

Why Use Cutting Board Oils and Board Conditioners?

The goal of board oil is to penetrate wood and saturate the wood fibers. In order to stop any other liquids (blood, bacteria) and moisture from soaking into the board. As well, a well-oiled cutting board will keep the same shape when the wood fibers are saturated, so it will not expand and shrink compared to a board that is left to completely dry, then exposed to water. This shrinking and expanding effect is the main cause of warped cutting boards.

In other words, all wood cutting boards need to be oiled periodically.

While board oil penetrates the wood, board conditioner/wax acts as a physical barrier on the surface of the wood that protects against stains and liquids.

The wax also aids in sanitation, as it fills and seals in knife scars and microscopic cracks where bacteria would otherwise gather.

Used in conjunction, cutting board oil and conditioner provides an effective combination of protective outer layer and sealed wood that is sanitary, easier to clean and won't warp.

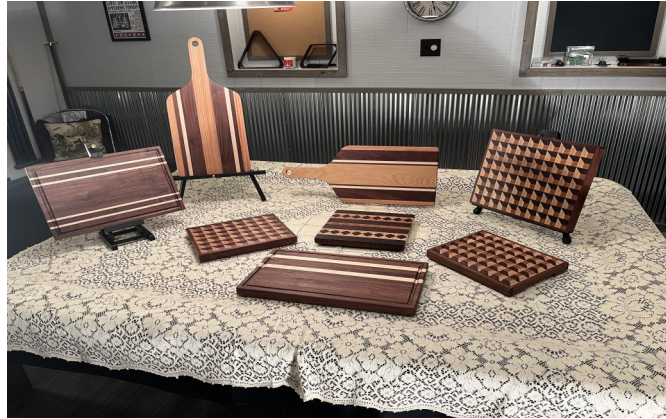
Recommended Products

Only the use of food grade substances for use on cutting boards, as it will be in contact with food. All of the cutting board oils and conditioners we use are appropriate for food contact.

These Include:

- Food grade mineral oil
- Beeswax Based Conditioners (Harolds Butcher Block Oil) (Harolds Feed and Wax)

Backwoods Creations



Maintaining a cutting board is a quick and simple task that will keep your board sanitary, looking new and extend the life of your board. The most common question we receive is “How do I maintain my cutting board?”, so we've put together a short set of instructions to help you out.



Backwoods Creations

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Cutting Board Care



Maintaining your cutting board is very simple if you know how, so we hope this short guide will ensure you have a sanitary and happy cutting board for many years to come.





DO NOT

- Put the boards in the dishwasher. The heat and water will warp and splinter the wood AND VOID THE WARRANTIES. Only plastic, composite or glass boards can go in the dishwasher.
- Dunk or let the board stand in water. The wood will absorb water and potentially warp.
- Use Bleach. This will stain the wood and/or excessively dry the wood.
- Put a wet board flat to dry. If the board dries on one side, it will cause the wood to warp.

If your board has stains or smells, you can use lemon juice or white vinegar directly on the area. The acid in these liquids will neutralize the organic material of fats causing the problem.

Cutting Board Care Guide

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PROPER CLEANING AND WASHING

Wash your cutting board with soap and warm water and scrub well. The volume of water and mechanical scrubbing is more important than the soap in the flushing bacteria and other food off the board. After washing the cutting board dry immediately with a towel and let it air dry standing up or in a raised rack with air flow.

HOW TO APPLY CUTTING BOARD OIL AND CONDITIONER

Once your cutting board is thoroughly dry, apply food grade mineral oil directly onto the surface of the board. Be generous with the application, especially if the wood is dry or you just purchased the cutting board. You want the surface to be dripping wet on all sides and we recommend using a small bar towel or new paint brush to spread the oil (try not to soak up the oil with the towel or brush), as using your hands may lead to accidental splinters. Most importantly, let the oil soak into the cutting board for as long as possible, at least a few hours or overnight if possible.

Let your cutting board sit on a wire rack or upright to dry when done. If you are storing a old, dry, or seasoning a new cutting board, you may wish to repeat this procedure two more times to ensure your cutting board is completely seasoned. To apply board conditioner wait until the board is dry after washing and oiling, then apply a small amount of conditioner onto the board. Using a soft cloth, buff the conditioner into the wood in a circular pattern, forming a thin coat. Repeat over the entire surface of the board and especially the sides. It's not necessary to let the conditioner/wax soak into the board. We recommend you oil your cutting board every month or when it feels dry to the touch. Board conditioner should be applied at the same time as the oiling.