













Fruit and Vegetable Inspection Chart





This is only a brief summary to serve as a quick reference guide. Please do not rely on this summary alone.

| Fresh Vegetables | Type of Insect* | Location of Insect | Method of Inspection** |
|---|---|---|---|
| ARTICHOKE  | Aphids and thrips | Deep between the leaves | Artichoke leaves: Examine one by one. Heart of the artichoke: Spread apart the artichoke leaves; carefully examine around and between the leaves. If no sign of insect infestation, wash thoroughly. Due to the difficulty involved in checking, they are not allowed in OU restaurants. Solid artichoke bottom: No inspection. Rinse prior to using. |
| ASPARAGUS  | Thrips | Under triangle parts along the stem and in the tips | Green asparagus: Shave down the tips; remove the triangle parts along the stem and in the tips. White asparagus: Wash thoroughly before using. |
| BEANS  | Worms, when stored prolonged or improperly | Can be in the middle of the bean | Soak for approximately 1/2 hour; remove wormy beans that float to top of water. |
| BROCCOLI  | Aphids, thrips or broccoli worm; may appear brownish after parboiling | Lodged in the floret head, or at the base of area connecting the floret to the stem | Fresh broccoli, stems: Wash thoroughly. Fresh broccoli, whole: Parboil for no more than 1 minute. Segregate each head individually. Look carefully at the branched area of each floret, in the crevice formed by two branches forking out from a single trunk like a Y; spread apart each floret head and look through the florets, into the branch area; if 1 or 2 insects are found, continue examining the remaining sections of head; if 3 insects are found, the entire head should be discarded. |
| CABBAGE  | Thrips or cabbageworms | Most often in the outermost six leaves | Green cabbage: Detach loose leaves; discard; core the cabbage and split head in half. Peel 3 layers; carefully check these 6 leaves under direct light; check both sides. If 1-2 insects are found, check an additional layer. If last three consecutive layers were clean and the remaining leaves are tightly packed together, the remaining leaves of the head may be used without further checking, but should be washed well before use. |

* Aphids – size of a pin head, light-green, round insects; Thrips – size of a “1” in a dollar bill serial number; linear, black or grayish insects.

** When checking leafy vegetables or herbs, both sides of each leaf must be checked.

| Fresh Vegetables | Type of Insect* | Location of Insect | Method of Inspection** |
|---|--------------------------------|---|---|
|  | Thrips or cabbageworms | Most often in the outermost six leaves | <p>If 3 or more insects are found, the remaining leaves must be washed and checked before use.</p> <p>Red cabbage: Same as green cabbage.</p> |
| <p>CAULIFLOWER</p>  | Thrips or small orange insects | Inside or between small thin white branches | <p>Separate and remove florets from stem.</p> <p>Examine the under part of the floret; wash thoroughly.</p> |
| <p>CELERY</p>  | Thrips, flies or worms | On inside and outside of stalk, especially close to base or on leaves | <p>Remove all leaves; hold celery firmly under strong stream of water; brush down both inside and outside of stalk with finger or a vegetable brush; if a worm burrow is spotted, slit open celery stalk, remove worm, and wash thoroughly. Leaves must be washed with soapy solution.</p> |
| <p>ENDIVES</p>  | Thrips | On leaf | Remove leaves and wash, no visual inspection needed. |
| <p>HERBS</p>  | Aphids or thrips | On surface of leaves or stem | <p>Soak in cold water; add several drops of concentrated, non-scented liquid detergent or vegetable wash; agitate herbs in the water, removing all foreign matter and soap from leaf surface; alternatively, a vegetable brush may be used on both sides of leaf. Check each leaf on both sides under direct light. If one or two insects are found, rewash the herbs.</p> |
| <p>ICEBERG LETTUCE</p>  | Aphids or thrips | In the folds and crevices of the first four layers | <p>Detach loose leaves; discard; core lettuce; split head in half; peel 4 layers off the head; carefully check these leaves by holding the leaf under direct light; check both sides of each leaf. If 1-2 insects are found check an additional layer. If last three consecutive layers were clean and the remaining leaves are tightly packed together, the remaining leaves of the head may be used without further checking, but should be washed well before use. If 3 or more insects are found, the remaining leaves must be washed and checked before use.</p> |
| <p>MUSHROOMS</p>  | Small white or red worms | Imbedded in under part or in inner sections of mushroom | <p>Shiitake and Button: wash thoroughly.</p> <p>Oyster: Break apart in several places, especially the base, examine inner sections. If insects are found, discard mushroom.</p> <p>Portobello: remove stem, examine detached cap. Remove entire brown fan-like under-part. Wash thoroughly.</p> |

| Fresh Vegetables | Type of Insect* | Location of Insect | Method of Inspection** |
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| <p>OPEN LEAF LETTUCE (e.g., green/red leaf, Boston, chicory, bok choy, romaine, etc.)</p>  | Aphids or thrips | Found even in the inner leaves due to its open growth | Cut off lettuce base; soak lettuce in cold water with several drops of concentrated, non-scented liquid detergent or vegetable wash; agitate leaves using a strong stream of water to remove all foreign matter and soap from leaf surface or use a vegetable brush on both sides of the leaf; check leaves under direct light. |
| <p>ONION</p>  | Thrips | Tips or outer layers | Cut off onion tips; peel off inedible and loose layers of skin; wash thoroughly |
| <p>SCALLIONS</p>  | Light-green or brown thrips | Mostly in upper area of bulb, also between branches and occasionally on outside and inside of shoots | Cut scallion root from top to the bottom of bulb; examine between thin layers where they merge from the bulb. If no insects are found, the remaining scallions may be consumed after thorough washing. If insects are found, the entire head must be checked carefully. |
| <p>SPINACH & ARUGULA</p>  | Thrips or worms | In curls and inside of leaf | Soak in cold water; add several drops of concentrated non-scented liquid detergent or vegetable wash; agitate leaves in water to wash their surface; use a strong stream of water to remove all foreign matter and soap from surface of the leaf; check leaves under direct light. |
| Frozen Vegetables | Type of Insect* | Location of Insect | Method of Inspection** |
| ASPARAGUS | Thrips | See "Fresh" | Not recommended. |
| BROCCOLI (spears or florets only) | Aphids, thrips, or worms | Lodged in the floret head, or at the base of area connecting the floret | Allow to thaw completely; look carefully at branched area of each floret, in the crevice formed by two branches forking out from a single trunk like a Y; inspect inside the floret from the top into the branch area. If 3 insects are found, the entire package should be discarded. Frozen broccoli is difficult to check; it is therefore best to avoid uncertified product. |
| CAULIFLOWER | Thrips | See "Fresh" | Same as fresh. |


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** When checking leafy vegetables or herbs, both sides of each leaf must be checked.


| Canned Vegetables | Type of Insect* | Location of Insect | Method of Inspection** |
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| ARTICHOKE HEARTS | Aphids or thrips | Deep between leaves | Avoid completely. |
| ASPARAGUS | Thrips | See under "Fresh Vegetable" | Avoid completely. |

| Fresh Berries | Type of Insect* | Location of Insect | Method of Inspection** |
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| BLACKBERRIES  | Thrips or mites | On surface of berry, nestled in crevices | Drop pint of berries onto white cloth or light box, then inspect one by one. If insects are found, do not use pint of berries. Due to the difficulty involved in checking, they are not allowed in OU restaurants. |
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| BLUEBERRIES  | White maggots | Cultivated: Generally insect-free Wild: On surface or in center of berry | Cultivated: place in a strainer or colander and wash thoroughly under running water. Wild: Cut open and carefully examine on white cloth after washing. |
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| RASPBERRIES  | Thrips or mites | On surface of berry and in open cavity | Gently drop raspberries onto a white cloth or light box to dislodge the insects, then inspect one by one. If insects are found, do not use pint of berries. Due to the difficulty involved in checking, they are not allowed in OU restaurants. |
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| STRAWBERRIES  | Aphids, thrips, | Under green leaf or on surface | Remove tops. Carefully rotate and inspect each berry. Place in soapy solution. Agitate each berry and soak for several minutes. Wash each berry under powerful spray of running water. Place berries with insects found previously in a glass bowl of fresh water. Check water for insects. |
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| Dried Fruit | Type of Insect* | Location of Insect | Method of Inspection** |
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| DATES  | Worms | Inside of date | Slice lengthwise and examine. No checking necessary when using pitted dates. |
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| FIGS  | Wasps or worms | Inside of fig | Cut fig horizontally and split in half; check for obvious signs of insect damage or dark colored worms. |
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| Dehydrated Herbs | All dehydrated herbs may be used without checking. | | |
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 ** When checking leafy vegetables or herbs, both sides of each leaf must be checked.