

News from Around the Table



OPEN TABLE CHOPPED FOR CHARITY

Watch the chefs compete Friday, May 3rd

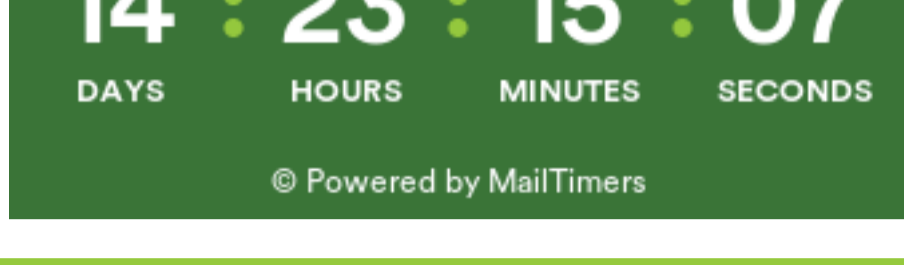
Get tickets at www.opentable.org

Thank you to our Sponsors: J.P.Morgan, Tito's, Debra's Natural Gourmet, OPEN TABLE BOARD OF DIRECTORS, DUNKIN', Avidia Bank

Chopped for Charity Countdown

We are just over two weeks away from our gala event of the year: Chopped for Charity. With three stellar chefs in the main event and a mixology competition for our VIP hour, May 3rd is going to be a fantastic night to spread More Love, Less Hunger! There are still a few tickets remaining, so act fast!

[Learn More...](#) [Get Tickets!](#)



Thank You for Helping Us Celebrate Our Birthday!

We had a wonderful time celebrating our 35th Birthday on Friday, April 12th with volunteers, staff, guests, and supporters. Special thanks to Representative Kate Hogan, who presented us with an official citation from the Massachusetts House of Representatives! We would also like to thank State Senator Jamie Eldridge, and Mike Stevens of the Maynard Selectboard, for taking the time to be with us. We truly appreciate all of the support of our organization and mission.

[See More...](#)

Give More Meals

We distribute approximately 1,500 fresh and frozen meals every week to our guests through our Senior Lunches and prepared meals programs. Your donation can make a huge difference for people like Mary from Wayland who shared, "The meals and the people have changed my life." Be part of this positive change by donating today!

[Donate Today](#)



35 Reasons to Give #4:
Prepare healthy fresh and frozen meals



Stamp Out Hunger

The postal workers' food drive is an annual nationwide event conducted by the National Association of Letter Carriers (NALC). It is held on the second Saturday in May, which will be May 11, 2024. Letter carriers collect non-perishable food donations as they deliver mail along their postal routes. Open Table will be the recipient of donations from postal workers who live in Maynard and Concord. Please consider placing **non-perishable, non-expired items** for your letter carrier to collect on Saturday, May 11th!



Volunteer Spotlight: Liz and Sandy Sullivan

Liz and Sandy Sullivan are a mother and daughter duo who work at the pantry in Pick-and-Pack and oversee shifts at the Community Donation Center in West Concord, also known as Beharrell. Liz began volunteering at Open Table in June of '22, demonstrating her energy and commitment, which quickly led to her promotion to Pick and Pack Shift Leader. Liz was subsequently hired as a Pantry Assistant and can be found working at Open Table Monday through Thursday mornings.



[Read More](#)

Last summer, Liz introduced her mother to Open Table and Sandy soon became a regular volunteer on the Thursday morning Pick-and-Pack shift. Additionally, she assists with operations at Beharrell. Learn more about the Sullivans, their roles at Open Table, and the benefits of volunteering together on our website.

Annex Update

Digging, drainage creation, and concrete pouring are currently underway in the walkway between the 33 Main Street building and our new Annex. As a result, we kindly request that all visitors, volunteers, and staff enter through the front door of 33 Main. The next item on our contractor's agenda is installing a new roof on the Annex! Stay tuned!



[See More Photos](#)

Knights Help Battle Food Insecurity

Last month, the Maynard Knights of Columbus Council #2121 once again joined us in the battle against food insecurity with a generous donation. This donation will help purchase food and support our mission. We are grateful for the many knights in shining armor who support us with their time, talent, donations of non-perishables, fresh produce from their gardens, and generous financial gifts. This month, we extend our gratitude to the following recent donors and to all of you who help spread More Love, Less Hunger.



Grand Knight Paul Maria with our Executive Director Alex DePalo and Board President Mary Siegel

- Assabet Co-op Market
- Boston Area Gleaners
- Concord Carlisle Key Club
- Congregation Kerem Shalom
- Crosby's Marketplace
- Cumberland Farms, Maynard
- Debra's Natural Gourmet
- Design 1 Kitchen & Bath
- Donelan's Supermarket
- Holy Family & St. Irene's Parishes
- Maynard Public Library
- Middlesex Savings Bank
- New England Deaconess
- Roche Bros, Acton
- Rotary Shop of Concord
- Stop & Shop of Acton
- Sudbury Farms
- Trader Joe's
- Verrill Farm
- Welch Foods

Fun Food Facts: Rhubarb



Spring is here when rhubarb starts to push its way out of the ground. A long-lived perennial, rhubarb is grown worldwide. Despite being most often used in desserts, perhaps mixed with strawberries, rhubarb adds tang and a unique flavor to savory dishes as well. Try it in a sauce with salmon or chicken, for example.

Here are a few other things you may not know about rhubarb:

- Rhubarb was first grown for thousands of years for its medicinal properties. In the 1700s, it made its way to North America and into the pies so many of us love.
- In the early 1800s, horticulturalists discovered how to force rhubarb, tricking the plant into thinking spring had arrived, even though it was still winter. Amazingly, as the stalks grew in their warm, dark environment, farmers could hear them emit pops and squeaks as they raced upward to find the sun.
- Rhubarb is good for you, high in fiber, calcium and vitamin K, although it does need sugar to tame its tartness.
- Are you a baseball fan? Then you know that rhubarb has another meaning. Broadcaster Red Barber popularized the term, meaning an on-the-field fight.

Try these two recipes for enjoying rhubarb, which is showing up now in stores and gardens across New England.

[Strawberry Rhubarb Crisp](#) [Strawberry Rhubarb Compote](#)

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