



Fruit & Vegetable Checking

Whereas eating pork involves a single transgression, eating a fly, worm or other kind of creepy-crawly involves several. The Torah is very explicit in its ban on insects so fruit and vegetables liable to be infested have to be thoroughly scrutinised and cleansed.

[1] For easy to follow advice on checking different types of fruits and vegetables see the [KLBD Bug Checking Guides](#) [2].

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Links

[1] <http://www.kosher.org.uk/bugchart> [2] <https://www.kosher.org.uk/article/klbd-bug-checking-guide>