



## FOOD CONNECTIONS

Southern-inspired macaroni and cheese, Rhode Island-style fried calamari and Korean chicken tacos are just some of the tasty

dishes featured on New Hampshire PBS' new Friday night series, **THE GREAT AMERICAN RECIPE**. The program highlights talented home cooks sharing their signature dishes in a bid to win a national search for the next "Great American Recipe."

The series celebrates the multiculturalism that is essential to American life, sharing stories about the connection between food, family and community.

Seacoast chef David Vargas understands this interplay between the past and the future. At his Portsmouth restaurant, Vida Cantina, Chef Vargas serves dishes reflecting his Mexican heritage, his Southern California upbringing and his time spent living — and cooking — in the U.S. Virgin Islands. But the focus of his fusion is local ingredients, underpinned by his commitment to sustainable food systems and respect for the land.

"It's about really digging deep into a region and figuring out its heartbeat. For Mexicans, one of our biggest staples is maize — the corn — but Native Americans in New England also grew maize as a staple of their diets," said Vargas. "We started a local company called Vida Tortilla to sell organic tortillas, and we've gone from growing one acre of native corn to harvesting 30 acres."

Growing up, Vargas says his family gathered every weekend to eat — roasting a goat, grilling carne asada or slow cooking a pot of beans to serve with tortillas.

"You come over to our house, and we're going to feed you, as that's what we have available to show our love and respect for being part of our family or our circle

of friends," says Chef Vargas. "That's what we try to adapt into our restaurant every day."

Climate change, political factors, cost and supply chain issues are all impacting the viability of our food systems and the ability for people to access the food they need. "We cannot continue in the form we are going — to take and take and take. There won't be anything left," says the James Beard Award-nominated chef. Instead, Vargas advocates making our diets more vegetable-forward, focused on biodiversity and ingredients that are sustainable over time.

Chef Vargas sees a recent interest in Native American cooking as a welcome trend. "It's the first cuisine of our region, and we haven't touched one percent of it. We need to promote it on our platforms, and we need to support chefs who are sharing this cuisine," says Chef Vargas. "And first and foremost, we need to appreciate and give thanks to Native Americans for letting us stay on their lands right now."

For home cooks, Vargas' advice is simple: "Start with good ingredients, and you'll end up with something good on your plate."

Chef Vargas shared a family recipe for Tacos de Papa (potato tacos) with NHPBS viewers. His family would buy potatoes at local markets or grow their own for this inexpensive meal. See the recipe or share your own family recipe at our food page, [nhpbs.org/food](https://nhpbs.org/food), and win a prize!

Learn more about local restaurants in NH through our Flavors of Our Neighbors project at [nhpbs.org/neighbors](https://nhpbs.org/neighbors)! And tune in to **THE GREAT AMERICAN RECIPE**, Fridays at 9 PM through Aug. 12th and on-demand for NHPBS Passport members.

# NHPBS PRIMETIME PICKS



## Gardenfit

WEEKDAYS | 7 AM NHPBS Explore

Bring gardening and fitness together to care for your body while you tend to your garden. A different guest gardener from around the country shares distinctive insights and tips during tours of their gardens.



## Windows to the Wild

WEEKDAYS | 7 PM NHPBS

WEDNESDAYS | 7:30 PM NHPBS

Bust out your hiking sticks and grab your favorite trail buddy! Host Willem Lange is on the move and enjoying stories about hiking cats, rowers, long-distance paddlers and exploring the great outdoors. Join us for a summer of adventure!



## Chasing Silver: The Story of Gorham

THU Aug 4 | 8 PM NHPBS

Trace the fascinating and varied history of the Gorham Manufacturing Company based in Providence, Rhode Island. Established in 1831 as a small silversmithing enterprise, the company grew to become a global titan of silver manufacturing.



## Magnificent Beast

THU Aug 11 | 8 PM NHPBS

Explore the unique relationship of pigs as food, friend and foe to humans. Interviews with archaeologists, farmers, chefs, hunters and pet owners reveal the complicated bond between people and pigs, including the "pork taboo."



## Great Performances: Vienna

Philharmonic Summer Night Concert

FRI Aug 26 | 9 PM NHPBS

Enjoy the Vienna Philharmonic's annual summer night concert with cellist Gautier Capuçon under the direction of guest conductor Andris Nelsons at Austria's Schönbrunn Palace.



## The Boleyns: A Scandalous Family

SUN Aug 28 | 8 PM NHPBS

Discover the scandalous rise and fall of the Boleyns in this epic three-part series. Get immersed in this story of love, betrayal, and obsession told from the unique perspective of the Boleyn family.



# 5 CHANNEL SPOTLIGHT

OUR PRIMARY CHANNEL, NHPBS, IS NOW STREAMED LIVE AT [NHPBS.ORG/LIVESTREAM](https://nhpbs.org/livestream)



## HOG HAVEN

THU Aug 11 | 10 PM NHPBS

Meet Erin, a woman whose life's mission is to rescue and rehabilitate pigs who would otherwise be farmed for food. This is Erin's story about her physical and mental recovery from a tragic event that transforms her into the co-founder of one of the largest and most respected pig sanctuaries in the country.



## HAPPY YOGA WITH SARAH STARR

MON Aug 1 | 6 AM NHPBS EXPLORE

Relax and recharge while enjoying the beauty of nature's most tranquil and scenic settings with certified yoga instructor Sarah Starr. Enjoy a variety of yoga sessions as Sarah guides viewers through an accessible practice using a chair for support and intermediate yoga sessions, taking your practice to the mat.



## BARE FEET WITH MICKELA MALLOZZI

WED Aug 31 | 5 PM NH CREATE

Come on a journey and experience the world through dance! Join Mickela as she travels the world via the five boroughs of New York City. She'll highlight the ongoing recovery of this resilient city through stories of the rich arts and small businesses that make up these diverse community neighborhoods.



## OPERATION MANEATER

MON Aug 22 | 2 PM NH WORLD

Veterinarian Mark Evans uses technology to tackle three deadly predators: the great white shark, Nile crocodile and polar bear. When these animals attack humans, both sides lose. As more people are killed or maimed, more animals are killed in retaliation. Evans wants to find ways to break this circle of violence and protect both humans and animals.



## SESAME STREET: THE MONSTER AT THE END OF THIS STORY

MON Aug 15 | 11 AM NHPBS

Join Grover for an animated SESAME STREET special inspired by the classic book, *The Monster at the End of this Story*. This special shows how Grover learns to face his fears with a little help from his friends.

# MORE TO EXPLORE



## POV: He's My Brother

MON Aug 1 | 10 PM NHPBS



## Shakespeare & Hathaway

THU Aug 4 | 8 PM NHPBS EXPLORE



## Hope Street

FRI Aug 12 | STREAMING NHPBS PASSPORT



## The Great American Recipe | FINALE

FRI Aug 12 | 9 PM NHPBS



## The Hunter

SUN Aug 28 | 11 PM NHPBS

ON-AIR | MOBILE | ONLINE | CLASSROOMS | COMMUNITY

	6:30 PM	7:00 PM	7:30 PM	8:00 PM	8:30 PM	9:00 PM	9:30 PM	10:00 PM	
Mon. 8/1	Steven Raichlen's Project Fire	PBS NewsHour		Midsomer Murders		Trouble with Maggie Cole		Unforgotten on Masterpiece**	
Tue. 8/2	Steven Raichlen's Project Fire	PBS NewsHour		In Their Own Words Queen Elizabeth II		Grantchester On Masterpiece		Cobra**	
Wed. 8/3	Steven Raichlen's Project Fire	PBS NewsHour		Howards End On Masterpiece		The Indian Doctor		Thou Shalt Not Kill**	
Thu. 8/4	Steven Raichlen's Project Fire	PBS NewsHour		Shakespeare & Hathaway-Private Investigators		Agatha Christie's: Poirot		Broadchurch**	
Fri. 8/5	Steven Raichlen's Project Fire	PBS NewsHour		Washington Week	Firing Line with Margaret Hoover	The Open Mind	Frontline		
Sat. 8/6	The Lawrence Welk Show*	Finding Your Roots Italian Roots		Antiques Roadshow Recut	Icon: Music Through The Lens On The Wall		Icon: Music Through The Lens On The Net		
Sun. 8/7	Expedition with Steve Backshall*	The Green Planet Human Worlds		Nova NOVA Universe Revealed: Black Holes		America Outdoors with Baratunde Thurston Tidewater: Homecoming		Finding Your Roots**	
Mon. 8/8	Steven Raichlen's Project Fire	PBS NewsHour		Midsomer Murders		Trouble with Maggie Cole		Unforgotten on Masterpiece**	
Tue. 8/9	Steven Raichlen's Project Fire	PBS NewsHour		In Their Own Words Princess Diana		Grantchester On Masterpiece		Cobra**	
Wed. 8/10	Steven Raichlen's Project Fire	PBS NewsHour		Howards End On Masterpiece		The Indian Doctor		Thou Shalt Not Kill**	
Thu. 8/11	Steven Raichlen's Project Fire	PBS NewsHour		Shakespeare & Hathaway-Private Investigators		Agatha Christie's: Poirot		Broadchurch**	
Fri. 8/12	Steven Raichlen's Project Fire	PBS NewsHour		Washington Week	Firing Line with Margaret Hoover	The Open Mind	In Their Own Words Jim Henson		
Sat. 8/13	The Lawrence Welk Show*	Conversation with Ken Burns			This Land Is Your Land (My Music)				Eat Your Medicine: The Pegan Diet with Mark Hyman, MD
Sun. 8/14	Bela Fleck: My Bluegrass Heart*	Roy Orbison Forever			On Broadway				Suze Orman's Ultimate Retirement Guide
Mon. 8/15	Steven Raichlen's Project Fire	PBS NewsHour		Doo Wop, Pop and Soul Generations (My Music)					
Tue. 8/16	Steven Raichlen's Project Fire	PBS NewsHour		Tom Lehrer - Live In Copenhagen 1967			The World of Wisdom & Wonder**		
Wed. 8/17	Steven Raichlen's Project Fire	PBS NewsHour		Howards End On Masterpiece		Ken Burns: The Civil War**			
Thu. 8/18	Steven Raichlen's Project Fire	PBS NewsHour		Bee Gees: One Night Only			This Land Is Your Land (My Music)**		
Fri. 8/19	Steven Raichlen's Project Fire	PBS NewsHour		Washington Week	Firing Line with Margaret Hoover	Eat Your Medicine: The Pegan Diet with Mark Hyman, MD**			
Sat. 8/20	The Lawrence Welk Show*	Riverdance 25th Anniversary Show				Chris Botti & The Dallas Symphony Orchestra			
Sun. 8/21	Keto Diet with Dr Josh Axe*	Kenny Rogers Farewell Concert Celebration: All In For The Gambler			60s Pop, Rock & Soul (My Music Presents)				
Mon. 8/22	Steven Raichlen's Project Fire	PBS NewsHour		Midsomer Murders		Trouble with Maggie Cole		Unforgotten on Masterpiece**	
Tue. 8/23	Steven Raichlen's Project Fire	PBS NewsHour		This Land Is Your Land (My Music)			Kenny Rogers Farewell Concert**		
Wed. 8/24	Steven Raichlen's Project Fire	PBS NewsHour		Death In Paradise		The Indian Doctor		Thou Shalt Not Kill**	
Thu. 8/25	Steven Raichlen's Project Fire	PBS NewsHour		Shakespeare & Hathaway-Private Investigators		Agatha Christie's: Poirot		Broadchurch**	
Fri. 8/26	Steven Raichlen's Project Fire	PBS NewsHour		Washington Week	Firing Line with Margaret Hoover	The Open Mind	American Experience The Murder of Emmett Till		
Sat. 8/27	The Lawrence Welk Show*	Roy Orbison Forever			All Creatures Great and Small: The Next Chapter			Build A Better Memory Through Science	
Sun. 8/28	Rick Steves Fascism In Europe*	Riverdance 25th Anniversary Show				60s Pop, Rock & Soul (My Music Presents)**			
Mon. 8/29	Steven Raichlen's Project Fire	PBS NewsHour		Midsomer Murders		Trouble with Maggie Cole		Unforgotten on Masterpiece**	
Tue. 8/30	Steven Raichlen's Project Fire	PBS NewsHour		The Boleyns: A Scandalous Family Ambition		Guilt On Masterpiece		Guilt On Masterpiece**	
Wed. 8/31	Steven Raichlen's Project Fire	PBS NewsHour		Death In Paradise		The Indian Doctor		Thou Shalt Not Kill**	

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# NH PBS AUGUST 2022 PROGRAM SCHEDULE

	6:30 PM	7:00 PM	7:30 PM	8:00 PM	8:30 PM	9:00 PM	9:30 PM	10:00 PM
Mon. 8/1	PBS NewsHour*	Windows to the Wild Paddling The Saco	Rick Steves' Europe	Antiques Roadshow		Antiques Roadshow		P.O.V.** He's My Brother
Tue. 8/2	PBS NewsHour*	Windows to the Wild Sectional Hiker	Rick Steves' Europe	Finding Your Roots Italian Roots		America Outdoors with Baratunde Thurston		Frontline** Ukraine: Life Under Russia's Attack
Wed. 8/3	PBS NewsHour*	Windows to the Wild School at Sea	Windows to the Wild Exploring Wild Iceland	The Green Planet Human Worlds		Nova NOVA Universe Revealed: Black Holes		Expedition with Steve Backshall**
Thu. 8/4	PBS NewsHour*	Windows to the Wild Community Outing	Rick Steves' Europe	Chasing Silver: The Story of Gorham		Icon: Music Through The Lens On The Wall		Icon: Music Through The Lens** On The Net
Fri. 8/5	PBS NewsHour*	Windows to the Wild Outdoor Classroom	Rick Steves' Europe	Stories from the Stage	Stories from the Stage	The Great American Recipe Family		One Voice: The Songs We Share
Sat. 8/6	Welcome to My Farm Lobster Bake	Escape to the Chateau		In Their Own Words Queen Elizabeth II		Grantchester On Masterpiece		Cobra**
Sun. 8/7	60s Pop, Rock & Soul (My Music Presents)*			In Their Own Words Princess Diana		Grantchester On Masterpiece		Cobra
Mon. 8/8	PBS NewsHour*	Windows to the Wild One Thousand Hours Outside	Rick Steves' Europe	Antiques Roadshow		P.O.V.** President		
Tue. 8/9	PBS NewsHour*	Windows to the Wild Rowing The Erie Canal	Rick Steves' Europe	Finding Your Roots The Eye of the Beholder		America Outdoors with Baratunde Thurston		Frontline** Afghanistan Undercover
Wed. 8/10	PBS NewsHour*	Windows to the Wild Hiking with David	Windows to the Wild A Trek Through Scotland	Nature Dogs in the Land of Lions		Nova NOVA Universe Revealed: Big Bang		Expedition with Steve Backshall**
Thu. 8/11	PBS NewsHour*	Windows to the Wild Flags On NH's 48	Rick Steves' Europe	Magnificent Beast		The Last Pig		Hog Haven**
Fri. 8/12	PBS NewsHour*	Windows to the Wild Seek The Peak	Rick Steves' Europe	Stories from the Stage	Stories from the Stage	The Great American Recipe The Great American Recipe		
Sat. 8/13	Doo Wop, Pop and Soul Generations (My Music)**							
Sun. 8/14	James Taylor: One Man Band*		All Creatures Great and Small: The Next Chapter			Grantchester On Masterpiece		Cobra**
Mon. 8/15	PBS NewsHour*	Windows to the Wild Adirondack Hut Boy	Roy Orbison Forever			Eat Your Medicine: The Pegan Diet with Mark Hyman, MD**		
Tue. 8/16	PBS NewsHour*	Windows to the Wild Thoreau at Walden Pond	Freedom Songs: The Music of the Civil Rights Movement			Suze Orman's Ultimate Retirement Guide**		
Wed. 8/17	PBS NewsHour*	Windows to the Wild Barry Burbank Takes A Hike	Ken Burns: The National Parks			Nova Mysteries of Sleep		
Thu. 8/18	PBS NewsHour*	Windows to the Wild Finding Your Way	Frankie Valli & The Four Seasons: Too Good to Be True			Bee Gees: One Night Only		
Fri. 8/19	PBS NewsHour*	Windows to the Wild Rico The Hiking Cat	John Williams: The Berlin Concert			Roy Orbison Forever		
Sat. 8/20	Tom Lehrer - Live In Copenhagen 1967			Bee Gees: One Night Only			James Taylor: One Man Band**	
Sun. 8/21	John Williams: The Berlin Concert*	Concert for George				Masterpiece: 50 Fabulous Years!		
Mon. 8/22	PBS NewsHour*	Windows to the Wild The Mountain Wanderer	Riverdance 25th Anniversary Show				Keto Diet with Dr Josh Axe**	
Tue. 8/23	PBS NewsHour*	Windows to the Wild Kayaking with Outdoor Afro	Suze Orman's Ultimate Retirement Guide				Bee Gees: One Night Only**	
Wed. 8/24	PBS NewsHour*	Windows to the Wild Forest Therapy with Dogs	Kenny Rogers Farewell Concert Celebration: All In For The Gambler			Concert for George**		
Thu. 8/25	PBS NewsHour*	Windows to the Wild Memorial Hike	60s Pop, Rock & Soul (My Music Presents)				3 Steps to Pain-Free Living**	
Fri. 8/26	PBS NewsHour*	Windows to the Wild High Places	Chris Botti & The Dallas Symphony Orchestra			Great Performances Vienna Philharmonic Summer Night Concert 2022		
Sat. 8/27	Kenny Rogers Farewell Concert Celebration: All In For The Gambler			Concert for George				60s Pop, Rock & Soul (My Music Presents)
Sun. 8/28	The Hidden Map			The Boleyns: A Scandalous Family Ambition		Guilt On Masterpiece		Guilt On Masterpiece**
Mon. 8/29	PBS NewsHour*	Windows to the Wild Hidden Treasures	Rick Steves' Europe	Antiques Roadshow		P.O.V.** Faya Dayi		
Tue. 8/30	PBS NewsHour*	Windows to the Wild A Trek Through Scotland	Rick Steves' Europe	Finding Your Roots Criminal Kind		Rise of the Bolsonaros**		
Wed. 8/31	PBS NewsHour*	Windows to the Wild Memories of Hurricane Island	Windows to the Wild Hiking with Atticus The Dog	Nature Cuba's Wild Revolution		Nova A to Z: The First Alphabet		Surviving The Dust Bowl: American Experience**

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August is National Make-A-Will Month!



Having an up-to-date will is a powerful way to protect your loved ones, make important decisions about the future and support the causes you love.

Join the Make-A-Will Month movement today!

**[freewill.com/nhpbs](https://freewill.com/nhpbs)**

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New Hampshire PBS

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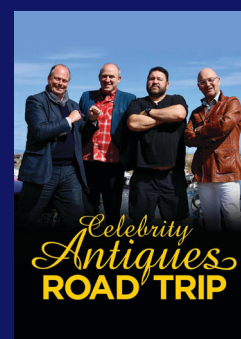
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**AUG 2022**

**GREAT PERFORMANCES**



TOGETHER WE ENGAGE | CONNECT | CELEBRATE