



CHECKING FOR BUGS

FOR PRODUCE IN THE UNITED STATES AND CANADA ONLY

Updated June 2023

A Alfalfa Sprouts	B Artichoke	A Artichoke Bottoms	I Asparagus	A Asparagus, White	E Barley	G Basil
A Beans	A Bean Sprouts	A Beets	B Blackberries	F Blueberries	G Bok Choy	G Broccoli
B Brussels Sprouts	A Butternut Squash	G Cabbage	G Cabbage, Red	H Carob	A Carrots	G Cauliflower
D Celery Stalks	A Cherries	G Chives	G Cilantro	C Corn on the Cob	A Cucumbers	H Dates
G Dill	A Dried Spices	B Edible Flowers	A Eggplants	G Endive	D Endive, Belgian	G Escarole
H Fennel Bulb	H Figs	A Flour	C Garlic	D Grapes	A Green Beans	B Goji Berries
G Kale	A Kohlrabi Bulb	G Kohlrabi Leaves	H Leeks	G Lettuce	G Mint Leaves	B Mulberries
D Mushrooms, Button	B Mushrooms, Morel	B Mushrooms, Oyster	B Mushrooms, Porcini	D Mushrooms, Portobello	G Mustard Leaves	A Nuts
A Onions	G Oregano	G Parsley	A Parsnips	A Peas	D Peppers, Bell & Mini	J Pineapple
A Potatoes	K Quinoa	A Radishes	A Raisins	B Raspberries	K Rice, Brown	A Rice, White
G Rosemary	A Rutabagas	G Sage	H Scallions	F Snap/Snow Peas	G Spinach	F Strawberries
A Tomatoes	A Turnips	G Watercress	A Zucchini	A Zucchini	A Zucchini	A Zucchini

CHECKING METHODS

A. NO CHECKING REQUIRED

Make sure everything is properly sealed and stored in a cool dry area. Improper storage can lead to infestation issues.
Note: Raisins, grains, and nuts should be purchased from companies that have proper quality control and storage practices.

B. NOT RECOMMENDED

Checking is not practical.

C. REMOVE PEEL & RINSE

D. RINSE WELL

1. Wash the produce under a strong stream of water.*
2. For **peppers**: remove stem and surrounding area.
3. No further checking is necessary.
- * For **celery stalks & peppers**: scrub by hand or a vegetable brush while washing.

E. SOAKING METHOD

1. Place all the barley you wish to use in a white bowl.
2. Add enough water to cover the barley.
3. Allow to sit for 15-20 minutes.
4. If there are insects present, they will float to the top.

F. SOAP WASH

1. Prepare a basin of detergent solution, using at least 2 tablespoons of detergent per gallon of water.
2. Agitate the berries in the solution for 10-15 seconds.
3. Leave the berries to soak for at least one minute.
4. Rinse each berry well.
5. Repeat steps 1-4.
6. For **strawberries**: cut off the tops of the berry along with a little of the fruit. No further checking is required.
7. For **blueberries**: we recommend inspecting samples for presence of scale insects that may be embedded in the outer layer of the berry. We do not recommend organic, pick-your-own, or wild grown blueberries.
8. For **snap/snow peas**: Single rinse is enough. Those sold pre-washed need no further washing. Frozen are not recommended at all at this time.

G. THRIP CLOTH METHOD

1. Wash produce well. (For **broccoli & cauliflower**: whole heads should be broken down into smaller pieces and warm water should be used to soak/wash them.)
2. Prepare a basin with water and a non-bleach and non-toxic dishwasher detergent solution. The water should feel slippery.
3. Agitate the produce in the solution for 15 seconds. (For **broccoli & cauliflower**: soak for 30 seconds BEFORE agitating very vigorously.)
4. Remove produce from the basin and shake off excess water over the basin.
5. Pour water through the thrip cloth.
6. Check the thrip cloth over a light box for any insects.
7. If insects are found, repeat steps 1-6. This can be done up to three times. If insects are still found on the third try, the produce should not be used.

H. VISUAL CHECK

Look for holes, webbing or insects in the fruit. For **leeks & scallions**: Check inside tube, between leaves and in the bulb for thrips. Check also for leaf-miner trails.

I. VISUAL CHECK & THRIP CLOTH

Remove triangular side leaves and use the thrip cloth method on the tops.
Note: If you peel the side leaves and remove the tops, no checking is required.

J. PEEL PROPERLY

Insects infest the crown and outer rind as well as inside the blossom cups and crevices if the pineapple is not thoroughly peeled. The pineapple should be peeled until only yellow fruit is visible. The fruit and cutting board should be rinsed after peeling since the insects often crawl onto the cutting surface. The crown and rind should not be used on decorative platters since the insects can transfer to other fruit.

K. QUINOA/BROWN RICE

1. Place in a strainer (for **brown rice**: you can use a medium mesh, #12 or higher; for **quinoa**: use a fine mesh, #15-25).
2. Shake vigorously for 15-25 seconds over a lightbox or white paper.
3. Examine the surface of the lightbox or paper for any insect presence. If no insects are found, it may be used. If insects are found, the product should not be used. In **brown rice**: look for beetles and weevils. In **quinoa**: look for booklice or mites. See our website for pictures and video tutorials.