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# NYC Lifestyle

## *Enjoying the End of May*

As the days get longer and the weather starts to warm up, May is always a month full of excitement. To add to the enjoyment, we've put together this list of national holidays to help you end the month on a high note!

### **Strawberries & Cream Day | May 21**

There is only one way to celebrate this sweet holiday! Make sure to head over to your local grocery store or farmers market and pick up the best basket of strawberries you can find. If you're up for something new, this recipe for [cream cake with fresh strawberries](#) is a fun twist on the classic.

### **National Wine Day | May 25**

Since 2009, wine enthusiasts across the nation have celebrated National Wine Day. While California is home to the majority of the nation's vineyards, over the past few decades more and more wineries are appearing outside the Golden State. Grab a couple friends and make plans to visit [some of New York's very own wineries](#).

### **National Taffy Day | May 23**

Taffy is one of America's native sweets and common lore says that it originates from the Jersey Shore circa 1880. Today, it is a common boardwalk staple on the east coast. If you can't make it to a candy store or the boardwalk to celebrate, check out [this Tasty recipe](#) for homemade saltwater taffy.

### **Blueberry Cheesecake Day | May 26**

It is highly recommended that you indulge in a delicious slice of blueberry cheesecake to properly observe this holiday. Feast with friends and make sure to tag your best foodie picture on social media with #BlueberryCheesecakeDay. [This contest-winning recipe for blueberry swirl cheesecake](#) is easy to follow and sure to please!



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### **National Grape Popsicle Day | May 27**

National Grape Popsicle Day is all about celebrating the delicious, frozen treat. In 1905, 11-year old San Francisco native [Frank Epperson](#) invented the treat accidentally and later patented it in 1923. Today you can purchase popsicles at almost any store or from the local ice cream truck. You can also celebrate the day by making your own fruit popsicles like Frank Epperson did in 1905. [Here are some step-by-step instructions.](#)

### **National Sunscreen Day | May 28**

As a part of [National Safe Sun Week](#), this day is meant to recognize the importance of protecting your skin against harmful UV rays that we encounter every day. Not only does daily SPF application protect your skin from aging and dark spots, it protects you from developing harmful skin cancers. [This list](#) from Allure magazine can help you find the best everyday protection for your skin.

### **Learn About Composting Day | May 29**

Composting is one of the best ways to decrease the amount of trash you produce. While it may seem difficult to get started, this day was meant to educate people and encourage more participation in composting programs. Just last month, NYC revived its composting program and organizations like GrowNYC can help you get started. Learn more about how to get free tools, local drop-off sites and curbside programs [here](#).

### **National Mint Julep Day | May 30**

May 30 is officially National Mint Julep Day. So, if you missed out on enjoying this refreshing, sophisticated cocktail on Derby Day, there is still time to celebrate. Whether you prefer a [classic bourbon mint julep](#), [the 19th century gin-based version](#) or [non-alcoholic mocktail](#), there are plenty of delicious ways to enjoy this minty cocktail.