of the packaging, they remain hanging because they are connected to one another, or connected with a thread. (When individual pieces stick to the packaging it is because of static-electricity, not webbing.)

② **Connected Pieces** If the pieces disintegrate when they are disconnected from one another, crumbling like a piece of salt/sugar. (If the pieces crumble after being in the refrigerator, it is due to wetness and not worms.)

③ **Lots of Crumbs** If there are many crumbs, roughly equal in size and shape to one another.



## Chestnuts

Chestnuts are often wormy (larvae). They may only be used if they are first cut in half and inspected. If they appear to be eaten up or rotten, that is a sign that they may have worms and should not be used. (One may also check chestnuts after they have been roasted/cooked.)

**Roasted chestnuts that bear our hechsher are bishul yisroel and bug-free.**



## Sunflower Seeds

▶ **Unpeeled sunflower seeds:** do not pose any concerns regarding bishul akim, even with the salted ones.

Some flavored sunflower seeds, have kashrus problems, and might be "cholorv akum".

▶ **Peeled sunflower seeds:** must have a reliable hechsher.

They are usually bug-free, but there are seasons during which they may harbor insects. Therefore, it is advisable to check them each time before eating.

**Warning!** There are certain nuts that are imported from Israel which, if they do not bear a reliable hechsher, may pose concerns regarding various prohibitions (ex. shmittah and arleh or teval, etc.). Therefore, one should be especially cautious - particularly when purchasing from non-Jewish stores - if the label says "Product of Israel."



Worms on sunflower seeds