

***Anyone Can Do It!***  
***Kitchen Table***  
***By Liz Waller***

**Materials:**

- plywood,  $\frac{1}{2}$  -  $\frac{3}{4}$ "
- tongue-and-groove hardwood flooring
- rough-cut, barnwood, or other 1x stock
- rough-cut, or other distressed 2 x 4 stock
- 2  $\frac{1}{2}$ " drywall screws
- various hinges or wrought iron pieces for aesthetics
- wood glue
- polyurethane
- 120 and 220 grit sandpaper
- 4 U-clamps
- tack cloth

**Tools:**

- cordless drill
- circular saw
- tape measure

**What to do:**

1. Figure out the desired length of your table. Figure out the desired width of your table and lay out the t&g flooring by interlocking the pieces. Cut to size with a circular saw. Cut the "tongue" off **one** piece of flooring. Measure the total area of the flooring/table top by width and height.
2. Cut a piece of  $\frac{1}{2}$ " -  $\frac{3}{4}$ " plywood to the exact dimension of the flooring.
3. Figure out the desired height of your table. **Hint:** do you have chairs in mind to use with the table? Will you be making benches? What is the purpose of your table? Eating or kneading bread, or...? These factors will determine what height works best for you. 30" tall worked for me.
4. Measure the depth of both plywood and flooring (for example  $\frac{3}{4}$ " thick maple and  $\frac{1}{2}$ " plywood is 1  $\frac{1}{4}$ " depth). Subtract this number from the total desired height of the table. Cut four legs out of the 2x4 stock.
5. Stand the legs upright and place the plywood on top (an extra set of hands helps). Set legs flush with sides of plywood and screw 2 nails into each leg through the plywood. Make sure your screws lay flat in plane with the surface.
6. Beside your skeleton table, on the floor, lay out the hardwood flooring pieces in order you wish to assemble them. **Hint:** look at the grain pattern and colorations to find the most pleasing combinations.
7. With a bowl of warm soapy water and rag nearby, apply a generous amount of wood glue to the backside and to the tongue side of the first piece of flooring. Place this piece closest to you with the groove-side facing the outer edge. Make sure the edges are perfect on all sides and corners, and clamp into place at both ends. **Hint:** add a buffer between the flooring and the clamp—a shim, scrap, or folded over cardboard.
8. Apply glue to the bottom and tongue of the next piece, and lock into place pressing firmly. Continue until you have glued the last piece. Clamp the last piece at both ends. Wipe off excess glue with rag and warm water. Let it sit for 24 hours.

9. Sand the surface with 120 grit sand paper to remove any dried glue. Use a tack cloth to remove dust. Apply a layer of polyurethane.
10. Meanwhile, assemble the pieces of 1x you will be using for trim. **Hint:** Look at the edges and such to figure out which sides you want to have the most exposure.
11. Consider the thickness of your trim. Measure the length of the table, and add the thickness of your trim times two to find the length you'll need. Example: if the table is 6 ft. long and the trim is  $\frac{1}{2}$ " thick, cut two pieces at 6'1". Center this piece from edge to edge, even with the flooring table top. Screw in place through the plywood, and at least twice though the table legs.
12. Cut the shorter end trim pieces by subtracting the width size times two from the table width. Screw these pieces in similarly.
13. When the polyurethane is dry and cured (refer to the container), give a light sand on the flooring top with 220 grit, wipe down with the tack cloth.
14. Coat the flooring top again, then extend out and coat the trim pieces and table legs. Repeat as necessary. **Hint:** The extra coats around the trim where it meets the flooring creates a good seal between the two products. If for some reason you have a more substantial gap (over 1/16"), you can fill the space with a clear, paintable, silicone caulk, and apply polyurethane over it.
15. Add decorative metal to the table if you want. Hinges look nice on the corners; you can use L-brackets for the legs, and old bard door handles on the side trim to be used as napkin holders. Consider form and function to find the perfect match for you.
16. If you are interested in making benches, follow instructions for the table and adapt to size. **Hint:** The most important part is making sure the benches are compatible with the table. They should be smaller than the length between your table legs for storage underneath. Also, find a comfortable distance between table top and floor. For a table that measures 30" tall, 17  $\frac{1}{2}$ " tall benches work well.

We hope you enjoy this *Anyone can do it!*Project. All the materials (less fasteners) for these projects are available for sale at the Building Materials Center of Recycle North, located at 339 Pine Street in Burlington, VT. We're open Monday through Saturday, 8.30-5 pm ('til 6pm in the summer). Our phone number is (802) 846-4015.

Our rotating stock of cabinets, windows, mechanical items, radiators, wood stoves, hardware, light fixtures, toilets, sinks, tile, flooring, dimensional lumber, beams, paneling, siding, doors, (and much much more!) arrives from contractors, homeowners, renovators, and our deconstruction crew. In addition to a variety of "raw" materials for the do-it-yourselfer, the BMC also houses Waste-Not-Products, a creative re-use program for the shop-and-go customer. Birdhouses, picture frames, window sash mirrors, chalkboards, and more are available for sale.

The Building Materials Center is one department of Recycle North, a non-profit organization who's mission is to (1) protect the environment by reducing the amount of reusable and repairable items dumped in the landfills, (2) give individuals in transition valuable job skills, technical training and more opportunity, and (3) alleviate the effects of poverty by making vital household goods and building materials available.

Recycle North also has the following departments: appliance sales and service, computer sales and service, electronics sales and service, training programs for youth and adults, a pick-up and delivery service, deconstruction service, a household goods store, and youthbuild. For more information, please call (802) 658-4143.

