



News Across the Table

Our Neighbors' Table, August 2020 / Edition 1



Heather's Summer Veggie Salad

- 1 small to medium summer squash and 1 small to medium zucchini
- Salt
- 2 Tbsp extra virgin olive oil
- 2 Tbsp white wine vinegar
- ¾ tsp sugar
- Freshly ground black pepper to taste
- 1 tsp minced garlic
- ¼ cup red onion, sliced and then slices quartered
- ½ cup chopped sweet bell pepper (any combination of red, yellow, orange)
- ¼ cup pitted and sliced Kalamata olives (optional)
- 1 Tbsp chopped fresh basil

1. Chop off the ends of the yellow squash and zucchini & cut lengthwise in half.
2. Slice about ¼ inch thick, forming half-moon shaped slices and spread in a colander.
3. Sprinkle squash uniformly with salt & toss. Let sit for 25-30 minutes to remove liquid.
4. Mix olive oil, vinegar, and sugar for dressing then add garlic & red onion. (**TIP!** Marinating the garlic and red onion in the dressing while you are waiting on the squash to be ready will mellow them out.)
5. Rinse yellow squash and zucchini well and blot dry on paper towels.
6. Put squash in bowl, then mix in dressing, garlic and onion. Let marinate for at least 20 minutes. Sprinkle with salt & pepper before serving (garlic salt gives the salad more flavor if you have it).



Heather Paterson is ONT's Meal Manager. Her delicious recipes are made into meals and available free for take-out every Wednesday from 4pm to 6pm at Main Street Congregational Church, 145 Main St. in Amesbury.

A note from our Executive Director; Lyndsey Haight

We miss you! Seeing your smiling face, simple 'hellos' and 'how are you's' are what make every day special here at ONT. Since closing our markets and dining room in March, it just hasn't felt the same without you. Community is very important to us all and we want you to know that we are here for anything you might need. Even though you're not able to come in to shop, we hope that you are still getting all the great food you want and need through our online and phone ordering. This newsletter is another way for us to stay in touch. If you'd like to share or suggest something for future editions, please let us know. Until we see each other again, be safe, be well, and don't ever hesitate to call if you need anything or even just to say hello.

Changes to Amesbury Pick-up:

Thank you to our guests who pick up in Amesbury for your patience as we adapt our curbside pickup parking! With our neighboring businesses reopening soon, we had to stop using the drive-up lane for grocery pick-up.

Please remember to **only park** in the spots with an orange cone. Because we try to time the packing of your groceries to your pick-up time, we ask that you **please do not come early** as your order will not be ready. If **you are going to be more than 15 minutes late, please call us at 978-388-1907** so we can protect your refrigerated and frozen groceries.

We plan on having the curbside pick-up model for the foreseeable future while the coronavirus is still a threat. The space in our current markets is too small to safely socially distance and follow health & safety protocols with shoppers and volunteers inside.

Apply for SNAP by phone!

Our Neighbor's Table is a SNAP Outreach Partner. We can help you apply for SNAP (food stamps) by phone. Call Tress at 978-388-1907, ext. 18 to apply, help with an open SNAP case, or to answer your questions about SNAP.

SNAP updates

- If you receive SNAP, you may have noticed some extra EBT funds on your card on the 2nd of each month. This is from the Families First Coronavirus Act of 2020. Each month we are in both a state and federal state of emergency, DTA will request permission from the federal government to give every SNAP household the maximum amount for their household size.
- Congress also authorized DTA to issue Pandemic-EBT (P-EBT) funds to families with children enrolled in the free or reduced school lunch program. If you need P-EBT help, visit www.map-ebt.org or call DTA at (877) 382-2363.

SNAP benefits are put on an electronic card that is used like an ATM card or a bank card and can be used at most supermarkets, convenience stores, and some farmers' markets. Income guidelines apply.

This project has been funded at least in part with Federal funds from USDA. This institution is an equal opportunity provider. The SNAP logo is a service mark of the U.S. Department of Agriculture. USDA does not endorse any goods, services, or enterprises.



Para ler esta newsletter em espanhol, visite o site

www.ourneighborstable.org/guestnewsletter para fazer o download do pdf com a versão traduzida.



Summer Lunch is back!

All families with children are automatically enrolled in the Summer Lunch Program. Additional kid-friendly items will be available through our ordering system. These items are labelled "KID" and are similar to previous years' Summer Lunch Program offerings. We have also increased the limits you can order on staples such as milk and eggs.

Here's a peak behind the scenes of Our Neighbor's Table's



Above: The market is set up with the items that will be put into grocery bags for that day. You can see boxes of fruits and vegetables set up so that volunteers can pack them, all while wearing masks, washing hands and keeping a safe distance.

Below: Inside what used to be ONT's community room, volunteers prepare paper bags for packing and form an assembly line to pack the dry goods for that day's orders.



Volunteer Profile: Meet Bob Murciak



Many of our Amesbury Market, Newburyport Market, and Wednesday Meal guests will recognize Bob Murciak's smiling face! Bob is the friendly, helpful volunteer who brings your groceries to your car or greets you at the church hall when you arrive at for the Wednesday Meal. Bob is also a member of ONT's Board of Directors.

Bob describes his volunteer work at ONT as, "the best job I've ever had." After a long career with GE, Bob is now retired. He is currently helping out at the Amesbury Market three days a week, greeting guest and loading grocery orders into their cars.

"It's really rewarding; I feel like I'm giving back," Bob said of volunteering at ONT. Referring to ONT's guests, Bob says he's "met a lot of great people." He enjoys chatting with the other volunteers, office staff, and especially the guests. "Sometimes I get to talking to the guests for 10 or 15 minutes," Bob said. "I love to help out any way I can. It's so good to see our guests, even though they can't see my smile now because of my mask." So next time you see Bob, rest assured he's got a smile for you!

Amesbury Market location and hours:

194 Main St., Amesbury

Wednesdays: 10:00am - 1:00pm and 2:00pm - 4:00pm

Thursdays: 12:00pm - 3:00pm and 4:00pm - 6:00pm

Fridays: 9:00am - 12:00pm and 1:00pm - 3:00pm

Saturdays: 9:00am - 1:00pm

Newburyport Market: Thursdays, 10:00am - 12:00pm

Nock Middle School, 70 Low St., Newburyport

Merrimac Market: 1st & 3rd Saturdays, 9:00 am -10:30 am

Sweetsir School, 104 Church St., Merrimac

Grocery orders can be placed online or by phone until 4pm the day before pick-up. Orders for Merrimac can be placed Thursday before 4pm and Friday until 12pm.

Order groceries at ourneighborstable.org/getfood

Questions? Comments? Ideas for future newsletters?
Call or email Tress, ONT's Food Resource Advocate at:
(978) 388-1907 ext. 18
or email: tress@ourneighborstable.org

Our Neighbors' Table

194 Main St., Amesbury MA 01913 (978) 388-1907

www.ourneighborstable.org

Si desea leer este boletín en español, visite

www.ourneighborstable.org/guestnewsletter para descargar la traducción del pdf.