



PRODUCE GUIDE

TU B'SHVAT
2021

ט"ו בשבט תשפ"א



TU B'SHVAT 2021

® Canada's Kosher Certifier

Toll Free: 1.866.739.6363

Fax: 514.739.7024

info@mk.ca

www.mk.ca

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General Rule: If you come across nuts that seem full of holes, place a visual spot-check to ensure they are insect free.



NUTS



Almonds | Dry roasted

Reliable Hechsher Required.



Almonds | Raw

No Hechsher Required.



Cashews | Roasted

Reliable Hechsher Required.

Open a few of them up and spot check.



Cashews | Raw

No Hechsher Required.

Open a few of them up and spot check.



Peanuts | Roasted and shelled

Reliable Hechsher Required.



Pistachios | Roasted

Reliable Hechsher Required.



Pistachios | Raw

No Hechsher Required.



Sunflower Seeds | Roasted

Reliable Hechsher Required.



Sunflower Seeds | Raw

No Hechsher Required.



Walnuts | Raw

No Hechsher Required.

Open a few of them up and spot check.





FRESH VEGETABLES



Artichoke Bottoms

Wash before using. Make sure no leaves are attached.



Artichokes

Heart of Artichoke may not be used even with Hashgacha. This applies to fresh, frozen or canned.



Asparagus | Green

Fresh Asparagus may only be used if the whole floret is cut off, the sides peeled and all brads have been removed. Ensure that every brad is taken off and each asparagus is totally smooth and then thoroughly rinsed.



Asparagus | White

Fresh White Asparagus may be used as is.



Broccoli | Fresh

Only fresh broccoli stems may be used and must be washed with a brush under running water.



Bok Choy

At this point we do not recommend using Bok Choy.



Brussels Sprouts

Due to the difficulty of inspection of each brussel sprout leaf, these may not be used.



Cabbage | Red or White

Cabbage may be prepared one of the two following ways:

The heads of cabbage must be placed in the freezer for 48 hours. Defrost the cabbage and wash each leaf under strong running water, ensuring that the water reaches all parts of the cabbage including folds and crevices. At that point the cabbage is acceptable. (This system is only good for cabbage that is going to be cooked and not for salads).

OR

The four outside leaves of the cabbage must be removed and discarded. Cut the cabbage into quarters and separate all the leaves. Put into a solution of 2 Tbsp of soap to 1 liter of water. Swish the solution around to mix it well.

Leave the cabbage in the solution for five minutes. Each side of the cabbage should be then sponged and rinsed off. Shake off excess water and dry.



Cauliflower

Fresh cauliflower may not be used.



Celery

All leaves of the celery including those on the heart must be cut off. Must be washed with a brush under running water. Both sides of the celery must be brushed to ensure that it is insect-free.



Chicory

May not be used.



Dill

Fresh dill may not be used. However if one would like to have a dill flavor, the dill is to be placed into a tightly woven cloth, tied and cooked. Thereafter the dill should be discarded.



Endives

Each leaf must be washed well under running water. This vegetable should not be confused with curly endives known as chicory.



Edible Flowers

May not be used.



Fennel

The top of the bulb must be cut off. Make a solution of 2 Tbsp of soap to 1 liter of water and swish to mix it well. Place the fennel pieces in the solution and leave for five minutes. Sponge each side of the fennel pieces then rinse. Ex- cess water should be shaken off and dried.



Garlic

Must be peeled and rinsed before use. When garlic is being peeled or prepared for the next day, add a small amount of salt, oil, sugar or vinegar.



Kale

May not be used.



Leek

Cut off the root approximately less than 2 cm from the bottom. The green leaves on top should be cut off. The leek should then be split open down the side, spread out, each leaf washed and examined. To use the top green leaves for decoration, food-tying or any other purpose, the leaves must be split, washed on each side and brushed. They may then be used.



Lettuce

Only iceberg, romaine and boston lettuce may be used and should be prepared as follows:

The four outside leaves of the lettuce must be removed and discarded. Separate all the leaves. Make a solution of 2 Tbsp of soap to 1 liter of water and swish to mix it well. Place the lettuce in the solution and leave for five minutes. Sponge each side of the lettuce then rinse. Excess water should be shaken off and dried.



Mesclun

May not be used.



Mint | Fresh

The essence from the leaves should be poured through a filter and may be used.

OR

Put the mint into a tightly woven cloth and into the hot water. Then discard the mint.



Button Mushrooms

Button mushrooms should be rinsed very well.



Portobello Mushrooms

Portobello mushrooms often contain insects in the fan under the mushroom cap. Removal of the fan-like substance is recommended, this should be done with a spoon, followed by rinsing under strong running water.



Oyster Mushrooms

They are heavily infested and should not be used.



Shiitake Mushrooms

Shiitake mushrooms often contain insects in the fan under the mushroom cap. Removal of the fan-like substance is recommended, this should be done with a spoon, followed by rinsing under strong running water.



Onions

Must be peeled, the top layer taken off and the onion washed well. When onions are being prepared for the next day, add a small amount of salt, oil, sugar or vinegar.



Oregano

Fresh oregano may not be used.



Parsley

Fresh parsley may not be used. If parsley flavor is required, the parsley must be put into a tightly woven cloth, tied and cooked. Thereafter the parsley should be discarded.



Peppers

All peppers must be cut open. A quick visual inspection should take place to ensure that there is no infestation.



Pickles | Dill

Dill pickles require a reliable Kosher certification. Dill pickles made with dill weed must be washed before being used. Dill pickles made with dill seed may be used as is.



Radicchio

Radicchio should be soaked in a soap and water solution and then should be washed well on both sides, leaf by leaf, and may then be used.



Scallion

Only the white part of the scallion may be used.



Spinach

Fresh spinach may not be used.



Sprouts

Rinse well with water as they are usually found to be clean. Check three of the brown seeds and you may use if they are found to be insect free.



Vine Leaves

The vine leaves should be placed into a solution of soapy water, sponged on both sides and then rinsed.





Wherever it says "It must be Spot Checked for infestation" – you should check a few items (i.e. apricots) in each package.



DRIED FRUIT



Apples

Reliable Hechsher Required.



Apricots | Domestic, Unflavored

No Hechsher Required.



Apricots | Turkish

Reliable Hechsher Required.

Open a few of them up and spot check.



Banana Chips

Reliable Hechsher Required.



Blueberries | Wild

Reliable Hechsher Required.

Must be checked for infestation.



Blueberries

Reliable Hechsher Required.

Must be Spot checked for infestation



Carob | Boxer

No Hechsher Required.

Must be checked for infestation



Cherries

Reliable Hechsher Required.



Coconut | Unsweetened, untoasted only

No Hechsher Required.



Coconut | Sweetened

Reliable Hechsher Required.



Craisins/Cranberries

Reliable Hechsher Required.



Currants

Reliable Hechsher Required.



Dates | Glazed

Reliable Hechsher Required.

Must be checked for infestation.



Dates | Tunisian

Tunisian in retail packaging should not be used.



Dates | Whole (no oil)

No Hechsher Required.

Must be checked for infestation.



Figs | Sliced and diced

Very hard to check and should preferably not be used.



Figs | Whole

Very hard to check and should preferably not be used.



Ginger

No Hechsher Required.



Goji Berries

Not Recommended.



Kiwi

Reliable Hechsher Required.



Mango

Reliable Hechsher Required.



Nectarines

Reliable Hechsher Required.



Papaya

Reliable Hechsher Required.



Peaches

Reliable Hechsher Required.



Pears

Reliable Hechsher Required.



Pineapple

Reliable Hechsher Required.



Prunes

Reliable Hechsher Required.



Raspberries

Not recommended.



Strawberries

Reliable Hechsher Required.



Sugar coated fruit

Reliable Hechsher Required.



All fruit should be washed and sliced down the middle before eating.



FRESH FRUIT



Blackberries

Usually infested and too difficult to check. Additionally, these berries are extremely fragile and thus are unable to be properly washed. Do not use.



Raspberries

Usually infested and too difficult to check. Additionally, these berries are extremely fragile and thus are unable to be properly washed. Do not use.

GOT QUESTIONS?

Email: info@mk.ca



Pineapple

AREAS OF CONCERN

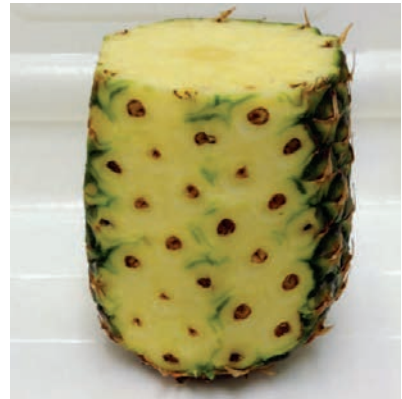
Pineapple from various countries has been found to contain insects. The three areas of concern are:



1 In the leaves of the pineapple crown.



2 On the outside of the peel.



3 In the blossom cups which extend from the peel into the actual fruit.

EASY GUIDELINES



The fruit can easily be eaten after following these easy guidelines:

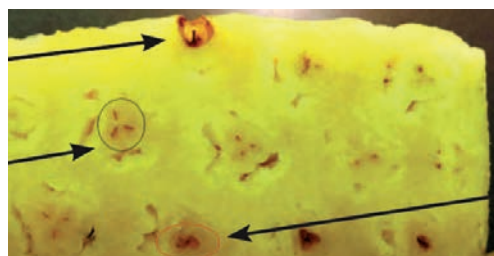
1. When peeling, make sure nothing of the brown blossom cups remain (see pictures below) (the brown pits and other natural holes in the pineapple are not of concern).
2. Rinse off the fruit and cutting board before slicing.
3. Leaves being used for design should be thoroughly brushed down and rinsed. (Only individual leaves may be used for design)
4. Pineapple peels are not to be used at all in any manner.



THE FOLLOWING MUST BE REMOVED

Whole blossom cup

3 brown dots past the blossom cup



End of blossom cup



Jewish Community
Council of Montreal
Conseil de la Communauté
Juive de Montréal

WHAT WE DO



KOSHER SERVICES



GITTIN (JEWISH DIVORCE)



BETH DIN



CONVERSION



DINEI TORAH



MEDICAL ETHICS

HALACHIC DOCUMENTS

TRANSLATION

MARRIAGE DOCUMENTS

INHERITANCE

ATTESTATION OF JEWISH ANCESTRY



