Seeking Volunteers

Whether you're an avid bike rider or just want to help a good cause, we welcome you! Each year, we need people to form our pantry hours team, registering people for the Ride for Food, creating delicious meals, and more. This year, we are as busy as ever. We're hoping you'll step in to help out, with volunteering opportunities throughout the year. Come join a great team of people making a difference!

To learn more, please see the volunteer opportunities below:

- **Open Table**: A student shift leader, Monday or Wednesday from 4-6 pm.
- **Middlesex Savings Bank**: A student shift leader, Tuesday from 4-6 pm.
- **Hellmann’s®**: A women’s shift leader, Tuesday from 2-4 pm.
- **Aurelia’s Garden**: A young people’s shift leader, Monday from 4-6 pm.
- **Middlesex Hospital**: A youth shift leader, Monday from 2-4 pm.

We're looking to fill all these and all of our volunteer shifts with great people like you! Check out our website to learn more and to register.

Rider Spotlight: Laurie Foster

Longtime Open Table volunteer Laurie Foster has been a member of our Ride for Food team since 2013. She's been a pantry worker, community dinner manager, and driver for the Ride for Food team. She enjoys being a part of the event for many reasons. "I utterly adore it!” says Laurie. "I love that the event in-and-of itself benefits food and nutrition initiatives, but I also love that it brings together all sorts of people along the ride. Says Laurie, “I appreciate the feeling of financial goal I set knowing that it will contribute to other like-minded people along the ride. Says Laurie, “I appreciate the feeling of financial goal I set knowing that it will contribute to other like-minded people along the ride. Says Laurie, “I appreciate the feeling of financial goal I set knowing that it will contribute to other like-minded people along the ride. Says Laurie, “I appreciate the feeling of financial goal I set knowing that it will contribute to other like-minded people along the ride. Says Laurie, “I appreciate the feeling of financial goal I set knowing that it will contribute to other like-minded people along the ride. Says Laurie, “I appreciate the feeling of financial goal I set knowing that it will contribute to other like-minded people along the ride. Says Laurie, “I appreciate the feeling of financial goal I set knowing that it will contribute to other like-minded people along the ride. Says Laurie, “I appreciate the feeling of financial goal I set knowing that it will contribute to other like-minded people along the ride. Says Laurie, “I appreciate the feeling of financial goal I set knowing that it will contribute to other like-minded people along the ride. Says Laurie, “I appreciate the feeling of financial goal I set knowing that it will contribute to other like-minded people along the ride. Says Laurie, “I appreciate the feeling of financial goal I set knowing that it will contribute to other like-minded people along the ride. Says Laurie, “I appreciate the feeling of financial goal I set knowing that it will contribute to other like-minded people along the ride. Says Laurie, “I appreciate the feeling of financial goal I set knowing that it will contribute to other like-minded people along the ride. Says Laurie, “I appreciate the feeling of financial goal I set knowing that it will contribute to other like-minded people along the ride. Says Laurie, “I appreciate the feeling of financial goal I set knowing that it will contribute to other like-minded people along the ride. Says Laurie, “I appreciate the feeling of financial goal I set knowing that it will contribute to other like-minded people along the ride. Says Laurie, “I appreciate the feeling of financial goal I set knowing that it will contribute to other like-minded people along the ride. Says Laurie, “I appreciate the feeling of financial goal I set knowing that it will contribute to other like-minded people along the ride. Says Laurie, “I appreciate the feeling of financial goal I set knowing that it will contribute to other like-minded people along the ride. Says Laurie, “I appreciate the feeling of financial goal I set knowing that it will contribute to other like-minded people along the ride. Says Laurie, “I appreciate the feeling of financial goal I set knowing that it will contribute to other like-minded people along the ride.

Fun Food Facts: Tomatoes

It’s August! And that means we’re reaping the rewards of the Dog Days of Summer — including delicious fresh tomatoes! In Spain, the word for the fruit is tomate; the word for the plant is tomàquet. In English, we know both as tomato. Fun fact: the fruit was first domesticated in South America, and its scientific name is Solanum lycopersicum, meaning “Solanum fruit of the incas.” Tomatoes are botanically a fruit, the berry of the plant. They are often used to flavor dishes, although only for tax purposes. Whatever the classification, they are a flavor in summer. Here’s a great, flavorful summer dish:

**Crispy Corn & Fresh Tomato Salad**

Ingredients:
- **12 ears** of corn, cut in half
- **8 cups** cherry tomatoes, halved
- **2 large** avocados, diced
- **2** red bell peppers, diced
- **2** scallions, minced
- **Juice of 2** limes
- **Salt, pepper**

Instructions:
1. Prepare corn and tomatoes.
2. In a large bowl, combine corn, tomatoes, avocados, bell peppers, scallions, lime juice, and season to taste.
3. Serve immediately.

Open Table is a 501(c)(3) nonprofit organization. We thank you for your generosity and support. This email message is sent to anyone who has granted permission to receive messages from Open Table.

Learn more at www.opentable.org. Follow us on Facebook, Twitter, and Instagram.