

Rabbinical Council of California

3780 Wilshire Blvd Suite 420

Los Angeles, CA. 90010

Phone (213) 389-3382

Fax (562)286-5235

www.rccvaad.org

Vegetable Policy

July 2009

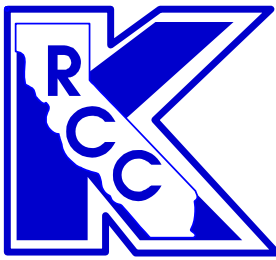
This updated Vegetables, Herbs and Fruit policy we are presenting to you is the result of countless hours of research, consultation and debate. Please read following brief outline of some of the considerations that resulted in drafting these policies.

1. The consumption of insects (dead or alive) **is forbidden by Torah law.**
2. Certain fruits, vegetables or herbs are simply so infested that even most intense washing procedures will prove ineffective in removing all insects
3. For an investigative video presentation of insects in fruits or vegetables please follow below link <http://tinyurl.com/6e37zq> that demonstrates the presence of thrips in high quality strawberries *even after the soaping and rinsing* of the fruit.

We have gone to great lengths to prevent the elimination of items that impact your choices, but please bear in mind that our primary responsibility to the community is to guarantee the kashrut of what you produce and not the variety of what you may offer.

You may rightly ask: “Why has this become such an issue all of a sudden?” The answer is that, with the advance of Environmentalist and Organic movements less and less pesticide is being used. Less pesticide = more insects! Furthermore, as with many different issues, today there is increased awareness of the insect problem and their unenvied place in observance of Kashrut.

Concurrent with this policy review, the RCC has spent hundreds of hours researching and developing alternatives. Over the past two years, we have been working with many farms from around the country to see if they can grow produce that does not require soaping or checking. With the grace of Hashem, we currently have a farm that is growing insect-free vegetables. This farm uses special netting from Israel, as well as careful Gush Katif style methods to ensure the produce remains insect free. While the price for these vegetables is indeed higher due to the significantly higher costs of equipment and care in growing them, we all benefit from having truly kosher vegetables that would otherwise have to be eliminated due to infestation.



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Please note, that the RCC and its employees do not have any investment, business interest or financial gain from the sale of produce from these farms. Our only interest is to make available much needed items to the market at the lowest price possible.

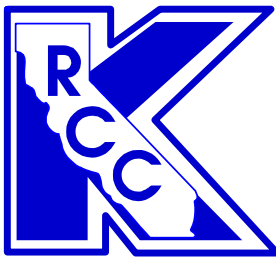
Currently Romaine Lettuce, Parsley, Cilantro, Dill, Basil, and Mint are available. Other herbs and vegetables are in the growing and/or planning stages.

AOF Agriculture: 805-658-6935 Owner: Yossi Asyag; Sales contact: Bill Glasser

Please take a few moments to study this updated standard as **it incorporates many changes.**

These guidelines should not be used after October 2009. As insect infestation rates change, updates will be issued as needed.

Apple	Dehydrated requires certification
Apricot	No certification required
Artichokes	Fresh: Only artichoke bottoms are allowed Canned : bottoms only with certification
Arugala*	With a trained Mashgiach only
Asparagus Green	Tips must be removed completely
Asparagus White	Acceptable after washing
Bananas	Dehydrated require certification
Basil	Dry, with a trained Mashgiach, or from RCC certified sources
Blackberry	Fresh is not allowed at this time US Grade A frozen are acceptable for pureeing only Dehydrated require certification
Blueberry	Fresh must be rinsed in water. Frozen : Any US Dehydrated Requires certification
Bok Choy*	With a trained Mashgiach only
Boston, Butter or Bib Lettuce	None allowed at this time
Broccoli - Frozen	Only certified insect-free such as Bodek, Golden Flow and Eden are allowed
Broccoli	Fresh broccoli is allowed <u>only</u> from RCC certified sources
Brussel Sprouts	Not Permitted
Cabbage – Shredded	Only Ready Pac or approved washed shredded cabbage



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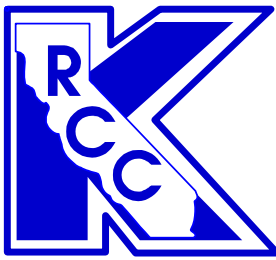
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(coleslaw)	No in-house shredding of cabbage is allowed
Cabbage – Whole for stuffed cabbage only	<ul style="list-style-type: none"> • Freeze for 48 hours • Defrost • Wash each leaf under running water on both sides. <p>All whole cabbage should be kept in the freezer at all times. No fresh cabbage may be kept in the refrigerator at any time.</p>
Carob	Not allowed at this time
Carrots	All acceptable
Cauliflower	Fresh is allowed <u>only</u> from RCC certified sources Frozen only certified insect-free such as Bodek, Golden Flow and Eden are allowed
Celery Stalks	Wash under running water
Cherries	Dehydrated requires certification
Chives	Wash under running water
Cilantro	Only dry or fresh RCC-certified. No washing of regular fresh cilantro is allowed.
Corn	All frozen is acceptable. Canned need certification.
Cranberries	Dehydrated Requires certification
Date	All acceptable unless visibly infested
Dehydrated Herbs	From Israel require reliable certification
Dill*	Dry only Or Fresh RCC-certified. (Available from Aof)
Endive	Wash under running water
Fennel	Not allowed at this time
Figs	Dry Persian figs are not allowed at this time.
Flowers -Edible	With a trained mashgiach only
Friesse*	With a trained Mashgiach only
Kale*	Not allowed even for decoration unless inspected and washed by a trained mashgiach
Leek	Cut and wash under water
Lettuce - Iceberg	Ready Pac Only. <u>No in-house washing or chopping of whole iceberg is allowed.</u>
Mango	Dehydrated requires certification
Mesculin*	With a trained Mashgiach only
Mint	Dry or RCC certified (Available from AOF)



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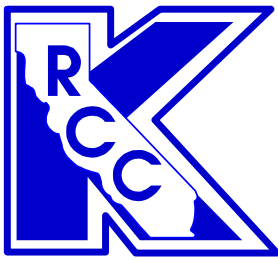
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Mushrooms	Shitake and Button: wash thoroughly. Oyster: not recommended Portobello: with mashgiach only
Napa (Chinese cabbage)*	With a trained Mashgiach only
Nuts	All roasted nuts require certification Raw nuts do not require certification
Oregano*	Dry or with a trained mashgiach only
Papaya	Dehydrated Requires certification
Parsley	Only dry or fresh RCC-certified (Available from Aof) No washing of regular fresh parsley is allowed.
Peaches	Dehydrated Does Not Require certification
Pears	Dehydrated Does Not Require certification
Peas	Fresh - general inspection to rule out obvious infestation. Any frozen may be used. Canned must have certification.
Peppers	Imported Peppers from Israel need reliable certification.
Pineapple	Dehydrated does not require certification
Prunes	Does Not Require certification
Radicchio	Wash each leaf on both sides under running water
Raisins	Domestic does not require certification. Imported with oil must be kosher certified.
Raspberries	<ul style="list-style-type: none"> • Fresh are not allowed at this time • US Grade A industrially frozen are acceptable for pureeing only • Dehydrated require certification
Romaine Lettuce	Only RCC certified Romaine (Available from AOF). No Andy Boy or pre-washed.
Rosemary	Wash under running water
Sage*	Dry or with a trained mashgiach only
Scallions green onions	Cut and wash under water
Seaweed/ Nori	With reliable certification only
Spinach	Fresh: With a trained Mashgiach or RCC Certified Frozen: Only certified insect free such as Bodek, Golden Flow and Eden are allowed
Spring Mix*	With a trained Mashgiach only
Strawberry*	<ul style="list-style-type: none"> • Fresh are not allowed at this time • US Grade A industrially frozen are acceptable for pureeing only



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	<ul style="list-style-type: none">• Dehydrated require certification
Tarragon*	Dry or with a trained mashgiach only
Thyme*	Dry or with a trained mashgiach only
Watercress	Not allowed

* If we succeed in growing these items insect free, adjustments to the above will be made.

Availability of produce is dependant on seasonal and weather conditions and is subject to change.

CANNED VEGETABLE

All canned vegetables require reliable certification.

CANNED/FROZEN FRUITS

Canned and frozen fruits are acceptable **EXCEPT** when containing natural or artificial flavors, natural colors, grape juice or fruit juice. Canned fruits from China must have certification.

ISRAELI PRODUCTS: All Israeli products whether fresh, canned, dry or frozen require special certification.