



Earth and Wood CREATIONS

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Congratulations on your choice of an Earth and Wood Creations solid wood cutting board. The light colored wood is maple, one of the best woods for cutting boards since it has such a tight grain. The tighter the grain of the wood, the less your cutting board will absorb. The darker wood is cherry, also a closed grain wood.

Care of Your Cutting Board

You should rub a small amount of oil into your cutting board before you use it. Pour about a capful of oil onto the cutting board, rub it in with a lint-free cloth, and wipe off any excess. Your cutting board was oiled when it was first built, but it is most likely dry by now. The oil used is a mineral oil based wood preservative approved by the FDA for used on cutting boards and wooden kitchenware, available at the local hardware store. The oil will penetrate into the wood, preventing the wood from absorbing food as you cut. If your cutting board appears dry, or it looks like it is absorbing anything as you cut, just rub in a little more oil when the cutting board has dried after cleaning. A heavily used board should be oiled once a day for a week, once a week for a month, and once a month for life. If the surface of the board becomes soiled, or has a raised grain, sand it lightly with fine grit sandpaper, then oil it again.

Use of Your Cutting Board

When cutting, use a very sharp knife. The sharper your knife, the less force is needed to be applied while cutting. This not only makes cutting easier, but it prevents the knife blade from being forced into your cutting board, eliminating knife marks. Always cut with your knife blade against the grain of the cutting board – perpendicular, or across the stripes, **not** along the stripes. This will also help eliminate knife marks.

Cleaning Your Cutting Board

To clean your cutting board, rinse it under cold water and use a sponge or scrubby pad to remove anything that is stuck to it. I personally don't recommend using soap, as its residue may affect the flavor of your food. Periodic care of your cutting board as described above should keep anything from soaking into it and eliminate the need for soap.

Never put your solid wood cutting board in a dishwasher!

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Dishwashers expose the wood to too much water pressure, which will most likely cause your cutting board to warp or crack.

Storing Your Cutting Board

When you store your cutting board, keep it on end. Never keep it stored lying flat. By keeping it flat, the exposed top surface will dry faster than the bottom, where moisture is trapped, and the cutting board will warp. It is better to store it on end, leaning at a slight angle against something, or in a rack, so that air can circulate freely around the entire board.