

# BENBOW & ASSOCIATES

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## Cutting Board Care Instructions

**Wash** before first use and during all subsequent cleanings. Wash cutting board under warm water with a mild food-safe soap. If needed, scrub with a light sponge or abrasive cleaning pad.

**Dry** immediately with a cloth or paper towel. Do not allow water to pool on the surface, and never soak your cutting board: this may cause your cutting board to dry out, rot, or split.

**Oil** your cutting board using a food-safe oil. This important step naturally hydrates your cutting board without drying it out, makes it more water resistant, and makes it last far longer than a board that is never oiled. Preferably, use an oil that will not spoil. Examples include: walnut oil, pure tung oil, mineral oil, or pure linseed oil.

**Our** *Benbow & Associates* food-safe cutting board oil is specially formulated to penetrate a cutting board's surface for a long lasting finish.

**Start** with a small quarter-sized pool of oil and wipe it into the wood until all surfaces are covered and look darker, or as if they have a deeper patina. Pay special attention to dryer or rougher looking spots, as these are in need of more oil. When you are finished wipe off the excess.

**End-grain** butcher blocks (blocky) will require more oil as the wood fibers act like little straws, while the smaller face-grain boards (stripey) will require less oil.

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**DO:** be safe and use a sharp knife while cutting, oil whenever you wash your board/whenever it is looking dry, use a different board for meats than for vegetables and bread, and use every day!

**DON'T:** dry in the oven, wash in the dishwasher, place on a cook-top, soak overnight, use excessive force when chopping, or hang on your wall- it is meant to be used!