

YOUR LIFE LINES

FOR KIDS

Puppet Theater in Saugatuck

The Village Puppeteers are planning for too much fun at The Saugatuck Woman's Club Saturday. They will perform "Puppet Slam Saturdays" at 11 a.m. and 2 p.m. These puppeteers "riff on classic fairytales" in an original puppet play with pianist Bobbi Kearns. Between performances, they will help you make your own puppet. All workshop materials are supplied. The Woman's Club is at 303 Butler St. Tickets are \$10; workshop fee is \$10. For more information, call (269) 857-2023.

KCBS BARBECUE

Cook-Off in Lowell

Lowell's annual Riverwalk Festival will host Pauly's Brew-B-Q Throw-down, a state championship barbecue competition sanctioned by the official Kansas City Barbecue Society, from 11 a.m. to 5 p.m. Sunday. Contestants may register from 8 a.m. to 8 p.m. Saturday. Entry fee is \$225. Categories include chicken, ribs, pork butt and brisket. Grand Champion winner gets \$1,500. For more information, contact Liz Baker, at the Lowell Area Chamber of Commerce at 897-9161 or check the event's Website at riverwalkfestival.or/bbq.

KIDS WORKSHOP

Wild times ahead

Registration for the July 15 Wild Wednesday Workshop for kids at the Howard Christensen Nature Center has been extended to Thursday.. Cost is \$20 and the focus is on exploring forests. Get details and a registration form at kentconversation.org/hcnc.

CONTEST

Tell a story, get in free

Free tickets for events at Van Andel Arena and DeVos Place — all you have to do is share a story about your favorite concert memory at the venues on their Facebook and MySpace sites. Tickets will be given away quarterly. The first ones will include The Wiggles on Aug. 13; Heart on Aug. 25; Ringling Bros. and Barnum and Bailey circus Sept. 24. Three winners (to be announced July 20) will be picked from each site. For details, go to facebook.com/VanAndelArenaFanPage, facebook.com/DeVosPlaceFanPage, myspace.com/vanandelarena and myspace.com/devosplacegrandrapids.

TUNE IN TONIGHT

Baby boom continues

There was a time when you couldn't say the word "pregnant" on radio or television. Now shows about expectant mothers have become a growing niche of cable programming. The stork frenzy continues tonight with "I Didn't Know I Was Pregnant" (9 p.m., TLC) about women who conceive and carry their babies to term without ever developing a clue. It's not merely a squeamish special from TLC, but a series. Kinda makes "Obese and Pregnant" (10 p.m., TLC), and "16 and Pregnant" (7 and 8 p.m., MTV) seem so run of the mill.



"America's Got Talent": Hosts, from left, Piers Morgan, Sharon Osbourne and David Hasselhoff.

Other highlights:
■ Two helpings of "America's Got Talent" (8 p.m., NBC).
■ "Ghost Hunters International" (9 p.m., Syfy) visits Wicklow, Ireland.

— Kevin McDonough, United Feature Syndicate

SAMPLE STRESS-FREE ENTERTAINING IN FRIDAY NIGHT SERIES

THE ART OF GOOD TASTE

BY KATHY CARRIER
THE GRAND RAPIDS PRESS

Showing fresh, flavorful and seasonal ingredients — from watermelon salad and citrus sage salmon, to shrimp and chorizo with pear and peach and blackberry cobbler — chef Mark Williams creates an artful culinary palette for summertime entertaining during Grand Rapids Art Museum's Friday night summer series, GRAM on the Green, in July.

"I'm hoping to inspire folks to try something new, and give them some tips as well as a variety of techniques they can use at home, using fresh, simple ingredients," Williams said.

Starting Friday, Williams will give demonstrations on how to prepare easy and delicious foods for warm weather get-togethers, starting with roasted corn salad, chilled avocado soup and a watermelon/fresh pineapple salad dressed with a honey lime vinaigrette.

"Great food doesn't have to be complicated, but I'll be here to show all those little steps along the way," Williams said.

Focusing on techniques such as grilling, creative use of sauces and marinades and how to use various seasonings to enhance the flavor of seasonal foods, Williams will share his expertise and answer questions from the audience. "Each week I'll focus on different techniques and points, then build from those as the series goes along," he said. "The program will be new every week."

Stressing simple elegance rather than a complicated menu, Williams

SEE MUSEUM, B3

MORE

■ Recipes, B3

IF YOU GO

The Art of Entertaining

As part of the Friday nights summer series of GRAM on the Green, chef Mark Williams presents fresh and flavorful foods of summer for low-stress patio entertaining — from delicious soups and salads to Mediterranean tapas, grilled entrees and seasonal desserts.

When: Demonstrations will be from 7 to 7:45 p.m. each Friday through July in the Cook Auditorium. The buffet is from 5 to 8 p.m. on Fridays, and costs are \$12 per person.

Where: Grand Rapids Art Museum, 101 Monroe Center NW

Cost: Free with \$5 museum admission for nonmembers, no charge for members. Cost for the buffet is \$12.



PRESS PHOTOS/HOLLYN JOHNSON

Lookin' fresh: Clockwise, from top: Papaya and ice cream with strawberry balsamic glaze; citrus sage salmon and shrimp and chorizo with pear. See B3 for recipes.



Milk should sit safe when mixed in sourdough

I got one of those Amish sourdough bread starters from a friend and have been following the recipe directions. I was wondering if it is safe to leave this mixture out on the counter for 10 days (as the directions tell you to) because it contains milk.

— K. M., Muskegon

I was wondering about the same question, and I found varied advice about the safety of these "friendship" home sourdough mixes. But most sources agree it is unlikely any "bad" organisms will be able to



VICKY FERGUSON

ASK THE DIETITIAN

grow in the sour, acidic medium of a properly fermenting sourdough starter.

If you are still worried about the milk, you can substitute water instead of milk as the liquid in the starter, and the recipe turns out fine (that's what I did because of allergy issues).

How do you know if a sourdough culture is OK? It should smell yeasty, almost like beer. It should be an off-white color (reflecting the flour used) and look bubbly.

How do you know if the sourdough starter has spoiled? It will develop funny colors, such as spots of orange and red, or it will look slimy, not bubbly.

It probably smells "off," too, but I don't recommend you smell it at all if it appears odd.

Here is a sourdough starter from scratch from North Carolina State Cooperative Extension:

- 1 package active dry yeast
- 2 cups warm water (105-115 degrees Fahrenheit)
- 2 cups sifted flour
- 1 tablespoon sugar

Soften yeast in warm water in large glass or plastic bowl. Stir in flour and sugar, beating until smooth. Let stand in a warm place (85 degrees Fahrenheit), loosely covered, for about 36 hours, stirring occasionally. The starter can be refrigerated immediately after preparing it. However, the time required for fermentation before it

SEE FERGUSON, B3