

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**
<p>ARTICHOKE</p> 	Aphids and thrips	Deep between the leaves	<p>Artichoke leaves: Examine one by one.</p> <p>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.</p> <p>Solid artichoke bottom: No inspection. Rinse prior to using.</p>
<p>ASPARAGUS</p> 	Thrips	Under triangle parts along the stem and in the tips	<p>Green asparagus: Shave down the tips; remove the triangle parts along the stem and in the tips.</p> <p>White asparagus: Wash thoroughly before using.</p>
<p>BEANS</p> 	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.
<p>BROCCOLI</p> 	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	<p>Fresh broccoli, stems: Wash thoroughly.</p> <p>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.</p>
<p>CABBAGE</p> 	Thrips or cabbageworms	Most often in the outermost six leaves	<p>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.</p>

* 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	If 3 or more insects are found, the remaining leaves must be washed and checked before use. Red cabbage: Same as green cabbage.
CAULIFLOWER 	Thrips or small orange insects	Inside or between small thin white branches	Separate and remove florets from stem. Examine the under part of the floret; wash thoroughly.
CELERY 	Thrips, flies or worms	On inside and outside of stalk, especially close to base or on leaves	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.
ENDIVES 	Thrips	On leaf	Remove leaves and wash, no visual inspection needed.
HERBS 	Aphids or thrips	On surface of leaves or stem	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.
ICEBERG LETTUCE 	Aphids or thrips	In the folds and crevices of the first four layers	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.
MUSHROOMS 	Small white or red worms	Imbedded in under part or in inner sections of mushroom	Shiitake and Button: wash thoroughly. Oyster: Break apart in several places, especially the base, examine inner sections. If insects are found, discard mushroom. Portobello: remove stem, examine detached cap. Remove entire brown fan-like under-part. Wash thoroughly.

Fresh Vegetables	Type of Insect*	Location of Insect	Method of Inspection**
<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.

* 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.

Canned Vegetables	Type of Insect*	Location of Insect	Method of Inspection**
-------------------	-----------------	--------------------	------------------------

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**
---------------	-----------------	--------------------	------------------------

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.
---	-----------------	--	--

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.
--	---------------	---	--

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.
--	-----------------	--	---

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.
---	-----------------	--------------------------------	---

Dried Fruit	Type of Insect*	Location of Insect	Method of Inspection**
-------------	-----------------	--------------------	------------------------

DATES 	Worms	Inside of date	Slice lengthwise and examine. No checking necessary when using pitted dates.
--	-------	----------------	---

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.
---	----------------	---------------	---

Dehydrated Herbs	All dehydrated herbs may be used without checking.		
------------------	--	--	--

* 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.