

News from Around the Table



100,000 Meal Milestone

We had a big milestone this week: **100,000 prepared meals** created in our kitchen since we started tracking in 2021.

We are so grateful to our volunteers, donors, and staff (especially Chef Jed and assistant Peter!) for all the hard work and support they put into our prepared meals program. And thank you to [Crosby's Marketplace](#) for providing our celebratory cake!



Ride/Swim/Hike for Food!

The [Ride for Food](#) is in full gear, and we're looking for team members! You don't need to be a hard-core biker to contribute – you can choose to swim, hike, or indoor cycle and still be part of the team. We'll have team activities throughout the summer, provide you with fundraising tips, and finish with the Ride for Food event on **Sunday, October 1st**. You'll be doing something fun while raising money for Open Table!

This is the 12th year Three Squares New England has organized this event that raises money for food pantries in Eastern Mass, and our team has had a great time every year. Need more info? Email team captain Danny Watt at ride@opentable.org, or check out our team pages.

[Learn More...](#)
[Join the Team](#)


Now Hiring: Program Associate

Open Table is hiring a **Program Associate**. This position reports to the Program Manager and is part-time at 25 hours/week. You must be available to work in person in Maynard on the following days: Monday 9-4 (7 hrs), Tuesday 11-7 (8 hrs), Wednesday 12-4 (4), Thursday 11-5 (6 hrs), and possibly 5 additional flex hours.

Salary: \$25-\$30/hour commensurate with experience level

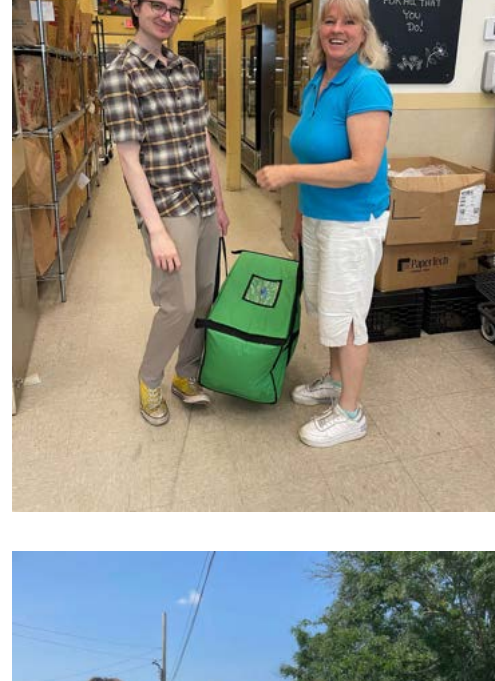
Send resume and cover letter to office@opentable.org by July 28th.

For full position description visit <https://www.opentable.org/employment/>

[Learn More...](#)

Volunteer Spotlight: Kim Hoff and Jem Wilson

Kim Hoff has lived and raised a family in Maynard for nearly 30 years and has been volunteering for Open Table for 15 of them! She has seen Open Table through its evolution and multiple locations, cooking for past community dinners and now helping prepare the individual packaged meals. Kim believes volunteering at Open Table is a great opportunity to serve in the local community, see the workings of what makes a food pantry work successfully, and make connections with other volunteers.



Jem Wilson is a more recent volunteer, starting in the kitchen at Open Table in September of 2022. Jem is 26 and currently lives in Maynard after growing up in Concord and attending Skidmore College. When not volunteering, Jem is studying to be an artist. Those who work with Jem might be surprised to learn he is deaf, but hears with cochlear implants and has found no barrier to helping out at Open Table. When asked why he chooses to volunteer his time at Open Table, Jem responded "Food is not negotiable, and removing food insecurity is one of the first steps towards people exercising their other basic rights such as shelter and bodily autonomy. Also, Open Table is such a breath of fresh air and positivity to come to every week."



Kim and Jem both volunteer in the kitchen, but additionally have teamed up to work together as a duo delivering food to Maynard Council on Aging seniors. Every Tuesday, they load the Open Table van with boxes of pre-ordered groceries and transport them, delivering door to door to the homes of between 16-20 senior clients living in Maynard. Their teamwork and dedication have been essential in the continued service to this client population.

Favorite Vegetable?

Kim: English cucumber in salads

Jem: Broccoli sautéed with a splash of lemon juice, pinch of salt, cracked pepper flakes, and a couple cloves of garlic

Favorite local place to recommend?

The new Assabet Coop Market (and sitting on their back river deck) and Maynard Pizza and Bar.



Most Wanted: Baking Supplies

It's time to bake! Yes, this month we're looking to stock our pantry with baking supplies. Need ideas?

- Salt
- Baking soda/baking powder
- Flour – 2 or 5 pound bags
- Boxed baking mixes - including Gluten-free mixes
- Canned frosting
- Chocolate chips

Drop off donations at our location on Main Street in Maynard, or our Beharrell Street donation site in Concord.

Also this month, [Emerson Hospital](#) is running a food drive, July 10 through August 4. Whether you're headed there for an appointment or just in the neighborhood, bring some of those baking items and drop them in their bins!

Helping to Meet the Growing Need

In the past year, we have seen an increase of 119% in new guests seeking help with groceries and prepared meals. And, like you, we have seen the costs of food, gas, and electricity rise. Fortunately, local farms, grocery stores, foundations, and donors regularly support our mission. This past month, generous grants from [CHNAZ](#), the [Cummings Foundation](#), [First Parish in Lincoln](#), and the Mission Committee at [Trinitarian Congregational Church](#) support our general operations, helping to ensure that we can meet the growing need.



And we are lucky to have the support of these thoughtful people and organizations:

- [Assabet Co-Op Market](#)
- [Aurelia's Garden](#)
- Betsy Comstock
- [Crosby's Marketplace](#)
- [Debra's Natural Gourmet](#)
- [Drumlin Farm](#)
- Marie Foley
- [Gaining Ground](#)
- [Holy Family & St. Irene's Parishes](#)
- Alexandra Gibbons
- Jenna Hozeska
- Lynn Littizio
- [Middlesex Savings Bank](#)
- Nancie Hendrie and the Friends of the Concord Free Public Library
- [Roche Bros., Acton](#)
- Janet Rothrock
- [Saint Matthew's United Methodist](#)
- [St. Isidore Church](#)
- [Stop & Shop of Acton](#)
- [Sudbury Farms](#)
- [Trader Joe's](#)
- UMass Chan Medical School
- [Verrill Farm](#)
- [Welch's](#)

Fun Food Facts: Zucchini



Zucchini, a summer squash, is a heat-loving, herbaceous vine that, with space, matures quickly and may rapidly overwhelm a garden. The world's largest zucchini was 69.5 inches long and weighed 65 pounds! Descended from squash first domesticated in central and south America and brought to Mediterranean by Christopher Columbus, the zucchini was bred in Milan in the 19th century. While zucchini is considered a vegetable in cooking, botanically it is a fruit, as it develops from the flowering part of the plant and contains seeds. The beautiful blossoms are also edible, and can be stuffed, fried, or added as gorgeous, delicately-flavored garnish.

From soufflés to bread to cooked on the grill, there are many ways to enjoy this delicious and healthy vegetable. Here are two recipes to try if your garden or shopping bag is overflowing.

[Zucchini Pancakes](#)
[Zucchini Bread](#)


Our Contact Information

{{(Organization Name)}}

{{(Organization Address)}}

{{(Organization Phone)}}

{{(Organization Website)}}

{{(Unsubscribe)}}

Platinum Transparency 2022

Candid.


[Donate Now](#)