



Pureeing of Produce

תמוז תשפ"ה / July 2025

The general requirements to remove insects from produce are somewhat relaxed when that produce will be pureed before consumption. The information given below relates to fruits and vegetables which will be pureed for soup, smoothies, *kugel*, and similar items.

These guidelines do not apply to “U-Pick” or home-grown produce, which tend to be more infested than commercially sold items. All recommendations apply equally to fresh or frozen items, unless otherwise noted. In this context, “frozen” refers to items which were frozen by the manufacturer. In choosing a blender, be sure that it has enough torque/friction to thoroughly puree the produce. Otherwise, add several ice cubes to the mix to increase torque.

WASH

The “Wash” noted below refers to the following: Soak and agitate the produce in soapy water for approximately one minute before pureeing, using enough soap or vegetable wash to make the produce feel slippery. For frozen items, allow the outer layer to thaw before washing. For items that require multiple washes, you should alternate between soapy-water washes and plain-water washes.

Due to potential changes in infestation levels and market conditions
the information in this list is only valid until June 30, 2026

Use the KEY on the next page for details on the letters and numbers (e.g., B, C, P, 1, 2) in this chart

FOOD ITEM	STANDARD	ORGANIC
Acai berries, pureed	✓	✓
Alfalfa sprouts	✓	✓
Apples	✓	✓
Apricots	✓	✓
Artichoke bottoms	✓	✓
Artichoke hearts, all leaves plucked off	2	2
Arugula	1	3
Asparagus, green	2	3
Asparagus, white	✓	✓
Avocado	✓	✓
Banana	✓	✓
Basil, dried	✓	✓
Basil, fresh	1	3
Bean sprouts	✓	✓
Beets	✓	✓
Bell pepper, fresh, stems cut off	1	1
Bell pepper, frozen	✓	✓

FOOD ITEM	STANDARD	ORGANIC
Blackberry, fresh	2	3
Blackberry, frozen	✓ ^P	2
Blueberry, fresh rinsed before use	✓ ^P	1
Blueberry, frozen	✓	✓ ^P
Bok choy	2	2
Broccoli	B	B
Broccolini	B	B
Brussels sprouts, each layer peeled off	2	3
Butternut squash	✓	✓
Cantaloupe	✓	✓
Carrots	✓	✓
Cauliflower	C	C
Caulilini	C	C
Celery	1	1
Chard	2	3
Cherries	✓	✓
Chili peppers	✓	✓
Chives, fresh	✓ ^P	1

FOOD ITEM	STANDARD	ORGANIC
Cilantro, fresh	1	3
Cinnamon	✓	✓
Collard greens	2	3
Corn after husks removed	✓ ^P	✓ ^P
Cranberry	✓	✓
Cucumbers	✓	✓
Dates, dried	✓ ^P	✓ ^P
Dates, fresh	✓ ^P	✓ ^P
Dill, dried	✓	✓
Dill, fresh	1	3
Dragon fruit	✓	✓
Edamame	✓	✓
Eggplant	✓	✓
Garlic, fresh rinsed before use	✓ ^P	✓ ^P
Grapes rinsed before use	✓ ^P	✓ ^P
Herbs, including those grown indoors at home	1	3



FOOD ITEM	STANDARD	ORGANIC
Honeydew	✓	✓
Kale, fresh	3	5
Kale, triple washed	2	3
Kiwi	✓	✓
Leeks	1	1
Lemon	✓	✓
Lime	✓	✓
Mango	✓	✓
Melons	✓	✓
Microgreens	1	2
Mushroom, Baby Bella	✓	✓
Mushroom, Button	✓	✓
Mushroom, Morel rinsed before use	✓ ^P	✓ ^P
Mushroom, Oyster rinsed before use	✓ ^P	✓ ^P
Mushroom, Porcini rinsed before use	✓ ^P	✓ ^P
Mushroom, Portobello	✓	✓

FOOD ITEM	STANDARD	ORGANIC
Mushroom, Shiitake rinsed before use	✓ ^P	✓ ^P
Mustard greens	1	1
Nectarines	✓	✓
Nuts	✓	✓
Onions	✓	✓
Papaya	✓	✓
Parsley, dried	✓	✓
Parsley, fresh	1	3
Parsnip	✓	✓
Passionfruit	✓	✓
Peaches	✓	✓
Pears	✓	✓
Peas	✓	✓
Pineapple	✓	✓
Potatoes	✓	✓
Pumpkin	✓	✓
Raspberry, fresh	2	3
Raspberry, frozen	✓ ^P	2

FOOD ITEM	STANDARD	ORGANIC
Rutabaga	✓	✓
Scallions	✓ ^P	✓ ^P
Seeds (assorted)	✓	✓
Spinach, fresh	2	3
Spinach, frozen	1	2
Spinach, triple washed	2	2
Strawberry, fresh	S	S
Strawberry, frozen	✓ ^P	✓ ^P
Sunflower seeds	✓	✓
Sweet potato	✓	✓
Thyme, dried	✓	✓
Thyme, fresh	1	3
Tomatoes	✓	✓
Turnip	✓	✓
Watermelon	✓	✓
Yams	✓	✓
Zucchini	✓	✓

See the previous page for the definition of the term “wash” used in the KEY below

KEY

✓	May be eaten or pureed without any washing
	Superscript “P” (✓ ^P) indicates that this item is only acceptable for use in pureeing
1	Wash once before pureeing
2	Wash twice before pureeing
3	Wash three times before pureeing
5	Wash five times before pureeing

B	Break into small florets and soak in warm water for 20 minutes. Then wash 3 times if it was grown non-organic or 5 times if it is organic produce.
C	Break into small florets and then wash once before pureeing
P	Acceptable for use in pureeing without any washing
S	Agitate vigorously in very soapy water, and a second time in plain water before pureeing. For non-organic strawberries, you can skip the plain water wash.