



2025



# PRODUCE GUIDE

## TU B'SHVAT

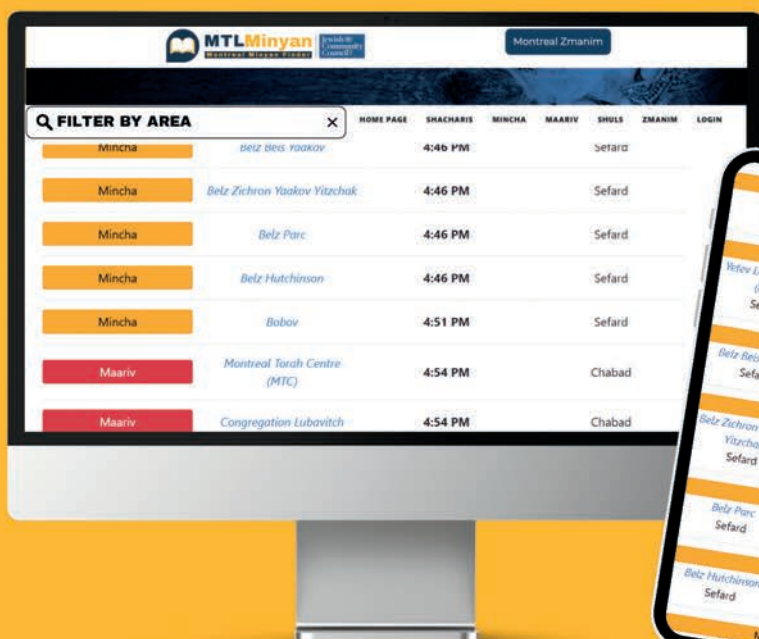
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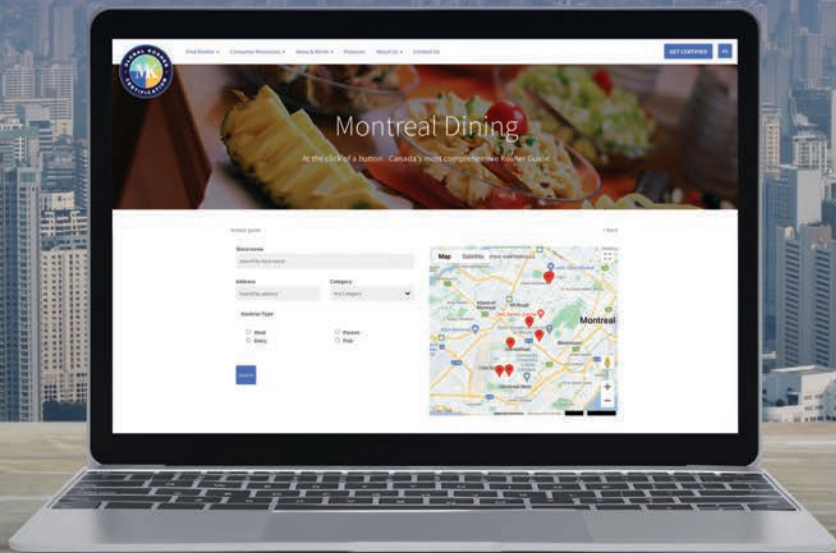
**Montreal's Kosher Agency:**  
certifying over **150** establishments  
across the island.

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**SEARCH MONTREAL'S  
KOSHER DINING GUIDE  
MK.CA/MONTREAL**

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Bon appetit, Beteavone.







# MK PRODUCE GUIDELINES

## VEGETABLES

Peppers, zucchini, squash, tomatoes, cucumbers and eggplants should be rinsed before using. If a vegetable has a rotten spot, cut the rotten part out and check the rest of that vegetable for infestation.

## SPICES

Spices should be stored in a cool and dry place. If you notice an infestation problem, or if you find webbing, that spice container should not be used.

## CANNED VEGETABLES

All canned vegetables require a reliable kosher certification.

## CANNED FRUITS

Canned fruits that contain only sugar and water and are not made in China are acceptable without a kosher certification. For example: Canned fruits with grape juice as a sweetener, colours or flavours are not acceptable.

## FROZEN VEGETABLES

All frozen vegetables require a reliable kosher certification.

## BEANS

Beans should be stored in an airtight container. Make a visual check for infestation before using.

## FROZEN FRUITS

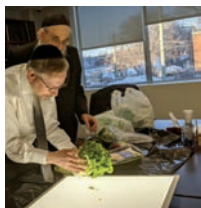
All frozen fruits with no additives do not require a kosher certification. Fruit that generally has an issue with infestation should not be used frozen, except for strawberries which may be used pureed.

## FRESH FRUITS

All fresh fruit should be washed before using.

## SAUERKRAUT

May only be used with an acceptable kosher symbol.



# WHAT DO INSECTS FOUND IN PRODUCE LOOK LIKE?



## Walnut Arphid

Found on asparagus stalks.



## Asparagus Beetle

Found on asparagus stalks and leaves.



## Thrips

Found on leafy vegetables.



## Seedcorn Maggot

Found in beans.



## Vegetable Leafminer

Found on spinach leaves.



## Cabbage Maggot

Found on cabbage leaves.



## Mite

Small in size, this round insect often adapts its color to the color of the produce it is on (i.e., red mites in strawberries, yellowish/light green mites in lettuce).



## Leafminer Trail

Found in certain leafy vegetables and celery.

## FRUIT

FRESH

DRIED

FROZEN  
WITH NO ADDITIVES

## Apples



## Apricots



Domestic, unflavoured:  
No Hechsher required  
Turkish: Reliable  
Hechsher Required,  
Open a few of them  
and spot check



## Banana



## Blackberries



## Blueberries



Rinse with soap  
and water



## Carob



Carob is generally very  
infested, must be checked  
well for infestation and  
webbing.

 SHOULD NOT BE USED

 NO HECHSHER REQUIRED

 RELIABLE HECHSHER REQUIRED

# FRUIT

FRESH

DRIED

FROZEN  
WITH NO ADDITIVES

## Cherries



## Coconut



Unsweetened, untoasted:  
No Hechsher Required

Sweetened or Toasted:  
Reliable Hechsher  
required



## Cranberries (craisins)



## Currants



## Dates



Slice down middle,  
check for worms.

Whole (no oil): No  
Hechsher Required, must  
be checked for infestation.  
Glazed: Reliable Hechsher  
Required, must be checked  
for infestation.

## Dragon Fruit



Slice down the  
middle and make  
a quick glance for  
infestation



## FRUIT

FRESH

DRIED

FROZEN  
WITH NO ADDITIVES

## Figs



## Ginger



## Goji Berries



## Gooseberries



## Grapes (raisins)



Rinse smaller bunches well under running water



## Kiwi



 SHOULD NOT BE USED

 NO HECHSHER REQUIRED

 RELIABLE HECHSHER REQUIRED



# FRUIT

FRESH

DRIED

FROZEN  
WITH NO ADDITIVES

Lychee



Mango



Melons



Mulberries



Nectarines



Papaya



## FRUIT

FRESH

DRIED

FROZEN  
WITH NO ADDITIVES

## Peaches



## Pears



## Pineapple



See page 19.



## Pomegranate Seeds



As long as there are no added ingredients such as colors, flavors or oils, these are acceptable to use even without Hashgacha



## Plum / Prune



## Raspberries



# FRUIT

FRESH

DRIED

FROZEN  
WITH NO ADDITIVES

## Strawberries



Only use pureed

## Sugar Coated Fruit



## Watermelon



# 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, canned or bottled.



## Asparagus | Green

Fresh raw 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. Canned or jarred asparagus may only be used with a reliable hechsher.



## Broccoli | Fresh

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



## 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 will not be used 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 three to five minutes. Each side of the cabbage should then be sponged and rinsed off. Shake off excess water and dry.



## Cauliflower

Fresh cauliflower may not be used.  
Frozen cauliflower with a reliable kosher certification may be used.



## Celery

All leaves of the celery must be cut off and the stems washed with a brush under running water. Both sides of the celery stem 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 must 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 three to five minutes. Sponge each side of the fennel pieces then rinse. Excess 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 three to five minutes. Carefully sponge each side of the lettuce as well as in the crevices and 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.



## Snap Peas

Have recently been found to be infested and should not be used.



## Snow Peas

Have recently been found to be infested and should not be used.



## Spinach

Fresh spinach may not be used.  
Frozen spinach with a reliable kosher certification may be used.



## Sprouts

Rinse well with water as they are usually found to be clean.



## Vine Leaves

The vine leaves should be placed into a solution of soapy water, sponged on both sides and then rinsed.  
Jarred vine leaves may not be used.



# NUTS

General Rule: Look to ensure that the nuts you are using are insect free.



**All Roasted nuts  
require a reliable  
Hechsher.**

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**All Raw nuts  
Do not require any  
Hecshsher.**

Cashews and walnuts:  
open 10% of the nuts in the  
package and spot check.



# 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



**1**

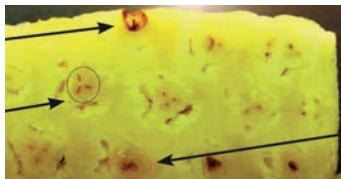
The fruit can easily be eaten after following these easy guidelines:

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



**35**  
years • ans

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PRODUITS CACHÈRE**

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