



October 2026 Primetime TV Listings (SDPB3- Create)

Thursday, October 1, 2026

6:00 pm (5:00 pm MT) **Steven Raichlen's Project Smoke** *Smoked in Four Courses*
6:30 pm (5:30 pm MT) **Pati's Mexican Table** *Building the Future*
7:00 pm (6:00 pm MT) **Milk Street Television** *Argentina Favorites*
7:30 pm (6:30 pm MT) **Food. Curated.** *Roots, Recipes, and Resilience*
8:00 pm (7:00 pm MT) **Samantha Brown's Places to Love** *Traverse City, Michigan*
8:30 pm (7:30 pm MT) **Samantha Brown's Places to Love** *Cruising Alaska*
9:00 pm (8:00 pm MT) **Rick Steves' Europe** *The Making Of*
9:30 pm (8:30 pm MT) **Steppin' Out** *Canada: Coast to Coast*
10:00 pm (9:00 pm MT) **Outside: Beyond the Lens** *Park City Beyond the Slopes*
10:30 pm (9:30 pm MT) **Best of The Joy of Painting** *Evening Seascape*
11:00 pm (10:00 pm MT) **Food. Curated.** *Roots, Recipes, and Resilience*
11:30 pm (10:30 pm MT) **Milk Street Television** *Argentina Favorites*

Friday, October 2, 2026

6:00 pm (5:00 pm MT) **Milk Street's My Family Recipe** *My Grandfather's Butter Rolls*
6:30 pm (5:30 pm MT) **Cook's Country** *From the Indigenous Pantry*
7:00 pm (6:00 pm MT) **America's Test Kitchen** *Porchetta-Style Turkey & Fennel*
7:30 pm (6:30 pm MT) **Food. Curated.** *Global Flavors, Local Makers*
8:00 pm (7:00 pm MT) **Gardening Life with P. Allen Smith** (marathon)

Saturday, October 3, 2026

6:00 pm (5:00 pm MT) **Milk Street Television** *Argentina Favorites*
6:30 pm (5:30 pm MT) **Pati's Mexican Table** *A Sense of Beauty*
7:00 pm (6:00 pm MT) **Antiques Roadshow** *Vintage First Finds, Hour 2*
8:00 pm (7:00 pm MT) **Best of the Joy of Painting** *Toward Day's End*
8:30 pm (7:30 pm MT) **Best of the Joy of Painting** *Sunset Aglow*
9:00 pm (8:00 pm MT) **Real Rail Adventures: Swiss Grand Tour**
10:00 pm (9:00 pm MT) **New Scandinavian Cooking** *Rye Bread for a Queen*
10:30 pm (9:30 pm MT) **Pati's Mexican Table** *Pink*
11:00 pm (10:00 pm MT) **Farmer and the Foodie** *Black Soil, KY – Silver Springs Wine*
11:30 pm (10:30 pm MT) **Cook's Country**

Sunday, October 4, 2026

6:00 pm (5:00 pm MT) **Relish** *Passport to Noodles: Pho and Ramen*
6:30 pm (5:30 pm MT) **Cook's Country** *Darn Good Desserts*
7:00 pm (6:00 pm MT) **Antiques Roadshow** *Vintage Honolulu*
8:00 pm (7:00 pm MT) **P. Allen Smith's A Sense of Place** *Tomatoes*
8:30 pm (7:30 pm MT) **P. Allen Smith's Garden Home** *Embrace Your Space*

9:00 pm (8:00 pm MT) **No Passport Required** *Miami*
10:00 pm (9:00 pm MT) **People of the North** *Helgelandskysten: Archipelago Adventures*
10:30 pm (9:30 pm MT) **Sara's Weeknight Meals** *Creole Kitchen Secrets*
11:00 pm (10:00 pm MT) **Milk Street Television** *Tuesday Night Bologna*
11:30 pm (10:30 pm MT) **America's Test Kitchen** *Porchetta-Style Turkey and Fennel*

Monday, October 5, 2026

6:00 pm (5:00 pm MT) **My Greek Table with Diane Kochilas**
6:30 pm (5:30 pm MT) **Cook's Country** *Short Ribs and Baked Potatoes*
7:00 pm (6:00 pm MT) **America's Test Kitchen**
7:30 pm (6:30 pm MT) **Food. Curated.** *The Sourdough Bread Craze*
8:00 pm (7:00 pm MT) **P. Allen Smith's Garden Home** *Down and Dirty*
8:30 pm (7:30 pm MT) **P. Allen Smith's Garden Home** *Super Foods; Super Recipes*
9:00 pm (8:00 pm MT) **Rick Steves' Europe** *Barcelona and Catalunya*
9:30 pm (8:30 pm MT) **Weekends with Yankee** *Style and Spirit*
10:00 pm (9:00 pm MT) **Rudy Maxa's World** *Four Great Cities of Asia*
10:30 pm (9:30 pm MT) **Best of the Joy of Painting** *Mirrored Images*
11:00 pm (10:00 pm MT) **Food. Curated.** *The Sourdough Bread Craze*
11:30 pm (10:30 pm MT) **America's Test Kitchen**

Tuesday, October 6, 2026

6:00 pm (5:00 pm MT) **Fresh Glass** *Cassandra Manifests Her Dreams*
6:30 pm (5:30 pm MT) **Fit 2 Stitch**
7:00 pm (6:00 pm MT) **This Old House** *All Decked Out*
7:30 pm (6:30 pm MT) **J Schwanke's Life in Bloom** *A Dickens of a Christmas*
8:00 pm (7:00 pm MT) **Pati's Mexican Table** *A Mayan League of Their Own*
8:30 pm (7:30 pm MT) **Sara's Weeknight Meals** *Snacks for Dinner*
9:00 pm (8:00 pm MT) **Travels with Darley** *Quebec Eco-Adventures*
9:30 pm (8:30 pm MT) **Steppin' Out** *Thousand Islands: A Canadian Cultural & Artistic Adventure*
10:00 pm (9:00 pm MT) **Rick Steves' Europe** *Little Europe: Five Micro-Countries*
10:30 pm (9:30 pm MT) **Best of the Joy of Painting** *Trace of Spring*
11:00 pm (10:00 pm MT) **Food. Curated.** *The Great Food Pivot*
11:30 pm (10:30 pm MT) **Milk Street Television** *Cake and Scones*

Wednesday, October 7, 2026

6:00 pm (5:00 pm MT) **Bare Feet with Mickela Mallozzi** *Seville, Spain*
6:30 pm (5:30 pm MT) **Joy of Painting with Nicholas Hankins** *Cattail Creek*
7:00 pm (6:00 pm MT) **This Old House** *This Old House U.*
7:30 pm (6:30 pm MT) **Healing Yoga: Yoga for Real People with Real Problems**
8:00 pm (7:00 pm MT) **Cook's Country**
8:30 pm (7:30 pm MT) **America's Test Kitchen** *Breakfast of Champions*
9:00 pm (8:00 pm MT) **View Finders** *Tallulah Gorge*
9:30 pm (8:30 pm MT) **Samantha Brown's Places to Love** *Big Sky, Montana*

10:00 pm (9:00 pm MT) **Rick Steves' Europe** *Switzerland's Great Cities*
10:30 pm (9:30 pm MT) **Best of the Joy of Painting** *Ebb Tide*
11:00 pm (10:00 pm MT) **Food. Curated.** *AAPi: The New Asian Food Wave*
11:30 pm (10:30 pm MT) **Yan Can Cook: Spice Kingdom** *Hot Pot, Anyone?*

Thursday, October 8, 2026

6:00 pm (5:00 pm MT) **Steven Raichlen's Project Smoke** *Ham Sessions*
6:30 pm (5:30 pm MT) **Pati's Mexican Table** *Rhythms of the City*
7:00 pm (6:00 pm MT) **Milk Street Television** *Mexico City Favorites*
7:30 pm (6:30 pm MT) **Food. Curated.** *Women-Led Pastry Pioneers*
8:00 pm (7:00 pm MT) **P. Allen Smith's Garden Home** *It's Spooky*
8:30 pm (7:30 pm MT) **P. Allen Smith's A Sense of Place** *Tomatoes*
9:00 pm (8:00 pm MT) **Rick Steves' Europe** *Vienna and the Danube*
9:30 pm (8:30 pm MT) **Steppin' Out** *The Wonderful World of Markets*
10:00 pm (9:00 pm MT) **Outside: Beyond the Lens** *Joshua Tree National Park*
10:30 pm (9:30 pm MT) **Best of the Joy of Painting** *Secluded Forest*
11:00 pm (10:00 pm MT) **Food. Curated.** *Women-Led Pastry Pioneers*
11:30 pm (10:30 pm MT) **Milk Street Television** *Mexico City Favorites*

Friday, October 9, 2026

6:00 pm (5:00 pm MT) **Milk Street's My Family Recipe** *Baa's Crunchy Pooris*
6:30 pm (5:30 pm MT) **Cook's Country** *Duck and Dessert with Flair*
7:00 pm (6:00 pm MT) **America's Test Kitchen** *Breakfast of Champions*
7:30 pm (6:30 pm MT) **Food. Curated.** *Bites with a Mission*
8:00 pm (7:00 pm MT) **Craftsman's Legacy** (marathon)

Saturday, October 10, 2026

6:00 pm (5:00 pm MT) **Milk Street Television** *Cake and Scones*
6:30 pm (5:30 pm MT) **Pati's Mexican Table** *The Rural Heart*
7:00 pm (6:00 pm MT) **Antiques Roadshow** *Vintage First Finds, Hour 3*
8:00 pm (7:00 pm MT) **Best of the Joy of Painting** *Desert Hues*
8:30 pm (7:30 pm MT) **Best of the Joy of Painting** *Mirrored Images*
9:00 pm (8:00 pm MT) **Real Rail Adventures: Swiss International Hubs**
10:00 pm (9:00 pm MT) **New Scandinavian Cooking** *Mackerel: The Shiny Bounty of Summer*
10:30 pm (9:30 pm MT) **Pati's Mexican Table** *A Mayan League of Their Own*
11:00 pm (10:00 pm MT) **Farmer and the Foodie** *Jeptha Creed Distillery*
11:30 pm (10:30 pm MT) **Cook's Country**

Sunday, October 11, 2026

6:00 pm (5:00 pm MT) **Relish** *Global Grab N' Go: Pasties and Empanadas*
6:30 pm (5:30 pm MT) **Cook's Country** *From the Dairyland*
7:00 pm (6:00 pm MT) **Antiques Roadshow** *Vintage Milwaukee 2020*
8:00 pm (7:00 pm MT) **Craftsman's Legacy** *The Clockmaker*

8:30 pm (7:30 pm MT) **Craftsman's Legacy** *The Weave Master*
9:00 pm (8:00 pm MT) **No Passport Required** *D.C.*
10:00 pm (9:00 pm MT) **People of the North** *Sunndal: Kingdom of the Waterfalls*
10:30 pm (9:30 pm MT) **Sara's Weeknight Meals** *Snacks for Dinner*
11:00 pm (10:00 pm MT) **Milk Street Television** *Portuguese Classics*
11:30 pm (10:30 pm MT) **America's Test Kitchen** *Breakfast of Champions*

Monday, October 12, 2026

6:00 pm (5:00 pm MT) **My Greek Table with Diane Kochilas**
6:30 pm (5:30 pm MT) **Cook's Country** *Southern Staples*
7:00 pm (6:00 pm MT) **America's Test Kitchen**
7:30 pm (6:30 pm MT) **Food. Curated.** *The Home Kitchen Empire*
8:00 pm (7:00 pm MT) **Craftsman's Legacy** *The Metal Engraver*
8:30 pm (7:30 pm MT) **Craftsman's Legacy** *The Wood Turner*
9:00 pm (8:00 pm MT) **Rick Steves' Europe** *Greece's Peloponnese*
9:30 pm (8:30 pm MT) **Weekends with Yankee** *Meet Me at the Fair*
10:00 pm (9:00 pm MT) **Rudy Maxa's World** *Tokyo*
10:30 pm (9:30 pm MT) **Best of the Joy of Painting** *Back Country Path*
11:00 pm (10:00 pm MT) **Food. Curated.** *The Home Kitchen Empire*
11:30 pm (10:30 pm MT) **America's Test Kitchen**

Tuesday, October 13, 2026

6:00 pm (5:00 pm MT) **Chef's Life** *Sweet Corn & Expensive Tea*
6:30 pm (5:30 pm MT) **Tastemakers** *Atlantic Sea Farms, Portland, Maine*
7:00 pm (6:00 pm MT) **Milk Street Television** *Middle Eastern Meets London*
7:30 pm (6:30 pm MT) **Food. Curated.** *Pride on the Plate*
8:00 pm (7:00 pm MT) **Craftsman's Legacy** *The Stained Glassmaker*
8:30 pm (7:30 pm MT) **Craftsman's Legacy** *The Medieval Armormaker*
9:00 pm (8:00 pm MT) **Rick Steves' Europe** *Denmark Beyond Copenhagen*
9:30 pm (8:30 pm MT) **Steppin' Out** *A Wonderful World of Festivals*
10:00 pm (9:00 pm MT) **Travels with Darley** *North Alabama Road Trip*
10:30 pm (9:30 pm MT) **Best of the Joy of Painting** *Ocean Sunset*
11:00 pm (10:00 pm MT) **Food. Curated.** *Pride on the Plate*
11:30 pm (10:30 pm MT) **Milk Street Television** *Middle Eastern Meets London*

Wednesday, October 14, 2026

6:00 pm (5:00 pm MT) **Bare Feet with Mickela Mallozzi** *Utrera, Spain*
6:30 pm (5:30 pm MT) **Joy of Painting with Nicholas Hankins** *Winter Glow*
7:00 pm (6:00 pm MT) **This Old House** *Time for Trim*
7:30 pm (6:30 pm MT) **Healing Yoga: Yoga for Real People with Real Problems**
8:00 pm (7:00 pm MT) **Cook's Country**
8:30 pm (7:30 pm MT) **America's Test Kitchen** *Two Simple Pastas*
9:00 pm (8:00 pm MT) **View Finders** *Pisgah National Forest*

9:30 pm (8:30 pm MT) **Samantha Brown's Places to Love** *California Road Trip*
10:00 pm (9:00 pm MT) **Rick Steves' Europe** *Denmark: Beyond Copenhagen*
10:30 pm (9:30 pm MT) **Best of the Joy of Painting** *Graceful Waterfall*
11:00 pm (10:00 pm MT) **Food. Curated.** *Meatless in Manhattan*
11:30 pm (10:30 pm MT) **Yan Can Cook: Spice Kingdom** *Tea Time!*

Thursday, October 15, 2026

6:00 pm (5:00 pm MT) **Steven Raichlen's Project Smoke** *Rise and Smoke: Breakfast Hits the Grill*
6:30 pm (5:30 pm MT) **Pati's Mexican Table** *Passion in Every Bite*
7:00 pm (6:00 pm MT) **Milk Street Television** *Tuesday Night Bologna*
7:30 pm (6:30 pm MT) **Food. Curated.** *Roots, Recipes, and Resilience*
8:00 pm (7:00 pm MT) **Craftsman's Legacy** *The Shoemakers*
8:30 pm (7:30 pm MT) **Craftsman's Legacy** *The Furnituremaker*
9:00 pm (8:00 pm MT) **Rick Steves' Europe** *Iran: Tehran and Side Trips*
9:30 pm (8:30 pm MT) **Steppin' Out** *The Wonderful World of Wine... And More!*
10:00 pm (9:00 pm MT) **Outside: Beyond the Lens** *Jets in the Wild: Part 1*
10:30 pm (9:30 pm MT) **Best of the Joy of Painting** *Early Autumn*
11:00 pm (10:00 pm MT) **Food. Curated.** *Roots, Recipes, and Resilience*
11:30 pm (10:30 pm MT) **Milk Street Television** *Tuesday Night Bologna*

Friday, October 16, 2026

6:00 pm (5:00 pm MT) **Milk Street's My Family Recipe** *My Mother's Pernil*
6:30 pm (5:30 pm MT) **Cook's Country** *Snack Cake and Sandwich Cookies*
7:00 pm (6:00 pm MT) **America's Test Kitchen** *Two Simple Pastas*
7:30 pm (6:30 pm MT) **Food. Curated.** *Global Flavors, Local Makers*
8:00 pm (7:00 pm MT) **Italian Cooking with Lidia** (marathon)

Saturday, October 17, 2026

6:00 pm (5:00 pm MT) **Milk Street Television** *Mexico City Favorites*
6:30 pm (5:30 pm MT) **Pati's Mexican Table** *For Love and Family*
7:00 pm (6:00 pm MT) **Antiques Roadshow** *Vintage First Finds, Hour 4*
8:00 pm (7:00 pm MT) **Best of the Joy of Painting** *Wayside Pond*
8:30 pm (7:30 pm MT) **Best of the Joy of Painting** *Back Country Path*
9:00 pm (8:00 pm MT) **Real Rail Adventures: Swiss Winter Magic**
10:00 pm (9:00 pm MT) **New Scandinavian Cooking** *Many Flavors of Lamb*
10:30 pm (9:30 pm MT) **Pati's Mexican Table** *Swinging Spirits*
11:00 pm (10:00 pm MT) **Farmer and the Foodie** *JD Country Milk; Louisville*
11:30 pm (10:30 pm MT) **Cook's Country**

Sunday, October 18, 2026

6:00 pm (5:00 pm MT) **Relish** *Vegan Eats Fit for a Carnivore: Colorful Bowls*
6:30 pm (5:30 pm MT) **Cook's Country** *Italian Food from Philly*
7:00 pm (6:00 pm MT) **Antiques Roadshow** *Vintage Mobile*

8:00 pm (7:00 pm MT) **Lidia's Kitchen** *Savor the Moment*
8:30 pm (7:30 pm MT) **Lidia's Kitchen** *Fuel the Soul*
9:00 pm (8:00 pm MT) **No Passport Required** *Seattle*
10:00 pm (9:00 pm MT) **People of the North** *Ryfylke: Vikings, Jazz, and Herring*
10:30 pm (9:30 pm MT) **Sara's Weeknight Meals** *5 Ingredient Surf N' Turf*
11:00 pm (10:00 pm MT) **Milk Street Television** *Israel New and Old*
11:30 pm (10:30 pm MT) **America's Test Kitchen** *Two Simple Pastas*

Monday, October 19, 2026

6:00 pm (5:00 pm MT) **My Greek Table with Diane Kochilas**
6:30 pm (5:30 pm MT) **Cook's Country** *Seafood in a Skillet*
7:00 pm (6:00 pm MT) **America's Test Kitchen**
7:30 pm (6:30 pm MT) **Food. Curated.** *The Sourdough Bread Craze*
8:00 pm (7:00 pm MT) **Lidia's Kitchen** *Good Friends & Good Food*
8:30 pm (7:30 pm MT) **Lidia's Kitchen** *Take a Chance*
9:00 pm (8:00 pm MT) **Rick Steves' Europe** *Dubrovnik and Balkan Side-Trips*
9:30 pm (8:30 pm MT) **Weekends with Yankee** *New England Icons*
10:00 pm (9:00 pm MT) **Rudy Maxa's World** *Hokkaido*
10:30 pm (9:30 pm MT) **Best of the Joy of Painting** *Waves of Wonder*
11:00 pm (10:00 pm MT) **Food. Curated.** *The Sourdough Bread Craze*
11:30 pm (10:30 pm MT) **America's Test Kitchen**

Tuesday, October 20, 2026

6:00 pm (5:00 pm MT) **100 Days, Drinks, Dishes and Destinations** *Budapest and Tokaj, Hungary*
6:30 pm (5:30 pm MT) **Fit 2 Stitch** *Sewing for Mental Health*
7:00 pm (6:00 pm MT) **Garage with Steve Butler** *Bathroom Wall Shelf*
7:30 pm (6:30 pm MT) **J Schwanke's Life in Bloom** *Flowers of Hawai'i*
8:00 pm (7:00 pm MT) **Pati's Mexican Table** *Canyon Cuisine*
8:30 pm (7:30 pm MT) **Sara's Weeknight Meals** *No Meat, All Flavor*
9:00 pm (8:00 pm MT) **Travels with Darley** *Accessible North Alabama*
9:30 pm (8:30 pm MT) **Steppin' Out** *A World of Spiritual Experiences*
10:00 pm (9:00 pm MT) **Rick Steves' Europe** *The Best of Slovenia*
10:30 pm (9:30 pm MT) **Best of the Joy of Painting** *Pretty Autumn Day*
11:00 pm (10:00 pm MT) **Food. Curated.** *The Great Food Pivot*
11:30 pm (10:30 pm MT) **Milk Street Television** *Portuguese Classics*

Wednesday, October 21, 2026

6:00 pm (5:00 pm MT) **Jacques Pepin: Heart & Soul** *Toast to Julia*
6:30 pm (5:30 pm MT) **Cook's Country** *Pork Any Way You Like*
7:00 pm (6:00 pm MT) **Yan Can Cook: Spice Kingdom** *The Voice of the Mountain*
7:30 pm (6:30 pm MT) **Food. Curated.** *AAPL: The New Asian Food Wave*
8:00 pm (7:00 pm MT) **Lidia's Kitchen** *Plan the Menu*
8:30 pm (7:30 pm MT) **Lidia's Kitchen** *A Frugal Feast*

9:00 pm (8:00 pm MT) **Rick Steves' Europe** *Granada, Cordoba, and Spain's Costa del Sol*
9:30 pm (8:30 pm MT) **Samantha Brown's Places to Love** *The Makers*
10:00 pm (9:00 pm MT) **View Finders** *Grand Teton National Park*
10:30 pm (9:30 pm MT) **Best of the Joy of Painting** *Not Quite Spring*
11:00 pm (10:00 pm MT) **Food. Curated.** *AAPL: The New Asian Food Wave*
11:30 pm (10:30 pm MT) **Yan Can Cook: Spice Kingdom** *The Voice of the Mountain*

Thursday, October 22, 2026

6:00 pm (5:00 pm MT) **Steven Raichlen's Project Smoke** *Smoke in a Hurry*
6:30 pm (5:30 pm MT) **Pati's Mexican Table** *Born in the Kitchen*
7:00 pm (6:00 pm MT) **Milk Street Television** *Israel New and Old*
7:30 pm (6:30 pm MT) **Food. Curated.** *Women-Led Pastry Pioneers*
8:00 pm (7:00 pm MT) **Lidia's Kitchen** *Meet Me at the Table*
8:30 pm (7:30 pm MT) **Lidia's Kitchen** *Serving Up Pasta*
9:00 pm (8:00 pm MT) **Rick Steves' Europe** *Andalucia, Gibraltar and Tangier*
9:30 pm (8:30 pm MT) **Steppin' Out** *The Wonderful Waterways of the World*
10:00 pm (9:00 pm MT) **Outside: Beyond the Lens** *Jets in the Wild: Part 2*
10:30 pm (9:30 pm MT) **Best of the Joy of Painting** *Ocean Breeze*
11:00 pm (10:00 pm MT) **Food. Curated.** *Women-Led Pastry Pioneers*
11:30 pm (10:30 pm MT) **Milk Street Television** *Israel New and Old*

Friday, October 23, 2026

6:00 pm (5:00 pm MT) **Milk Street's My Family Recipe** *Tatiana's Sauerkraut Soup*
6:30 pm (5:30 pm MT) **Cook's Country** *Crescent City Comforts*
7:00 pm (6:00 pm MT) **America's Test Kitchen** *Beef Wellington*
7:30 pm (6:30 pm MT) **Food. Curated.** *Bites with a Mission*
8:00 pm (7:00 pm MT) **Long Live Greece!** (marathon)

Saturday, October 24, 2026

6:00 pm (5:00 pm MT) **Milk Street Television** *Middle Eastern Meets London*
6:30 pm (5:30 pm MT) **Pati's Mexican Table** *Pati's Texican*
7:00 pm (6:00 pm MT) **Antiques Roadshow** *Vintage First Finds, Hour 5*
8:00 pm (7:00 pm MT) **Best of the Joy of Painting** *Country Creek*
8:30 pm (7:30 pm MT) **Best of the Joy of Painting** *Waves of Wonder*
9:00 pm (8:00 pm MT) **Real Rail Adventures: Switzerland**
10:00 pm (9:00 pm MT) **New Scandinavian Cooking** *Food for a Viking*
10:30 pm (9:30 pm MT) **Pati's Mexican Table** *Canyon Cuisine*
11:00 pm (10:00 pm MT) **Farmer and the Foodie** *Maple Syrup – South 4 Farms*
11:30 pm (10:30 pm MT) **Cook's Country**

Sunday, October 25, 2026

6:00 pm (5:00 pm MT) **Relish** *Forage to Fork: Fried Wild Rice*
6:30 pm (5:30 pm MT) **Cook's Country** *Skillet Dinners at the Ready*

7:00 pm (6:00 pm MT) **Antiques Roadshow** *Vintage Philadelphia*
8:00 pm (7:00 pm MT) **Life of Loi: Mediterranean Secrets** *Feasting on an Emerald Beach*
8:30 pm (7:30 pm MT) **Life of Loi: Mediterranean Secrets** *Morning Til Night*
9:00 pm (8:00 pm MT) **No Passport Required** *Los Angeles*
10:00 pm (9:00 pm MT) **People of the North** *Bugøynes: Little Finland in Norway*
10:30 pm (9:30 pm MT) **Sara's Weeknight Meals** *No Meat, All Flavor*
11:00 pm (10:00 pm MT) **Milk Street Television** *Milk Street Vegetarian*
11:30 pm (10:30 pm MT) **America's Test Kitchen** *Beef Wellington*

Monday, October 26, 2026

6:00 pm (5:00 pm MT) **My Greek Table with Diane Kochilas**
6:30 pm (5:30 pm MT) **Cook's Country** *Hearty and Light Pastas*
7:00 pm (6:00 pm MT) **America's Test Kitchen**
7:30 pm (6:30 pm MT) **Food. Curated.** *The Home Kitchen Empire*
8:00 pm (7:00 pm MT) **Life of Loi: Mediterranean Secrets** *Water, Sand, Sun*
8:30 pm (7:30 pm MT) **Life of Loi: Mediterranean Secrets** *Naxian Paradise*
9:00 pm (8:00 pm MT) **Rick Steves' Europe** *Stockholm*
9:30 pm (8:30 pm MT) **Weekends with Yankee** *Land and Sea*
10:00 pm (9:00 pm MT) **Rudy Maxa's World** *Kyushu*
10:30 pm (9:30 pm MT) **Best of the Joy of Painting** *Storm's a Comin*
11:00 pm (10:00 pm MT) **Food. Curated.** *The Home Kitchen Empire*
11:30 pm (10:30 pm MT) **America's Test Kitchen**

Tuesday, October 27, 2026

6:00 pm (5:00 pm MT) **100 Days, Drinks, Dishes and Destinations** *Guadalajara and Tequila, Mexico*
6:30 pm (5:30 pm MT) **Fit 2 Stitch** *Sewing with Straight Lines*
7:00 pm (6:00 pm MT) **Garage with Steve Butler** *Pipe Rack*
7:30 pm (6:30 pm MT) **J Schwanke's Life in Bloom** *Blooms by the Bay*
8:00 pm (7:00 pm MT) **Pati's Mexican Table** *Symphony of Flavors*
8:30 pm (7:30 pm MT) **Sara's Weeknight Meals** *When Pigs Fry*
9:00 pm (8:00 pm MT) **Travels with Darley** *The Women of New Orleans*
9:30 pm (8:30 pm MT) **Steppin' Out** *Canada: Coast to Coast*
10:00 pm (9:00 pm MT) **Rick Steves' Europe** *Helsinki and Tallinn: Baltic Sisters*
10:30 pm (9:30 pm MT) **Best of the Joy of Painting** *Gray Mountain*
11:00 pm (10:00 pm MT) **Food. Curated.** *Pride on the Plate*
11:30 pm (10:30 pm MT) **Milk Street Television** *Milk Street Vegetarian*

Wednesday, October 28, 2026

6:00 pm (5:00 pm MT) **Bare Feet with Mickela Mallozzi** *Carnival in the Guadeloupe Islands*
6:30 pm (5:30 pm MT) **Joy of Painting with Nicholas Hankins** *Windy Palms*
7:00 pm (6:00 pm MT) **Volunteer Woodworker** *What If*
7:30 pm (6:30 pm MT) **Healing Yoga: Yoga for Real People with Real Problems**
8:00 pm (7:00 pm MT) **Cook's Country**

8:30 pm (7:30 pm MT) **America's Test Kitchen** *Italian Sweets*
9:00 pm (8:00 pm MT) **View Finders** *Vermejo*
9:30 pm (8:30 pm MT) **Samantha Brown's Places to Love** *Darwin, Australia*
10:00 pm (9:00 pm MT) **Rick Steves' Europe** *Northern Spain and the Camino de Santiago*
10:30 pm (9:30 pm MT) **Best of the Joy of Painting** *Warm Summer Day*
11:00 pm (10:00 pm MT) **Food. Curated.** *Meatless in Manhattan*
11:30 pm (10:30 pm MT) **Yan Can Cook: Spice Kingdom** *That Which Sustains Life*

Thursday, October 29, 2026

6:00 pm (5:00 pm MT) **Afro-Latino Travels with Kim Haas** *San Jose*
6:30 pm (5:30 pm MT) **Quilting Arts** *Free to Improvise*
7:00 pm (6:00 pm MT) **American Woodshop** *Kitchen Plank Stool*
7:30 pm (6:30 pm MT) **Yoga in Practice** *Cultivating Confidence*
8:00 pm (7:00 pm MT) **Farmer and the Foodie** *The World of Mushrooms – The Appalachians*
8:30 pm (7:30 pm MT) **Milk Street Television** *The Secrets of Amalfi*
9:00 pm (8:00 pm MT) **Outside: Beyond the Lens** *Island of Hvar: Part 1*
9:30 pm (8:30 pm MT) **Steppin' Out** *Thousand Islands: A Canadian Cultural & Artistic Adventure*
10:00 pm (9:00 pm MT) **Rick Steves' Europe** *Basque Country*
10:30 pm (9:30 pm MT) **Best of the Joy of Painting** *Valley Waterfall*
11:00 pm (10:00 pm MT) **Food. Curated.** *Roots, Recipes, and Resilience*
11:30 pm (10:30 pm MT) **Milk Street Television** *The Secrets of Amalfi*

Friday, October 30, 2026

6:00 pm (5:00 pm MT) **Milk Street's My Family Recipe** *My Mother's Calzone*
6:30 pm (5:30 pm MT) **Cook's Country** *Classic Cookout*
7:00 pm (6:00 pm MT) **America's Test Kitchen** *Italian Sweets*
7:30 pm (6:30 pm MT) **Food. Curated.** *Global Flavors, Local Makers*
8:00 pm (7:00 pm MT) **Spooky Season Salute** (marathon)

Saturday, October 31, 2026

6:00 pm (5:00 pm MT) **Milk Street Television** *Tuesday Night Bologna*
6:30 pm (5:30 pm MT) **Pati's Mexican Table** *Meals in a Minute*
7:00 pm (6:00 pm MT) **Antiques Roadshow** *Vintage First Finds, Hour 6*
8:00 pm (7:00 pm MT) **Best of the Joy of Painting** *Tranquil Dawn*
8:30 pm (7:30 pm MT) **Best of the Joy of Painting** *Storm's a Comin*
9:00 pm (8:00 pm MT) **Safe Harbors: Lighthouses of Maine**
10:00 pm (9:00 pm MT) **New Scandinavian Cooking** *Yesterday's Food for the Future*
10:30 pm (9:30 pm MT) **Pati's Mexican Table** *Symphony of Flavors*
11:00 pm (10:00 pm MT) **Farmer and the Foodie** *The World of Mushrooms – The Appalachians*
11:30 pm (10:30 pm MT) **Cook's Country**