

## **CUTTING BOARD CARE**

**Since wood is a material that changes its size as it gains or loses moisture, it's important to take proper care of any wood cutting board, and as end grain exchanges moisture with its surrounding environment about 12 times faster than other wood surfaces, this is especially true with End Grain Cutting Boards. Keeping it "seasoned" with food grade mineral oil helps reduce moisture exchange significantly.**

**My boards are finished with a mixture of Mineral Oil and Beeswax which adds water resistance. Re-oiling your cutting board with mineral oil or a cutting board conditioner/cream with beeswax in it should be done every week or so on a new board, or whenever you notice the board looking dry. You will need to oil it less as it "seasons". The best rule of thumb on oiling new boards is once a day for a week, once a week for a month, and then monthly thereafter or whenever dry.**

**Regular monthly maintenance for when your Cutting Board looks or feels dry: Rub entire board with mineral oil. Let it stand for five minutes before wiping off the excess oil with a dry cloth or paper towel. If using a mixture of oil and beeswax, rub or "massage" the cream into the wood with your hand(s). Let sit until most, if not all the oil has been absorbed, buff the wax to create a nice smooth "polished" surface. NEVER use vegetable, canola or olive oils . These oils can become rancid, which in turn, can make your product rancid and create a health problem.**

**Proper cleaning of your Cutting Board: The best way to clean your cutting board is to wipe it off with a damp sponge or rag. You can use a mild soap if needed. Try to resist the temptation to run a faucet over it, especially if it hasn't been oiled recently. If you do wash it under a faucet, dry it with a cloth right afterwards to minimize the saturation of the wood. NEVER submerge cutting boards in a sink of water - not even for a second!!! The board will soak up a lot of water causing it to crack when it dries. DO NOT put it in the dishwasher. Store your board flat to prevent warping. Be especially careful not to dry it out too quickly by placing near a heat source after getting it wet. Try to avoid both very damp and very dry environments, and especially rapid shifts from damp to dry.**

**To sanitize your Cutting Board : This is EXTREMELY IMPORTANT after cutting raw meats on your Cutting Board. (I usually use a plastic board for raw meats and then throw it in the dishwasher) Use a diluted bleach solution by combining one teaspoon of bleach to one quart of water. (that's the same as 1/2 tsp. per pint of water, or 1/4 tsp. per cup of water) Pour the solution onto the entire surface area of the board and allow it to sit undisturbed for a minute or two. Rinse the board clean with water. Allow it to air dry or use a clean cloth to dry it. OR, you can use a vinegar solution if you prefer. Simply combine one part vinegar to five parts water. Use this solution in the same manner as the one explained for the bleach solution. Be sure to re-oil your board after either of the above steps.**

**To eradicate garlic, onion or other smells from board, rub the board with baking soda and a few drops of water (enough to dissolve the baking soda). Let stand a few minutes and wipe the baking soda from the board. The smell should be gone. Then re-oil.**

**With proper care our boards will continue to look new and will last many years with no splits, though as anyone who's ever seen an old butcher block in an antique shop knows, end grain cutting boards remain perfectly functional even with the hair-line splits at the edges they sometimes develop over time. It's safe to say that a CHILDRESS WOODWORKS Block could last a lifetime or two with the proper TLC.**