

Rabbinical Council of California

3780 Wilshire Blvd Suite 420

Los Angeles, CA. 90010

Phone (213) 389-3382

Fax (562)286-5235

www.rccvaad.org

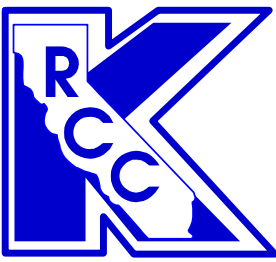
Vegetable Wash Guide

***Lettuce and Herbs**

1. Fill large bowl or sink with water.
2. Gently add soap or veggie wash into water to avoid frothing at top until the water has an oily feel.
3. Soak lettuce/herbs in soapy solution for 3 minutes and strongly agitate all items. Leaves should not be packed in bowl but should have enough room to allow water to flow freely.
4. Remove lettuce/herbs in single handfuls from the soapy water and hold them under a heavy stream of water.
5. Place lettuce/herbs in a bowl or bucket of fresh water.
6. Agitate and remove lettuce/herbs in single handfuls from fresh water bath.
7. Pour water from bowl/bucket through a filter or t-shirt and check for insect presence under a strong light or over a light box.
8. If nothing is found, lettuce/herbs may be used.
9. If insects are found, you may repeat entire washing process.
10. If insects are found after repeating the above process, the entire batch should not be used.

- This method may be used for basil, cabbage, cauliflower, cilantro, flat parsley, kale (requires a leaf by leaf check as well), mint, spinach, spring mix

*- The RCC currently monitors the infestation rates in bagged pre-washed iceberg lettuce and bagged pre-washed cabbage. At this time both are acceptable to use out of the bag **without** further washing or checking.



Rabbinical Council of California

3780 Wilshire Blvd Suite 420

Los Angeles, CA. 90010

Phone (213) 389-3382

Fax (562)286-5235

www.rccvaad.org

***Romaine Hearts**

1. Fill large bowl or sink with water.
2. Gently add soap or veggie wash into water to avoid frothing at top until the water has an oily feel.
3. Place lettuce leaves in soapy water
4. Allow to soak for 3-5 minutes.
5. Carefully wash off the entire surface of each leaf, one by one, under a heavy stream of water ensuring that the water hits the entire surface area of the leaf directly.

Strawberries

1. Fill large bowl or sink with water.
2. Gently add soap or veggie wash into water to avoid frothing at top until the water has an oily feel.
3. Remove green stems from strawberries (without knife) and place in soapy water.
4. Allow to soak for 3-5 minutes.
5. While soaking, agitate in water vigorously and then rub the surface of each strawberry with your fingers.
6. Carefully wash off the entire surface of each strawberry, one by one, under a heavy stream of water ensuring that the water hits the entire surface area of the strawberry directly.

*- Full Romaine heads would require a leaf by leaf check after performing the above washing procedure.