

“Rastro cutting board maintenance instructions”

Guide One:

1. **Hand wash your cutting boards :** Gently clean the surface with soap, wash it away with warm water, and dry your board using a cloth. Wait a couple of hours so the board dries completely.
2. **Lemon is a natural deodorizer :**To naturally deodorize a clean but smelly cutting board, and for a more in-depth maintenance, simply:
 - cut a lemon in half
 - sprinkle some sea salt on it
 - gently rub the lemon half over your cutting board.
 If the smell persists, add baking soda and scrub lightly again. Rinse and let dry. It is always good to apply oil (coconut or olive) after your board is clean and dry. We recommend to do this once each month, but if you use your board daily, you should do it more often.
3. **Naturally sanitizing your wooden boards is easy :** Once in a while, the wooden boards may need to be cleaned more deeply. With just a few ingredients found around the house, you can naturally sanitize without any harmful chemicals. Studies show 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. You can also use essential oils combined with vinegar as many essential oils have antiseptic properties.

Guide two:

1. **Never let your cutting board get extremely dry,** or place on or near excessive heat (such as a stove). They are wood, and can burn. Even if they don't catch fire, excessive dryness can cause cracking or breakage.
2. **Never leave your cutting board to soak or sit wet.** Extreme humidity can cause the wood to swell, weakening the structure of the board. Putting a wooden cutting board in the dishwasher is just completely wrong.
3. **Never cut continuously in the same place** on your cutting surface. Distribute your cutting over the entire work surface so that it will wear evenly.
4. **Never use only one side of the cutting board.** Turn your cutting board over periodically to allow even usage to both work surfaces.
5. **Never use a razor-edged cleaver.** This can chip or splinter the wood and produce soft

spots. Your cleaver should have a dual sharpened edge for best results.

6. **Never leave your cutting board sitting dirty after cutting meat.** Always wash thoroughly in warm, soapy water after cutting fish, red meat or fowl on the work surface and allow to air dry well before storage.
7. **Never cut off ends, drill holes, make cutouts, or otherwise deface surfaces without refinishing the exposed unfinished wood.** You could void board, plus, you'd be defacing a work of art ;).