Cutting Board Care

You are now the proud owner of an end grain cutting board *hand made by Jeff Whitcomb*. With some simple maintenance your board can last a lifetime. One caveat is not to put your cutting board in the dishwasher. It was made with waterproof glue but it is better to clean by hand.

Cleaning Your End Grain Cutting Board:

For proper cutting board care, it is recommended that you clean and/or disinfect your cutting board after every use.

1. **Soap and Water**-The quickest way to clean a wood cutting board is to just use a mild detergent and water. Rinse the board with water and scrub the cutting surface lightly with a sponge or cloth. Do not keep the water running on the board for long. **DO NOT** soak the board in your sink. Dry the board off immediately and sit up right to dry.

2. **Bleach and Water**-If you need to disinfect the wood cutting board you can do so by mixing a diluted bleach solution. Prepare a mixture of 5 cups of water and one half cup bleach. Wipe the cutting surface down with your bleach solution then rinse off. Immediately wipe the board off and sit up right to dry.

3. **Vinegar**-Strong white vinegar can be used to disinfect your board. Keeping a spray bottle handy filled with white vinegar and squirting the cutting surface a few times after each use is a good way to keep it free from bacteria. Surprisingly, according to a study written by Peter Snyder, Jr., PHD for the Hospitality Institute of Technology and Management, Vinegar was found to be better than soap and water at disinfecting a cutting board.

4. **Hydrogen Peroxide**-Hydrogen Peroxide is great for getting stains out of cutting boards as well as disinfecting them. To remove stains rub the hydrogen peroxide on the stain with a cloth and then rinse the board and dry. It may take a couple of treatments spread out over time with hydrogen peroxide to remove the stain on the cutting board.
Getting Rid of Cutting Board Odors

Occasionally, your end grain wood cutting board may retain odors of the food that have been cut on it.

1. **Lemon Juice**-Rub the board with the juice to neutralize the odor and then rinse the board. Another acidic fruit juice may be used in its place but the strong odor of lemon is great at covering up unwanted odors. This is a good option as it is the easiest on the wood of the cutting board.
2. **Coarse Salt**-Rub the cutting board with coarse salt. Allow the salt to stand on the board for an hour or two. Wipe the salt off and rinse the board, setting it up to dry.
3. **Baking Soda**-Spread Baking Soda over the cutting surface of the board. Allow it to stand on the board overnight before brushing off and rinsing.
4. **Vinegar**-Vinegar also works to remove odors. Follow the information above under cleaning if you prefer to use Vinegar.

Cutting Board Care-Scratches and Maintenance

After some use your board may become rough with scratches and knife marks.

1. **To remove scratches**, use medium grit sandpaper (120), and run the sandpaper with the grain evenly across the cutting surface.
2. **Finish with 220 grit sand paper**, once all scratches are removed.
3. **Re-season your board with mineral oil** once the scratches have been removed. Mineral Oil is the only type of oil you should use. (It can be purchased at the local drugstore or any supermarket in the over the counter pharmacy section of the store).
4. **Oil your board once a month** to keep it fresh. (It is the oil that is used as a laxative but it will not have that effect on you or your board, LOL).

*Enjoy it! I enjoyed making them for you.*

Jeff