



# The cRc's 2024/5785 Guide to a Kosher New Year

It is customary to eat certain foods and simanim on Rosh Hashana. Below are the Chicago Rabbinical Council's recommendations to avoid any kashrus concerns on these items. All further inquiries can be checked at [www.ASKcRc.org](http://www.ASKcRc.org) or by calling the office at (773) 465-3900.

NOTE: This chart should only be used in 2024/5785.



## Honey

Requires kosher certification, as packaging equipment for retail honey may be produced on non-kosher lines.



## Carrots

**FRESH OR FROZEN** (including baby carrots) with no questionable additives are acceptable without hashgachah.

**CANNED**  
Requires kosher certification.

## Leek

Cut along full length of the leek so every leaf is separated. Wash each leaf thoroughly under running water.

## Cabbage

**FRESH GREEN**  
Remove and discard 4 outer green leaves. Rinse remaining leaves thoroughly (front and back) under a stream of water.

**PRE-WASHED**  
Acceptable without kosher certification; no further washing is required.

## Beets

**RAW** No checking required.

**COOKED, CANNED OR JARRED** Requires kosher certification.

## Pomegranate

**FRESH** No checking required.

## Dates

**FRESH** Slice open each date, and check for worms and beetles inside. This applies to all dates - domestic and/or pitted.

**DRIED** with no additional flavors are acceptable even without certification. Slice open each date, and check for worms and beetles inside. This applies to all dates - domestic and/or pitted.

## Gourd

**FRESH** No checking required.

**CANNED**  
requires kosher certification.

## Raisins

All domestic do not require certification, unless they are oil treated or flavored. No checking required.



## Fish / Head of Fish

**RAW FISH** It is preferable to purchase raw fish in a kosher fish store. If this is not possible, one must first make sure the fish is, in fact, a kosher species. The only reliable method of determining that a fish is from a kosher species is by inspecting its scales to be sure that they are the type that can be removed from the fish without ripping any flesh. (One notable exception is salmon where the flesh-color is unique and is considered a clear identifying mark of the kosher, salmon fish.) Secondly, the knives used to scale, eviscerate, fillet and/or cut the fish may have been previously used for non-kosher fish. To avoid this issue it is necessary to ask the store employees to clean the knife and work on a clean piece of butcher-paper. If this is not possible, there is basis to permit the purchase of packaged, pre-cut fish but it is necessary to scrub clean any surfaces that had been cut.

**SMOKED / COOKED / PROCESSED / JARRED / CANNED**  
Requires kosher certification.

## Head of Sheep

Requires kosher certification.

## Black-eyed Peas

**RAW** A general inspection is needed to rule out obvious infestation.

**COOKED, CANNED OR JARRED**  
Requires kosher certification.

## Fenugreek

**FRESH** Use cRc cleaning thrip-cloth method, as directed below.

## Spinach

**FRESH** Use cRc cleaning thrip-cloth method, as directed below.

**PRE-WASHED** Use cRc cleaning thrip-cloth method, as directed below.

**FROZEN OR CANNED** Requires kosher certification.

### Thrip-cloth Method (using a silk cloth)

You will need a large bowl, dish soap, 2 strainers, a thrip-cloth, and a light box.

1. Separate the leaves and place them into a bowl of water.
2. Put enough dish soap (a good choice would be Seventh Generation 0% fragrance) or kosher vegetable wash into the bowl until the water and leaves become somewhat slippery.
3. Agitate and soak the leaves in the soapy water for 1-2 minutes.
4. Remove the leaves from the bowl and discard the water.
5. Repeat steps 2-4. Alternatively (instead of repeating steps 2-4) one can wash each leaf under running water (both sides) and then place leaves into a new bowl of soapy water.
6. Remove leaves and pour the water through a thrip-cloth (fine silk cloth that can be purchased from the cRc) that is sandwiched between 2 strainers.
7. Check the cloth carefully on top of a light box or similar apparatus. If a bug is found, repeat. If no bugs are found, rinse and enjoy.

**FURTHER DIRECTIONS** on checking for infestation can be found on our website at [www.cRckosher.org/fruitsandveggies](http://www.cRckosher.org/fruitsandveggies)

*The Chicago Rabbinical Council  
wishes everyone a Kesiva V'chasima Tova.*