

News from Around the Table



Help Pack Nutritious Summer Lunches

With summer in full swing, more and more families are requesting the lunch packs we make fresh in our kitchen. You can help by sponsoring a child for our Summer Lunch Program! Lunch options vary week to week, but always include a sandwich or wrap and a vegetable side.

“The lunch packs have actually made my daughter a bit less picky about what she likes and will eat.”

– Peter, summer lunch parent

That's a ringing endorsement!

Your \$100 donation ensures local kids have access to our delicious and nutritious summer lunches!

[Sponsor A Child](#)

Join Us for a Group Ride or Walk!

We have some wonderful leaders on our **Ride for Food** team who have stepped up to lead group rides and walks! These are open to anyone who would like to join us. You will learn about the Ride for Food and how to join our team, but you are welcome to come just for the exercise and to enjoy the company.

GROUP TRIPS SCHEDULE (with weather cooperation):
July 21 - Group Ride starting Meet by 8:45 am; roll at 9:00 -- Open Table, 33 Main St., Maynard. 25 miles +/- (friendly pace; no-drop; options to ride shorter). No-host coffee & conversation at ride's end. Please email Danny Watt [dwatt@opentable.org](mailto:d watt@opentable.org) if interested in joining!

August 10 or 11 - Group Ride led by Aiko Pinkoski - more details to come. Please contact apinkoski@opentable.org if interested in joining.

August 17 - Group Walk led by Alannah Gustavson. Start 10:00am at Open Table, Maynard, walk to Assabet Co-Op Market for coffee/tea/treats and chat on the deck, then return to Open Table (1.5 miles round trip). Please email agustavson@opentable.org if interested in joining.



[Join The Team](#)

[Learn More...](#)

Volunteer Spotlight: Summer Interns Group 2!

Last week we welcomed our second group of Summer Interns to Open Table.

Regina Ceeseey is a Senior at Lincoln-Sudbury High School, Bridget Knightly is an Junior at Lincoln-Sudbury, Lia Pratt is a Sophomore at Littleton High School, and Layli White is a Junior at Concord-Carlisle High School. The team spent a lot of time over the past week working on distribution shifts, working in the kitchen, and fulfilling the kids' summer lunch meals.

We are again thrilled to have such a talented and conscientious group of young people join us. Welcome!



Sunrise Classic

Beat the heat with a run at the Sunrise Classic on August 3rd at Emerson field in Concord. Learn more about the two Concord-Carlisle high school students who are spearheading this event on our [website](#). Sign up for a 1 mile or 5K professionally-timed run and you will also get a Sunrise Classic T-shirt!

[Register Here](#)



Nothing BEETs a Fresh Donation!

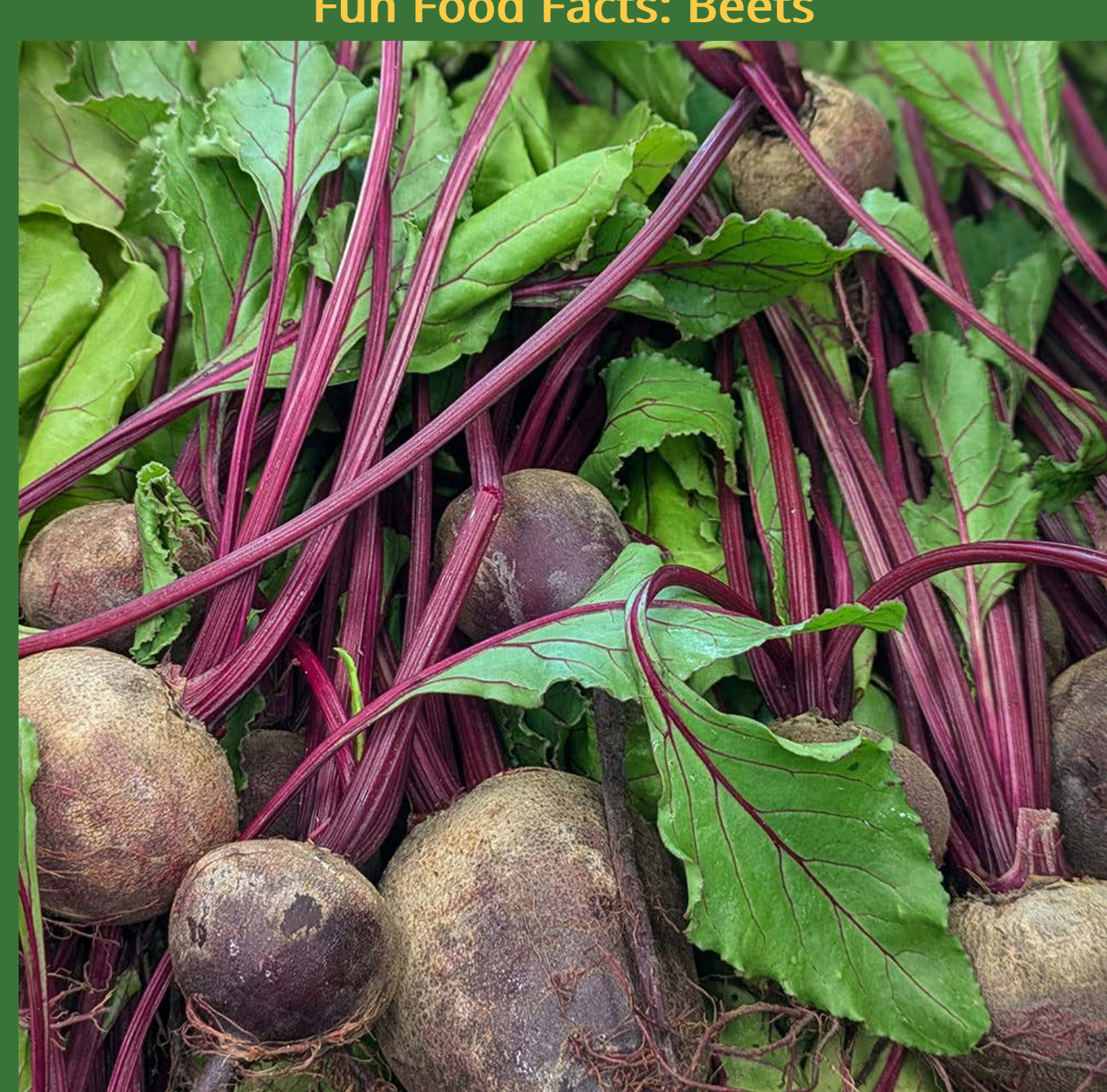
Local farms are starting to harvest their summer crops, and we are excited to share the bounty with our clients. We recently added some beautiful beets from **Gaining Ground** to our grocery offerings. Learn more about beets and check out our recipes below.

This month, we'd also like to extend our heartfelt thanks to the following generous supporters:

- Acton Boxborough United Way
- Acton Food Pantry
- Assabet Co-op Market
- Assabet Mack Service
- Aurelia's Garden
- Boston Area Gleaners
- Carlisle Cutters
- Claneil Foundation
- Concord Market
- Crosby's MarketPlace
- Debra's Natural Gourmet
- Donelan's Supermarket, Acton
- First Parish in Lincoln
- Greater Boston Food Bank
- Greater Lowell Community Foundation
- Holy Family & St. Irene's Parishes
- James & Lucia's Lemonade Stand
- Jeff Joachim
- MetroWest Health Foundation
- Gail Nessman
- Roche Bros, Acton
- Stop & Shop of Acton
- Stow Council on Aging
- Sudbury Farms
- Sudbury Pantry
- The Food Project
- Trader Joe's
- Verrill Farm
- Whole Foods Market - Sudbury
- William's Be Yourself Challenge



Fun Food Facts: Beets



Beets have really gained popularity in recent years. A vegetable that was once most likely to be relegated to peasant cuisine now takes center stage at the most elegant restaurants. In appetizers, salads, and even as a main course meat substitute, beets are making a colorful and very nutritious appearance. How much do you know about them?

- Long ago, only the greens were eaten as food. Those large roots were used as medicine, to treat digestive issues, cleansing the blood, binding wounds, curing toothaches, and treating skin ailments. They were also prized as an aphrodisiac.
- The entire plant is edible. Next time you roast beets, don't toss the stems and leaves; they are equally delicious.
- Most commonly available is the red or deep purple variety, but beets also come in other colors. Golden beets are the favorite of many people, and you can also get white and candy cane striped varieties.
- Not surprisingly, beets are highly nutritious. With potassium, magnesium, folate and more, there are studies showing that beets help reduce blood pressure, improve circulation, prevent anemia, and enhance cognitive functioning. They are good for a hangover, because they help cleanse the liver.
- Some people hate beets, swearing that they taste like dirt. It's not because they haven't been scrubbed well enough. It's because beets have the chemical compound geosmin, the same compound that gives the air after a rain shower its distinctive odor. Some folks have a heightened sensitivity to geosmin, causing them not to taste the beet's natural sweetness, but only that earthy, field smell.

Local farm fresh beets will be available in our area through the end of the year. Not sure what to do with them? Try our Beet Spread or Beet Soup recipes!

[Beet Soup](#)

[Beet Spread](#)

Our Contact Information

{{Organization Name}}
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