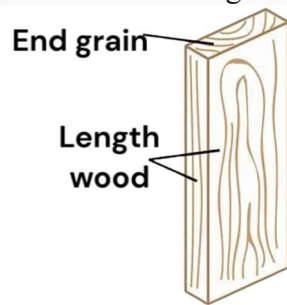
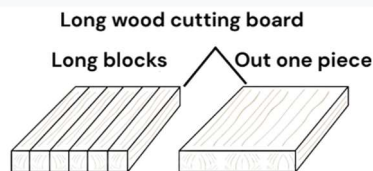


In this article you will learn about the disadvantages of end grain and longitudinal grain, how the two woods differ and what advantages and disadvantages each cut has.



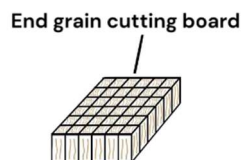
When choosing a wooden cutting board, the arrangement of the wood plays a crucial role. Depending on how the wood was cut or arranged, different advantages and disadvantages arise. Wooden cutting boards can be made either from longitudinal grain or end grain (also called cross grain or end grain).

### What is longitudinal grain?



Longitudinal wood is simply wood cut along the grain. Cutting boards made from longitudinal wood can consist either of several pieces glued together or of a single piece. If a longitudinal cutting board consists of only one piece, there is a greater risk of it warping at some point.

### What is end grain?



End grain is wood cut across the grain. If the cutting board is made from end grain, the pieces of wood cut across the grain are cut into small cubes and placed side by side. These cubes can be all the same size, varying sizes, or made in a mosaic pattern.

These cubes are then glued together with the open grain facing up, sanded, and then oiled.

### What are the differences?

Because the grains sometimes run lengthwise (lengthwise grain) and sometimes are open and point upwards (end grain), the wood behaves differently:

Cutting boards made from lengthwise grain are generally thinner and lighter than cutting boards made from end grain. While some may prefer lightweight cutting boards, it's generally better to have a heavy and solid cutting board so it doesn't slip while cutting and is stable. The heavier weight of end grain cutting boards is also very beneficial for butcher blocks.

Therefore, cutting boards made from end grain have a slight advantage here, as they are thicker and therefore carry a certain weight to ensure stability.

Regardless of whether it's lengthwise or end grain, I would always recommend cutting boards with rubber or silicone feet. This makes it more stable, prevents slipping, and dries evenly all over after use, including the underside.

However, lengthwise grain tends to warp over time, even with proper care. End grain wood does not generally warp easily, especially if it is properly cared for.

**Therefore, end grain has a slight advantage here as well.**

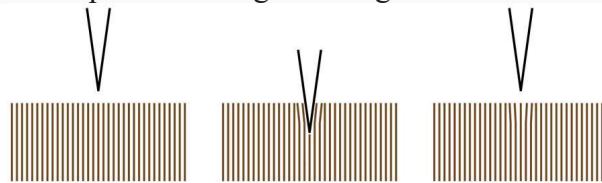
Any wood can be sanded and renewed. Overall, end grain is easier to sand and the results are better, so it looks like new again. Cutting boards made from longitudinal grain can also be sanded and renewed, but it's a bit more laborious and often doesn't produce as good results, especially if the cut marks are deep.

### Cutting Marks

End grain has a major advantage here. Cutting marks are less visible and don't appear as quickly as with cutting boards made from longitudinal grain. Because you cut into the open grain with end grain, these have the opportunity to close or regenerate.

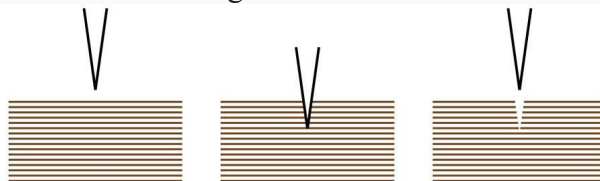
### End Grain

With end grain, the knife essentially cuts into the open pores. This means that the wood fibers aren't cut, but merely pushed to the side. This has the advantage that cutting marks appear more slowly and aren't as deep as with longitudinal grain.



### Longitudinal wood

Wooden cutting boards require a certain amount of maintenance. However, many people don't know how to properly care for them. In this article, I'll explain exactly how to properly care for wooden cutting boards, what oil is needed, how to properly sand a cutting board, and the best way to disinfect and clean the cutting board.



Firstly, wood is a renewable resource. It's very durable and easy to work with. It also has antibacterial properties.

Although wood has many advantages, it is sensitive to moisture and requires regular maintenance, such as oiling.

However, wooden cutting boards are often either not cared for at all or are inadequately cared for. If a cutting board is left unoiled for a long time, it can become brittle, crack, or even warp. However, a high-quality cutting board can last a lifetime with proper care.

### **How often should a cutting board be oiled?**

In principle, a cutting board can be oiled quite frequently. If you take care of your cutting board, you'll get a feel for when it needs oiling over time. Initially, the cutting board should be oiled more frequently. For example, once a week or once every two weeks. The wood will absorb the oil until it's saturated. Later, it can be oiled once a month or even every few months.

You should always pay attention to how the wood feels. Well-oiled wood feels smooth and supple, is durable, and has a natural, rich color, true to the wood. As soon as the wood feels dry and brittle and has a pale color, it should be re-oiled.

### **Linseed Oil Varnish**

Linseed oil varnish consists of boiled linseed oil mixed with a drying agent and is a commonly used wood finish. It is used for both exterior and interior applications. Although it is a bit more time-consuming, it is worth the effort, as the dried oil forms a water-repellent protective layer that protects the wood better and longer.

Furthermore, the wood acquires a beautiful honey color when coated with linseed oil varnish.

To ensure that the linseed oil penetrates the wood more deeply/better, it can be mixed with turpentine or white spirit. For this, use 1 part linseed oil varnish and 1 part white spirit (white spirit).

**Angelique und Helmut Miltkau , Benstreekerstrasse 6 , D-26446 Friedeburg-Bentstreek**  
**[www.miltkau.com](http://www.miltkau.com)**