

Use & Care of Your Wooden Cutting Board

This cutting board was made from select pieces of hardwoods, hand assembled, glued, and finished. Although your cutting board may look pretty, it really wants to be used. Really, it does. It will be absolutely miserable if you don't use it. Hanging it on a wall as a display piece is not using it. To use it (and to keep the board happy), you must cut things on it. Each time you cut on it, you may leave a mark or two. You should neither worry nor feel sad. Serving as a reminder of an excellent home cooked meal or a lovely little snack, each little mark may be—as far as cutting boards are concerned—a very good thing. So use this board and use it often. To ensure that this cutting board has a long, healthy, happy existence, please follow these simple instructions:

- It is strongly suggested that you use this board for cutting and chopping/dicing fresh vegetables and cutting breads and cheese but not meats (due to the possibility of bacterial cross-contamination—a bad thing).
- After each use, simply wipe the board clean. If necessary, rinse with cool or cold water and wipe dry. Allow to dry thoroughly before storing.
- Store the board in a dry location on its side or flat. You can hang it on a wall but only if you take it down periodically to cut something on it. If you decide hang it up, consider using only one side for cutting and the other for displaying. Or use both sides...who cares! If your friends criticize you, get new friends. If it is the in-laws, ignore them (they are already used to it by now, anyway).
- If the board is used to cut or chop meats, use soap or detergent to thoroughly clean and disinfect the side(s). After rinsing, sanitize the board (1 teaspoon chlorine bleach per quart of water). Once dry, restore the board as required (see below).
- Never immerse the board, soak under water, or wash in an automatic dishwasher. The laminating glues are water resistant, not water proof. Wood is also porous and unnecessary water retention is good for neither humans nor wooden kitchen articles.
- To restore the board, begin by using a medium grit (100) sandpaper to remove any deep grooves (where bacteria can lurk); finish sand the board with a fine to very fine (200 – 320) grit sandpaper and wipe clean. Using a clean rag or paper towel, apply a generous amount of mineral oil and thoroughly rub into all surfaces of the wood (including ends and sides). Allow the oiled board to sit for a bit and then wipe off excess oil. Reapply additional coats as required or desired.
- It is recommended that food grade mineral oil be used instead of any vegetable-based oils (they can become rancid) or waxes. Mineral oil can typically be found in the digestive aids/laxative section of a grocery or drug store. (Hint: If you cut up and eat lots of raw and fresh vegetables, this section of the store should become otherwise unfamiliar.)

For more information regarding cutting boards and food safety, see <https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/cutting-boards>.

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