



Michigan Maple Butcher Block



Wood vs. Plastic - Which is Better?

There will always be a debate over which cutting board material is superior, wood or plastic. Chances are you're going to receive a different answer with a different reasoning from every person you ask. More times than not, someone will tell you one is better than the other simply based on personal preference. However, we're going to settle the score and inform you on why wood cutting boards are better than plastic cutting boards.

THE CASE FOR WOOD CUTTING BOARDS

BACTERIA

It is often assumed that plastic cutting boards are better for combating bacteria than wood cutting boards, and on its surface (no pun intended) it's fairly reasonable to see why. Presumably, with wood cutting boards, bacteria is absorbed into the wood and can remain there. However, a study led by Dr. Dean O. Cliver of UC Davis found that when bacteria does come in contact with wood it actually kills it. Plastic cutting boards do not. Over time, knives will create deep incisions into plastic boards. These incisions create the perfect home for bacteria to thrive, leaving you with a contaminated board.

KNIVES

When it comes to which board is better on your knives, the choice is also clear, wood. Here's the science behind it. When a knife is used, the wood fibers actually separate and allow your knife to penetrate the wood. As you pull your knife back, the wood will actually go back together like nothing happened. Imagine, brushing your hair. Your hair separates when a brush runs through it. When you pull your brush out your hair comes back together. The same is true of a knife and wood cutting board. Meaning, your knives will not dull against the wood because it's actually moving the wood. The same cannot be said for plastic. Instead of giving the knife somewhere to go, a plastic cutting board stops your knife on its surface resulting in a dull knife.

AESTHETICS

When it comes to hardwood cutting boards there is absolutely no denying that aesthetically, they are far superior to plastic cutting boards. The sleekness of an edge grain cutting board and the boldness from an end grain cutting board are something that plastic cutting boards can't replicate.

Please contact your Aetna Sales Representative to purchase this quality butcher block.

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1401 St. Charles Road Maywood, IL 60153 PH: 708.343.1515 Fax: 708.343.1616	2112 12th Street Rockford, IL 61104 PH: 815.968.0921 Fax: 815.968.4720	6350 Brookville Road Indianapolis, IN 46219 PH: 317.353.6281 Fax: 317.356.3503	4250 Otter Lake Road White Bear Lake, MN 55110 PH: 651.407.2800 Fax: 651.407.2801	4700 W 19th Street Cicero, IL 60804 PH: 773.847.7397 Fax: 773.847.7798
www.aetnaplywood.com				