

## News from Around the Table



*Chef Ben Elliot, Emcee Joe Gatto, Chef Kelcy Scolnik and Chef Matt Kenah*

### Thank You for Chopping Away At Hunger

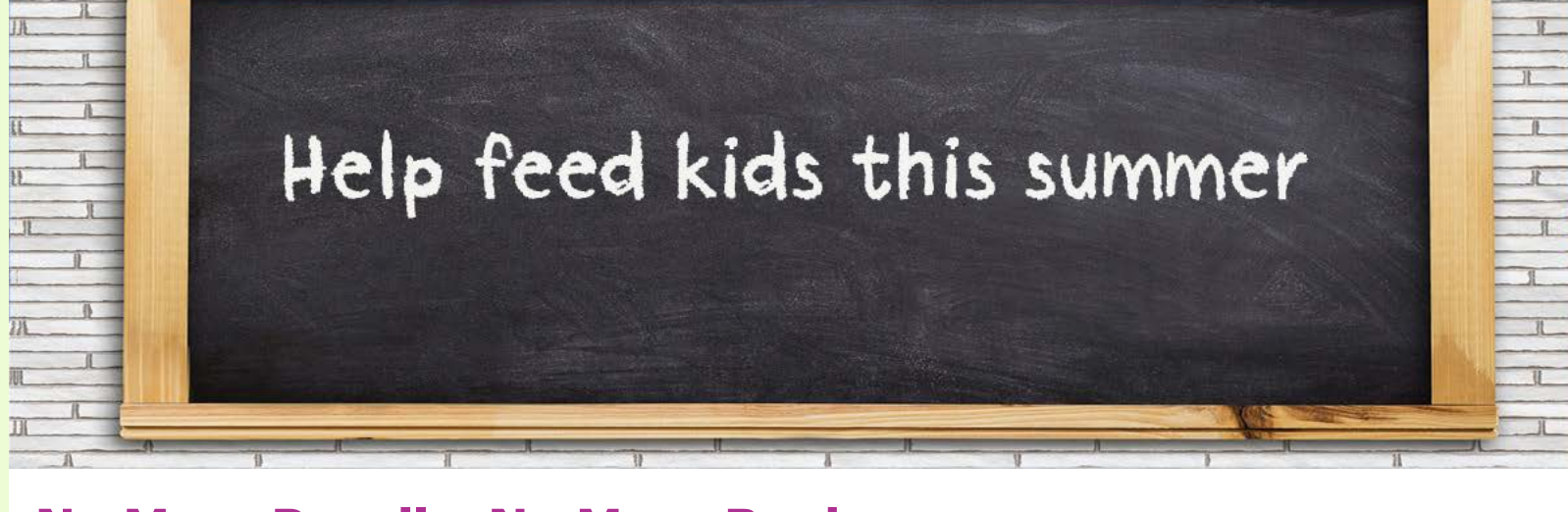
On Friday, April 28th, three amazing chefs competed to take top honors at our **Chopped for Charity 2023** cooking competition and fundraiser. Each had 30 short minutes to plan, prepare, and plate a beautiful and delicious entrée, which were then judged by three culinary professionals, an audience member judge, and the audience.

**Congratulations again to our Chef winner – Chef Ben Elliott;** it was a hard-fought battle and **Chef Kelcy Scolnik** and **Chef Matt Kenah** also created winning dishes in our opinion! But the real winner of the evening was our mission and our community. Together, we raised over \$190,000 to support efforts to end hunger in our community and spread More Love, Less Hunger.

**Thank you to everyone who participated, attended, watched online, volunteered, and donated to make the event such a tasty success!**

**Watch the recording, see photos, and read more about our talented chefs, fabulous emcee Joe Gatto, expert judges, wonderful honorees, and more at [opentable.org/chopped](https://opentable.org/chopped)**

[Learn More...](#)



### No More Pencils, No More Books...

That's what the end of the school year means to kids – but if your family depends on free school lunches, it also means an end to those meals for several months. At Open Table we know summer vacation has a big impact on the food needs of many families. In response, we offer our Summer Lunch Program to help fill the summer meal gap. Between May 22 and June 30 we'll be asking for your support as we gear up for the Summer Lunch Program. Look out for two donation challenges involving our staff as competitors, playing fun games with an interactive component.

The past year has been our busiest yet, and we look forward to serving many kids in our community through the Summer Lunch Program. We hope you will help!



### It's Open!

Registration for The Ride for Food, that is. For those who like their charity giving to be active, this is the event for you! Sponsored by Three Squares New England, it takes place Sunday, October 1, in a festival atmosphere on the grounds of Noble and Greenough School in Dedham. Commit to biking/hiking/running/walking, whatever activity appeals to you, and raise money to support your activity. Spend the summer gearing up, then join us for the most fun you can have while feeding others. Raise enough money and you'll get a bike shirt!

You can find all the cool details [here](#); register to be part of the Open Table team and the money you raise supports our community. We need team members! The sooner you join, the sooner we can get you out and moving!

[Learn More...](#)

[Join the Team](#)



### Welcome, Peter!

We want to extend our warmest welcome to **Peter Kilbridge**, our new **Kitchen Assistant**! Peter is a retired pediatrician with a passion for cooking. He started volunteering in our kitchen in 2022 and now has expanded his role.

Peter enjoys cooking eggplant — and has a great Moussaka recipe. We are thrilled to welcome him to our staff as Chef Jed's Assistant. If you are at our Maynard site, be sure to say hello!

### SNAP Benefits Extended

If you've never used SNAP benefits (Supplemental Nutrition Assistance Program), then it's hard to understand how important it is for those who need it. Every dollar someone gets for food means one more dollar that can be used for medicine, gas, and other non-food essentials. So it's a big deal that Governor Maura Healey has extended the additional SNAP benefits authorized during the pandemic. It's still not enough to keep someone fully fed for the month, but that's why we're here, supplementing SNAP with fresh food and produce and prepared meals. That's what your donations do.



[SNAP Info](#)

If you or someone you know could benefit from SNAP, you can click [HERE](#) for the Department of Transitional Assistance, where you can register.



### Communities Coming Together

It's hard to believe just how many communities we serve – there are 21 – and we are fortunate to have their support. This month we recognize the **Greater Lowell Community Foundation**, which recently granted Open Table \$7000 to support the food needs of older adults in our service area. And the **Letter Carriers of Concord**, who transported donations all day last Saturday during their annual Stamp Out Hunger food drive. Thoughtful Concord residents left nonperishable items at their mail boxes, and the postal workers collected 1200 pounds of much-needed food.

And thank you to these other generous donors who also came through this month:

- [Alcott Elementary School](#)
- [Aurelia's Garden](#)
- [Concord Carlisle Youth Lacrosse](#)
- Concord Daisy Troop #77144
- Concord Cub Scout Pack #147/133
- [Crosby's Marketplace](#)
- Cumberland Farms, Maynard
- [Debra's Natural Gourmet](#)
- [Donelan's Supermarket, Acton](#)
- [Drumlin Farm](#)
- [The Fenn School](#)
- [Gaining Ground](#)
- [Greater Boston Food Bank](#)
- Tim Hodge
- Ciaran Murphy
- [Roche Bros., Acton](#)
- [Rotary Club of Concord](#)
- Rotary District 7910
- [Siena Farms](#)
- [Stop & Shop of Acton](#)
- [Sudbury Farms](#)
- [Sudbury United Methodist Church](#)
- [Trader Joe's](#)
- [Verrill Farm](#)

### Fun Food Facts: Fiddleheads



Fiddleheads, a unique spring vegetable that is considered a delicacy, are the furled fronds of young fern plants and are harvested during a very short period before they fully open. They get their common name from their resemblance to the curled ornamentation on the head of fiddles and other stringed instruments. You may see fiddleheads when out hiking in April and May, as Ostrich ferns are one largest species of ferns, growing wild in wet, shady areas of the northeast US and Canada.

Fiddleheads should be thoroughly cleaned and cooked before eating; their brown “scales” are inedible and cooking reduces their bitterness and kills any potential toxins. They are low in sodium, but rich in vitamin C, potassium, and protein, and taste sweet like asparagus and grassy like a green bean. Simply sauté them to bring out their earthy flavor - try [this recipe](#) from our office administrator, Aiko to add fiddleheads to your cooking repertoire.

[Get Recipe](#)



#### Our Contact Information

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