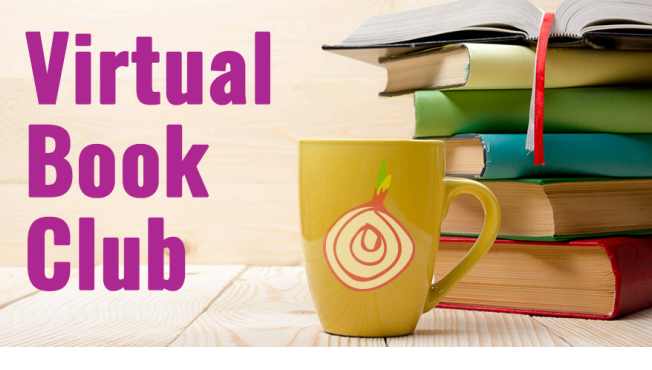




News from Around the Table



Calling All Readers

Our first-ever virtual book club happens **Tuesday, July 20th**. We'll be discussing the book [Reinventing Food Banks and Pantries: New Tools to End Hunger](#).

Anyone who wants to explore the topic with like-minded people is welcome to join. Discussion starts at 7 pm; it's free but you do need to register. Email us at events@opentable.org, with **Book Group** in the subject line.

[RSVP for Book Club](#)

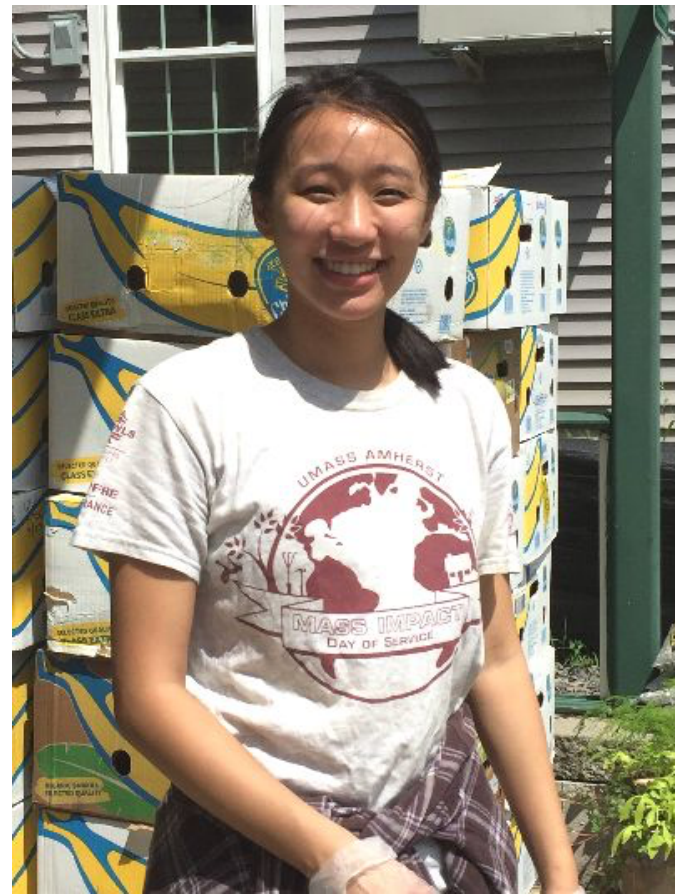
We Want to Hear from You!

If you haven't already, please fill out our survey – it's the best way for us to know what we can be doing better. Whether you're a donor, volunteer, client, partner or friend, you have special insight into how you see Open Table and what you hope for from us going forward. So take a minute and [click this link](#).



You can also always send comments directly to us at operations@opentable.org. Thank you!

[Take Survey](#)



Huge Thanks and Best Wishes

Scarlett Cheung, our [Commonwealth Corps intern](#), has completed her stint with us and is getting ready to move on to her next phase. Scarlett came to us in September as part of this state-funded student internship program designed to give Massachusetts residents job skills while in direct service to communities. Scarlett was key in organizing our operations throughout a difficult year with shifting requirements. Her initial internship ended June 30; since then, she has been working as a summer intern, doing strategic planning research and working on Program Evaluation research and design with Program Manager Jill Tsakiris.

Scarlett has been integral in keeping Open Table running efficiently, and will be deeply missed by all who worked with her. She is heading to Brandeis in the fall to study public health. We wish her all the best going forward, though from what we've seen, she's more than capable. Thank you, Scarlett!

There's Still Time to Ride!

Bike, run, swim – whatever your jam, you can still join our Ride for Food. This annual fundraiser gives us a needed boost to keep feeding people. Join our team, connect with great people, and raise money for a good cause – hunger relief.



Spend the summer and early fall getting out and getting fit, then join the crowd on October 3rd for the ultimate ride. There's food, music, camaraderie, and the feeling of being a part of something good.

And if you sign up by the end of the month, you get a batch of homemade cookies! All the cool details on the ride itself can be found [here](#); registration for Open Table's team is [here](#).

[Join or Support the Team!](#)

Goodbye and Welcome

On June 23rd a party was held to say farewell to Board president Jill Block and board member Stefanie Cloutier, while welcoming new board members Barbara Fisher, Lea Tompsett and Lisette Arbelli. Jill and Stefanie each served two terms, guiding Open Table through many changes. We thank them for their service and are grateful they both still plan to stay involved. Our new board, with new Board president Mary Siegel, is shown here.



Back row: Bill Keller, Bill Thornburg, Norma Tanguay Frye, Joe Rigali, Mary Siegel, Stephanie Lynch, Daniel Peirce, Brendon Donnellan, Lea Tompsett **Front row:** Michele Fisher, Patricia Chambers, MaryEllen McCarthy, Barbara Fisher, Lisette Arbelli, Gina Cummings

Photo by Colin Valentine, <https://www.valphoto.us/>

Grateful

One of the best things about summer is all the fresh produce! Our local farmers are going strong, supplying Open Table, and thus our clients, with plenty of fresh greens, carrots, squash, tomatoes, zucchini, etc. This month we received a bounty of garden fresh veggies from [Gaining Ground](#) of Concord, [Siena Farms](#) of Sudbury, [Drumlin Farms](#) in Lincoln, and [Aurelia's Garden](#) in Wayland. To go with all that beautiful produce, we received a bounty of shelf-stable food from Hanscom AFB.



We also received extremely generous cash donations from [Middlesex Savings Bank Charitable Foundation](#), [St. John Lutheran Church](#) of Sudbury, and [First Religious Society](#) of Carlisle.

We're so lucky to be supported by such great local partners.

Fun Food Facts: Bok Choy



Bok Choy, which means "white vegetable" in Cantonese, has a clustered form similar to celery with spoon shaped leaves giving it a nickname "spoon cabbage", as it is a member of the Brassicaceae family of mustards and cabbages. It has been cultivated in China since the 5th century AD, but has more recently spread around the world; it is known as Pak Choy or Joy Choy in Caribbean cuisine.

Bok Choy is a rich source of vitamins A, C, and K and is very versatile. It can be enjoyed raw (great in slaws) or cooked (stir fry, soups, stews), such as in this [sautéed salad recipe](#) from Verrill Farm.

[Donate Now](#)

