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## BAMBOO CUTTING BOARDS

In the last few years, bamboo has become one of the most popular materials for cutting boards due to its many benefits. While bamboo has always been known to have many advantages over traditional woods, only in the recent decade did the technology emerge to mass process bamboo from a round timber into flat timber. Bamboo is a major seller with home chefs and these are the top benefits of using it:

### GREEN, RENEWABLE AND EARTH FRIENDLY

Properly sourced, bamboo is a highly renewable resource. Most people don't know that bamboo is technically a grass instead of tree, which is appropriate due to the fact that it's one of the fastest growing plants on earth. In fact, a normal bamboo shoot can become fully mature within three to six years before it is cut for harvest. On the other hand, maple trees can take over 30 years to fully mature.

Bamboo is naturally resilient and doesn't require any pesticides, herbicides, or fertilizers to protect it or help it thrive. It does not die when it is cut down; it replenishes itself therefore making it self-sustaining.



# GREEN, RENEWABLE AND EARTH FRIENDLY

One of the biggest environmental benefits of bamboo is its ability to absorb carbon dioxide and produce oxygen. One newly planted bamboo plant can sequester 2 tons of carbon dioxide in just 7 years. Bamboo can absorb up to 5 times more CO2 than pine.

A typical hardwood tree will sequester 1 ton of carbon dioxide in 40 years.

Bamboo roots help control erosion as it makes a water barrier; developed countries use bamboo as a defensive component for their crops and villages from washing ceaselessly.

So does that make it sustainable? Yes! This makes it a super sustainable option due to its naturally renewing properties. Its cultivation is natural, and does not harm the environment.

## LOW MAINTENANCE WOOD

One main reason bamboo cutting boards have gained popularity in recent years is because they are almost maintenance-free due to the hard density of the wood. Bamboo resists retaining water and as a result will not warp or crack as easily as normal wood. That said, it's still not recommended to put a bamboo board in a dishwasher due to the extreme heat.

If you make a habit of wiping dry your bamboo board after washing and never letting it soak, there's no reason you shouldn't be able to keep it for years.



## SUPERIOR HEALTH AND SANITATION

Even the hardest of maple will be scarred by a chef's knife, which will leave pockets for moisture, food particles and bacteria to accumulate. Bamboo, on the other hand, is dense enough to resist knife scarring and naturally resists water penetration and bacteria formation.



## BAMBOO LOOKS GOOD

As a naturally light wood with a fine grain, many chefs love the natural look of bamboo and the modern elegance that it conveys. Many designer kitchens now sport large bamboo cutting boards as the grain can be uniform and homogenous, leading to a chic and tasteful look for a stylish kitchen.

Plus, without having to worry about wood scarring, your bamboo board should continue to look smooth and sleek for a long time. In addition, due to the resistance to absorbing water, bamboo is less likely to crack and split like regular wood boards. Bamboo also resists staining, which is often an issue with meats and acidic plants such as tomatoes.



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