

How to Care for Your Wooden Cutting Board

1. **FIRST and Foremost!** Before using for the first time, wash by hand, dry thoroughly. Pour plenty of oil on the board/utensils, spread it around a bit and let it sit for 20 or 30 minutes. The oil should be mostly absorbed. Give the board a good wiping and let it rest overnight. When you first get the board do this three or four times. Thereafter oil it once a month, or when drops of water no longer bead on the surface.
2. **ALWAYS** -Wash by hand with mild soap and dry thoroughly after each use
3. Use only commercially available products or food-grade mineral oil on your boards and utensils
4. **NEVER** let the wood boards or utensils soak in water
5. **NEVER** put a bamboo (or other wood) cutting board in the dishwasher. **Just don't do it.** The very hot washing water removes the protective coating of oil and will warp the wood. The dry cycle can cause it to crack and provide a fantastic cozy home for bacteria.
6. **NEVER** use Vegetable oil, olive oil, coconut oil and the like as it will become rancid & make the board stink to high heaven & potentially make the food taste bad. Never use toxic cleaners, varnish, bleach or alcohol.
7. **Lemon is a natural deodorizer** ~ To naturally deodorize a clean but smelly cutting board - simply cut a lemon in half sprinkle some sea salt on it and gently rub the lemon half over your cutting board. If the smell persists add a little baking soda and scrub lightly again. Rinse and let dry. Always good to reapply food safe mineral oil after this method.



ALL NATURAL CUTTING BOARD SANITIZER

A 1996 STUDY SHOWED THAT HYDROGEN PEROXIDE, WHEN COMBINED WITH AN EQUAL AMOUNT OF VINEGAR, IS A POTENT BACTERIA KILLER.

SALMONELLA, SHIGELLA AND E-COLI WERE ALL ELIMINATED WITH THIS COMBINATION.

- 1/2 cup apple cider or white vinegar per cup of water in a spray bottle
 - 3 % hydrogen peroxide in a separate spray bottle
1. Simply spray cutting board with vinegar mixture & allow to sit for 10 minutes.
 2. Follow with a liberal spray of hydrogen peroxide & allow to sit for another 10 minutes.
 3. Gently rise and allow to completely dry.
 4. After completely dry, follow with a light oiling with food safe mineral oil to protect the surface.