











Fruits and vegetables are healthy and essential parts of our diets, but are often infested.
A truly effective method of washing can remove any requirement for a visual inspection.

Food Item	Conventional Method of Preparation / Inspection	Filtration Inspection
Broccoli  NOTE: When processing more than one head of broccoli, it is important to segregate each head since, if a section of a broccoli head shows signs of infestation the entire head must be discarded, if more than one head is processed at a time, it will be impossible to know from which head the infested section came, and all the produce will have to be discarded.	<ol style="list-style-type: none"> 1. Separate and remove broccoli florets from the stem. (The smaller the pieces the more surface area is exposed and the easier it is for infestation to be seen and removed. It is recommended to cut each floret vertically as well.) 2. Parboil the broccoli for no more than one minute to soften the florets and stems and to make bugs more easily detected. 3. Submerge in cold water immediately after parboiling. 4. Wash thoroughly under a heavy stream of water, allowing the water to enter the spaces between the small stems of each floret, from top to bottom, and from bottom to top. For larger quantities, this can be accomplished by placing a layer of florets in a flat perforated bin and washing the entire contents with a heavy stream of water agitating/turning/flipping the florets to allow the water to effectively reach all surfaces and flush infestation out. 5. Inspect each piece between the little stems of the florets. If there is no sign of infestation, the broccoli may be used. If one or two insects are found repeat steps 4 - 5 until product is found clean of infestation. Should a total of three insects be found, either in a particular section or spread among different sections of the same broccoli head, the entire head should be discarded. 	<ol style="list-style-type: none"> 1. Separate and remove broccoli florets from the stem. (The smaller the pieces the more surface area is exposed and the easier it is for infestation to be seen and removed. It is recommended to cut each floret vertically as well.) 2. Parboil the broccoli for no more than one minute to soften the florets and stems and to make bugs more easily detected. 3. Submerge in cold water immediately after parboiling. 4. Wash thoroughly under a heavy stream of water, allowing the water to enter the spaces between the small stems of each floret, from top to bottom, and from bottom to top. For larger quantities, this can be accomplished by placing a layer of florets in a flat perforated bin and washing the entire contents with a heavy stream of water agitating/turning/flipping the florets to allow the water to effectively reach all surfaces and flush infestation out. 5. After preparation is complete, soak product in cold/lukewarm water for 3 minutes agitating occasionally. 6. Remove product, filter water, and inspect mesh on light box. If mesh shows no signs of infestation, the broccoli may be used. If one or two insects are found repeat steps 4 - 6 until filter mesh is clean of infestation. Should a total of three insects be found, either in a particular section or spread among different sections of the same broccoli head, the entire head should be discarded.
Green Cabbage  Red Cabbage  Radicchio 	<p>For Salads:</p> <ol style="list-style-type: none"> 1. Remove wrapper leaves when present. 2. Check cabbage head for holes. If any are found, remove the affected area. 3. Core, and separate leaves. 4. Into a sink (basin, bowl etc.) of cold/lukewarm water, add unscented dishwashing liquid (or proven, soap-based vegetable wash) until water achieves slimy feel and creates some bubbles. 5. Place leaves into the soap-water solution. 6. Allow to sit in soap solution for approximately 3 minutes, agitating and rubbing all surfaces. (Be sure to open all folds.) 7. Rinse each leaf on both sides under a heavy stream of water while opening all the folds. <p>Alternate Method For Slaws:</p> <ol style="list-style-type: none"> 1. Remove wrapper leaves when present. 2. Check cabbage head for holes. If any are found, remove the affected area. 3. Check both sides of the first three layers of leaves (if halved, 6 leaves, if quartered, 12 leaves) thoroughly with through-lighting (e.g. light-box) for thrips, worms, etc. 4. If clean, and the remaining leaves are tightly packed, no further checking is required. <p>Alternate method for Cooking:</p> <ol style="list-style-type: none"> 1. Remove wrapper leaves when present. 2. Check cabbage head for holes. If any are found, remove the affected area. 3. Freeze for 48 hours. 4. Thaw partially and separate the leaves. 5. Rinse each leaf well on both sides under a stream of water while opening all the folds. 	<ol style="list-style-type: none"> 1. Remove wrapper leaves when present. 2. Check cabbage head for holes. If any are found, remove the affected area. 3. Core, and separate leaves. 4. Into a sink (basin, bowl etc.) of cold/lukewarm water, add unscented dishwashing liquid (or proven, soap-based vegetable wash) until water achieves slimy feel and creates some bubbles. 5. Place leaves into the soap-water solution. 6. Allow to sit in soap solution for approximately 3 minutes, agitating and rubbing all surfaces. (Be sure to open all folds.) 7. Rinse each leaf on both sides under a heavy stream of water while opening all the folds. 8. Place the washed and rinsed leaves into a pan, bowl, or bucket of water for 3 minutes agitating occasionally. 9. Remove produce shaking excess water back into bowl/basin and place produce into clean receptacle. Pour water through filtering apparatus, remove filter and check on top of light box. If mesh shows no signs of infestation, the produce may be used. If not, repeat steps 4 - 9 until filter mesh is clean of infestation.
Boston Lettuce  Green Leaf Red Leaf Chinese Cabbage  Iceberg  Romaine 	<ol style="list-style-type: none"> 1. Remove wrapper leaves when present, core, and separate leaves. 2. Into a sink (basin, bowl etc.) of cold/lukewarm water, add unscented dishwashing liquid (or proven, soap-based vegetable wash) until water achieves slimy feel and creates some bubbles. 3. Place leaves into soap-water solution. 4. Allow to sit in soap solution for approximately 3 minutes, agitating and rubbing all surfaces. (Be sure to open all folds.) 5. Remove produce and rub each leaf gently with a soft sponge on both sides and in all folds and corners. 6. Rinse each leaf on both sides under a heavy stream of water. 7. One at a time, place each leaf on light box looking for worms (e.g. leaf miners) IN the flesh of the leaf. (They burrow through the leaf, leaving behind winding trails.) <p>OR</p> <p>Steps 1 - 4 above</p> <ol style="list-style-type: none"> 5. Remove leaves rinsing each one on both sides under heavy stream of water. 6. One at a time, place each leaf on light box and check for presence of any opaque, symmetrical items as well as for worms (e.g. leaf miners) IN the flesh of the leaf. (They burrow through the leaf, leaving behind winding trails.) 	<ol style="list-style-type: none"> 1. Remove wrapper leaves when present, core, and separate leaves. 2. Into a sink (basin, bowl etc.) of cold/lukewarm water, add unscented dishwashing liquid (or proven, soap-based vegetable wash) until water achieves slimy feel and creates some bubbles. 3. Place leaves into soap-water solution. 4. Allow to sit in soap solution for approximately 3 minutes, agitating and rubbing all surfaces. (Be sure to open all folds.) 5. (OPTIONAL) Remove produce and rub each leaf gently with a soft sponge on both sides and in all folds and corners. 6. Rinse each leaf on both sides under a heavy stream of water. 7. Place the washed and rinsed leaves into a pan, bowl, or bucket of water for 3 minutes agitating occasionally. 8. Remove produce shaking excess water back into bowl/basin and place produce into clean receptacle. Pour water through filtering apparatus, remove filter and check on top of light box. If mesh shows no signs of infestation, the produce may be used. If not, repeat steps 2 - 8 until filter mesh is clean of infestation. <p>NOTE: It is important to check leaves for evidence of leaf miners.</p>
Cauliflower  NOTE: When processing more than one head of cauliflower, it is important to segregate each head since, if a section of a cauliflower head shows signs of infestation the entire head must be discarded, if more than one head is processed at a time, it will be impossible to know from which head the infested section came, and all the produce will have to be discarded.	<ol style="list-style-type: none"> 1. Separate and remove cauliflower florets from the stem. (The smaller the pieces the more surface area is exposed and the easier it is for infestation to be seen and removed. It is recommended to cut each floret vertically as well.) 2. Examine the cauliflower pieces, paying careful attention to the under side of the floret. 3. Wash thoroughly. 4. After preparation is complete, soak product in cold/lukewarm water for 3 minutes agitating occasionally. 5. Remove product, and inspect each piece for infestation. <p>NOTE: Heads of cauliflower that are found to be infested are difficult to clean and should not be used.</p>	<ol style="list-style-type: none"> 1. Separate and remove cauliflower florets from the stem. (The smaller the pieces the more surface area is exposed and the easier it is for infestation to be seen and removed. It is recommended to cut each floret vertically as well.) 2. Examine the cauliflower pieces, paying careful attention to the under side of the floret. 3. Wash thoroughly. 4. After preparation is complete, soak product in cold/lukewarm water for 3 minutes. 5. Remove product, filter water, and inspect mesh on light box. <p>NOTE: Heads of cauliflower that are found to be infested are difficult to clean and should not be used.</p>

Food Item	Conventional Method of Preparation / Inspection	Filtration Inspection
Celery 	<ol style="list-style-type: none"> 1. Separate the stalks from the head. 2. Remove the entire leafy section, and trim the bottom, of each stalk. (If the leaves are desired, they may be prepared like cilantro, dill, and parsley above.) 3. Check both sides of each stalk (and leaves if using) for any evidence of leaf miners. Cut off from the stalks and furrows or trails and discard any leaves in which leaf minor furrows are seen. 4. Thoroughly wash each stalk under a strong stream of water or soak the stalks in a sink, bowl basin, etc. 	
Frisee 	<ol style="list-style-type: none"> 1. Core, and separate all leaves. 2. Into a sink (basin, bowl etc.) of cold/lukewarm water, add unscented dishwashing liquid (or proven, soap-based vegetable wash) until water achieves slimy feel and creates some bubbles. 3. Place leaves into soap-water solution. 4. Allow to sit in soap solution for approximately 3 minutes, agitating vigorously and thoroughly. 5. Remove loose handfuls of product and rinse each handful thoroughly under a heavy stream of water. 6. Due to high levels of infestation and many grooves in which the bugs may stubbornly attach themselves, and the very difficult task of inspecting these very fine leaves, it is important to repeat Steps 2 -5 two additional times to assure the product is clean, or to use the filtration system described in the next column. 	<ol style="list-style-type: none"> 1. Core, and separate all leaves. 2. Into a sink (basin, bowl etc.) of cold/lukewarm water, add unscented dishwashing liquid (or proven, soap-based vegetable wash) until water achieves slimy feel and creates some bubbles. 3. Place leaves into soap-water solution. 4. Allow to sit in soap solution for approximately 3 minutes, agitating vigorously and thoroughly. 5. Remove loose handfuls of product and rinse each handful thoroughly under a heavy stream of water. 6. Place the washed and rinsed leaves into a pan, bowl, or bucket of water for 3 minutes agitating occasionally. 7. Remove produce shaking excess water back into bowl/basin and place produce into clean receptacle. Pour water through filtering apparatus, remove filter and check on top of light box. If mesh shows no signs of infestation, the produce may be used. If not, repeat steps 2 - 7 until filter mesh is clean of infestation.
 Arugula  Baby Spinach  Cilantro  Dill  Mescun Mix  Mint  Parsley  Rosemary  Thyme	<p>With items such as cilantro, dill, parsley, rosemary, and thyme it is best to make a dry check for infestation before washing. This is best done by banging the leaves several times onto a light box or white cloth.</p> <ol style="list-style-type: none"> 1. Into a sink (basin, bowl etc.) of cold/lukewarm water, add unscented dishwashing liquid (or proven, soap-based vegetable wash) until water achieves slimy feel and creates some bubbles. 2. Place product into soap-water solution. 3. Allow to sit in soap solution for approximately 3 minutes, occasionally agitating by hand, making certain the many small leaves are not sticking together. 4. Remove loose handfuls of product and rinse each handful thoroughly under a heavy stream of water, or rinse small amounts in a colander under a heavy stream of water. 5. Check both sides of each leaf using direct light (e.g. light box) 6. If one or two insects are found, rewash the herbs. 7. If any insects are found after repeating the agitation process twice, the entire bunch must be discarded. <p>NOTE: Because it is very difficult to inspect these very small leaves, it would be advisable to repeat the above process one or two times before checking on light box.</p>	<p>With items such as cilantro, dill, parsley, rosemary, and thyme it is best to make a dry check for infestation before washing. This is best done by banging the leaves several times onto a light box or white cloth.</p> <ol style="list-style-type: none"> 1. Into a sink (basin, bowl etc.) of cold/lukewarm water, add unscented dishwashing liquid (or proven, soap-based vegetable wash) until water achieves slimy feel and creates some bubbles. 2. Place product into soap-water solution. 3. Allow to sit in soap solution for approximately 3 minutes, occasionally agitating by hand, making certain the many small leaves are not sticking together. 4. Remove loose handfuls of product and rinse each handful thoroughly under a heavy stream of, or rinse small amounts in a colander under a heavy stream of water. 5. Place the washed and rinsed leaves into a pan, bowl, or bucket of water for 3 minutes, agitating occasionally. 6. Remove produce shaking excess water back into bowl/basin and place produce into clean receptacle. Pour water through filtering apparatus, remove filter and check on top of light box. If mesh shows no signs of infestation, the produce may be used. If not, repeat steps 2 - 6 until filter mesh is clean of infestation.
 Fennel 	<ol style="list-style-type: none"> 1. Cut off top, leafy section and discard. 2. Cut bulb section in half (vertically), core, and separate sections. 3. Wash each section under a stream of water, rubbing each side. 	
 Leeks and Scallions 	<ol style="list-style-type: none"> 1. Check upper portion for evidence of leaf miners (i.e. worms found IN the flesh of the leaf). They burrow through the leaf, leaving behind winding trails. 2. Cut off and discard the root, together with about 1/4 inch of the scallion itself. 3. Slit each scallion or leek from where the leaves join the stalk down towards the root section. 4. Check between the layers and the section just above where the leaves join the bulb for thrips. 5. Wash the leaves under a stream of water. Some suggest slitting each leaf from top to bottom before washing. 	<ol style="list-style-type: none"> 1. Check upper portion for evidence of leaf miners (i.e. worms found IN the flesh of the leaf). They burrow through the leaf, leaving behind winding trails. 2. Cut off and discard the root, together with about 1/4 inch of the scallion itself. 3. Slit each scallions or leek from where the leaves join the stalk down towards the root section. 4. Wash in bowl of cold or lukewarm warm with enough unscented dishwashing liquid or proven, soap-based vegetable wash to give water a slimy feel and creates some bubbles. 5. Remove and rinse under stream of water rubbing each leaf down the length. 6. Place leaves in a clean bowl of water. 7. Remove, filter water, and check mesh on light box.
Strawberries 	<p>Before preparing and washing strawberries, visually check them for infestation. For those found to have any degree of infestation, follow the additional step #4 below.</p> <ol style="list-style-type: none"> 1. Remove the green leafy portion of the strawberries being careful to not cut so close to the top revealing a hole to the inside of the fruit. If a hole is revealed, the strawberry must be cut in half before further washing. 2. Place the strawberries in a bowl (basin or pan) of cold/lukewarm water with enough unscented dishwashing liquid (or proven, soap-based vegetable wash) to give water a slimy feel and creates some bubbles. for approximately 3 minutes, occasionally agitating and rubbing each strawberry. 3. Remove the strawberries, one at a time, and rinse the entire surface of each berry with a spray/shower of water of significant pressure using a basting brush or sponge to go over the entire surface of each berry. 4. Place the strawberries in a bucket, bowl, or basin of plain water and let soak for 3 minutes. Remove to dry and check the water for evidence of infestation. It is best to filter the water as described in the column to the right. If no mesh is available, place the water in a clear bowl on top of the light box and check. The wider the bowl the better as it is very difficult to check water of significant depth. If inspection shows no infestation, the product may be used. If infestation is found, repeat steps 2 through 4 until clean. 	<ol style="list-style-type: none"> 1. Remove the green leafy portion of the strawberries being careful to not cut so close to the top revealing a hole to the inside of the fruit. If a hole is revealed, the strawberry must be cut in half before further washing. 2. Place the strawberries in a bowl (basin or pan) of cold/lukewarm water with enough unscented dishwashing liquid (or proven, soap-based vegetable wash) to give water a slimy feel and creates some bubbles. for approximately 3 minutes, occasionally agitating and rubbing each strawberry. 3. Remove the strawberries, one at a time, and rinse the entire surface of each berry with a spray/shower of water of significant pressure using a basting brush or sponge to go over the entire surface of each berry. 4. Place the berries in a bucket, bowl, or basin of plain water and let soak for 3 minutes. 5. Remove to dry and filter this water. Place filter on light box and check for infestation. If mesh shows no signs of infestation, the produce may be used. If not, repeat steps 2 through 5 until filter mesh is clean of infestation.
	 