

Cutting Board Care Instructions

A cutting board is one of the most used items in your kitchen and, when cared for properly, will last a lifetime.

To avoid bacteria, it is important that you wash your cutting board immediately after use. It is also important to allow the board to air dry upright and then store in a dry area after any cleaning or disinfecting. Adequate drying is one of the most vital steps to prevent warping or cracking.



Cleaning

Hand wash only – Never submerge your cutting board in water and never place it in the dishwasher or microwave.

Wash both sides of the board with hot soapy water, rinse with hot water, and just wipe it dry with a clean towel.

Removing Stains and Deodorizing

To remove stains and deodorize, combine 2 tablespoons of baking soda, 1 tablespoon of salt, and 3 tablespoons of hot water to create a non-toxic mixture. Scrub the board with the mixture, rinse with hot water, and wipe it dry with a clean towel.

Refurbishing Wood Cutting Board

Knife marks are inevitable and will accumulate on your cutting board over the years. The benefit of a wood cutting board is that it can be restored to its original form with some simple maintenance. All you need is two grits of sandpaper—100 and 220. First sand the board with the course 100 grit to remove the knife marks and finish with the finer 220 grit until it is smooth. Once you are done sanding, wash the board, let it dry, and use one of the conditioning methods below.

Disinfecting and Deodorizing

From time-to-time, or after using your cutting board to cut raw meat or poultry, use one of the following cleaning mixtures to disinfect your board:

- One-part white vinegar to four-parts water.
- A tablespoon of bleach in a gallon of water.

Rinse the board with hot water, spray the mixture on the board, and let soak for about five minutes. Rinse with hot water and dry with a clean towel.

All Natural Clean

For an all-natural clean, you can use lemon juice and salt. Rinse the board with hot water and wipe dry. Spread coarse salt all over the board. Cut a lemon in half and scour the cut size of the lemon over the board while squeezing the lemon juice out. Let the mixture soak for five minutes. Rinse with hot water and dry with a clean towel.

Cutting Board Conditioning

We recommend treating your cutting board frequently to protect the board from food and water. It's best to condition the board at least once per month, and any time the board appears dry. This is important to prevent drying, cracking, and warping. Before conditioning the board, ensure it is clean and completely dry.



Mineral Oil

Apply the mineral oil with a clean cloth, spreading evenly across the board. Allow the oil to soak into the board overnight. Afterward, wipe the excess oil off using a dry cloth.

DO NOT use vegetable or nut-based oil because it will spoil and become rancid. This will leave your cutting board with an unpleasant smell and will change the taste of the food you are preparing.

Beeswax and Mineral Oil Combo

This is the method we use to finish all our cutting boards, and we highly recommend it because it combines the penetrating qualities of mineral oil with the sealing properties of beeswax.

1. In a small saucepan, measure $\frac{1}{4}$ cup of beeswax and 1 cup of mineral oil. Stir constantly on low heat until the beeswax is completely dissolved. If the temperature is too high, the beeswax will discolor. Another alternative for a more hands-off approach is to put the ingredients in a small crock-pot on medium heat until beeswax is dissolved.
2. Remove from heat and let stand for a minute, then pour in jar, seal and allow to cool for a few hours.
3. Using a small cloth, rub the paste on the board until absorbed and let stand for 15 minutes. Using a clean cloth, buff in a circular motion until the finish is smooth.