

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

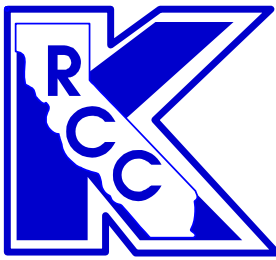
This updated Vegetables, Herbs and Fruit policy we are presenting to you is the result of countless hours of research, consultation and debate. Please read following brief outline of some of the considerations that resulted in drafting these policies.

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.

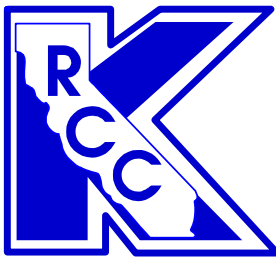
Currently Romaine Lettuce, Parsley, Cilantro, Dill, Basil, and Spinach are available. Other herbs and vegetables are in the growing and/or planning stages.

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 January 2010. As insect infestation rates change, updates will be issued as needed.

| | |
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| 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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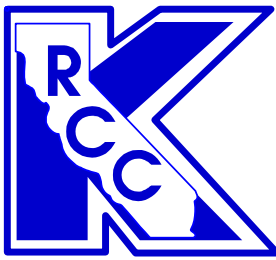
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| (coleslaw) | No in-house shredding of cabbage is allowed |
| Cabbage – Whole for stuffed cabbage only | <ul style="list-style-type: none"> • Freeze for 48 hours • Defrost • Wash each leaf under running water on both sides. <p>All whole cabbage should 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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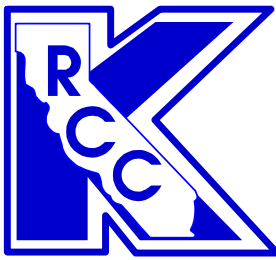
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| Mushrooms | Shitake and Button: wash thoroughly. Oyster: not recommended Portobello: with mashgiach only |
| Napa (Chinese cabbage)* | With a trained Mashgiach only |
| Nuts | All roasted nuts require certification Raw nuts do not require certification |
| 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 (Available from AOF) 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 |



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| | pureeing only <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.