

Morning Circulation - 579,078

Daily

SOUTHWEST EDITION

JUNE 21, 2007

2007



## METROMIX TOP 5

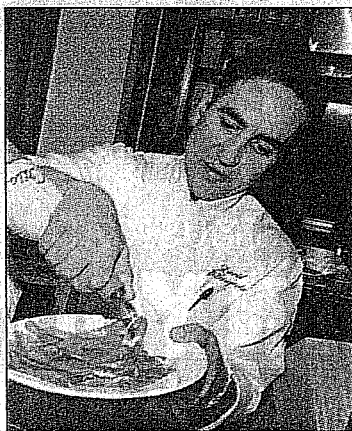
For complete listings, go to [metromix.com](http://metromix.com)

### Fab food finds

Summertime means parties aplenty, and that means a feeding frenzy. Keep the focus on feasting—but on your terms—by partaking in one of these food-focused activities.

**Soul Food and Other Themed Gardens:** Get involved at the ground level by watching a gardener plant sweet potatoes and learning about growing greens, okra and black-eyed peas. 6-7:30 p.m. Thu., 10 a.m.-noon Sat.; free. Garfield Park Conservatory, 300 N. Central Park Ave.; 312-746-5100.

**Great Chefs Tasting Party:** More than 50 local chefs are whipping up samples for you to taste at this annual fundraising fete. Participants include restaurants such as Cuatro, Gibson's Bar & Steakhouse, China Grill, Roy's and Nacional 27. 5-9 p.m. Fri.; \$100, proceeds benefit United Cerebral Palsy Association of Greater Chicago. Sheraton Chicago Hotel & Towers, 301 E. North Water St.; 312-464-1608, ext. 25.



Tribune file photo by Phil Velasquez

**Chef David DiGregorio (above) will prepare lunch with recipes from "Mastering the Grill," a new cookbook by David Joachim and Andrew Schloss, during a book-signing event.**

**'Mastering the Grill' book signing and lunch:** Chef David DiGregorio will prepare a lunch with recipes from authors David Joachim and Andrew Schloss' new cookbook. The authors are expected to be

there to rub elbows with diners. Wine included. Noon Sat.; \$54 (registration: [chicagourgourmets.com/CGevents.html](http://chicagourgourmets.com/CGevents.html)). Osteria Via Stato, 620 N. State St.; 708-383-7543.

**Burgers, Beers and Bags Ben:** Chow down on barbecue fare and enjoy beer, wine, live music, a raffle (\$5 per ticket) and a bean bag tossing contest (\$5) at this summer bash. 6:30-10 p.m. Fri.; \$25, \$15 for kids 12 and under, proceeds benefit St. Vincent DePaul Center. St. Vincent DePaul Center, 2145 N. Halsted St.; 312-943-6776, ext. 2220.

**City of Chicago Farmers Market:** We know you're dying to be the next Food Network star, and practice makes perfect. Stock up on fresh produce at one of the city's many outdoor markets to make a healthy meal at home. Days, times and locations vary, including 10 a.m.-6 p.m. Tue., weekly through Oct. 30 in the plaza at the Museum of Contemporary Art, 220 E. Chicago Ave.; 312-744-0565.

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