



NYC Lifestyle

Summer's Seasonal Specials

Make the most of August by indulging in summer's seasonal specials like peaches, lavender, and sweet corn! In this edition of NYC Lifestyle, we hope to inspire local and seasonal sourcing, along with some hacks to help your culinary creations survive the summer heat.

Lavender by the Bay

Looking for a family-friendly day trip? Head out to [Lavender by the Bay](#) in East Marion, Long Island and be sure to ask about the farm's extremely limited supply of lavender honey. On your way, stop by some of the [Northfork's award-winning vineyards and breweries](#).

Farm-to-Table Dining

[Clay](#), located in South Harlem, is the spot to stop by if you are looking to eat seasonally and locally. The two-floor, farm-to-table restaurant is transparent about where their produce, meat, fish and wine are [sourced](#), and offers a delicious, sustainable menu.

Peach Orchards

Few things taste better than a freshly-picked, perfectly-ripe peach. [TimeOut has created a list](#) of the best peach orchards to visit, all located two hours or less from Manhattan. At the next barbecue, [throw some peaches on the grill](#) for a special treat.

Iced Coffee Cubes

In this heat, the ice in your coffee is bound to melt, which makes for a watery cup of Joe. It may be time to consider switching to iced coffee cubes. Just pour coffee into your ice tray and freeze! If you're looking to avoid the added caffeine, make decaf cubes, or for a special flavor, [try one of these recipes](#).



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Baking Bread in August

Baking bread is a delicate process and the weather has a hand in your success, or lack thereof. Food blog *Bread by the Hour* [offers expert tips](#) that can help counter the effect of summer heat on your baking. Cool water, more salt and a shorter fermentation time are some of the suggested ways to fend off heat-related mishaps.

Down To Earth Markets

Down to Earth Markets hosts farmers markets throughout [Manhattan](#), [Queens](#) and [Brooklyn](#), with local vendors from New York, New Jersey and Connecticut. [Visit their website](#) for all markets, operating hours, participating vendors, and upcoming events like textile recycling, including used clothing and household linens, with Green Tree Textiles.

100 Ways to Serve Corn

Canned corn is a reliable option, but you'll want to take advantage of access to fresh corn while it is still in season, especially after reading through [Parade's top 100 ways to serve it up](#). Our favorite recipes are the [jerk-spiced, buttery roasted corn](#) and [corn gazpacho](#), but if those don't spark your interest, there are still 98 options to choose from!

Sky Vegetables

Hydroponic farming is an alternative to traditional farming methods, using nutrient-rich water instead of soil. [Sky Vegetables](#) operates a rooftop hydroponic in The Bronx growing basil, arugula, thyme, rosemary, cilantro and spring onions – all without the use of pesticides. You can visit the farm and purchase fresh produce or order delivery to your front door.