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BY ROSWELL PARK

# NEWSLETTER

August 2023



01

# 10 Summer Outdoor Fitness Activities Happening Throughout Western New York

BY EMMA HARTMAN

Being outside seems to make everything more enjoyable, including physical exercise (coming from someone not particularly keen on working out, but who does it occasionally nonetheless).

To maximize the endorphins and other positive effects of spending time outdoors, why not take your workout outside as well?

For some ideas on different events and groups available to increase your movement while soaking up the sun, below is a list (in no particular order) of 10 outdoor summer fitness initiatives that Western New York has to offer.

## 01 FITNESS IN THE PARKS

For 12 years, Independent Health and the YMCA have partnered together to make physical activity fun and accessible for all Western New Yorkers. Across 26 parks throughout the region, there are over 500 free fitness classes happening this summer. From yoga to kickboxing, there's an outdoor workout for everyone to try!

**When:**

Through - August 31  
Days and times vary depending on class type

**Where:**

Locations vary depending on class type

**Cost:**

Free, no registration required

**Other Details:**

Review the schedule for class-specific details and exact locations.

## 02 FITNESS AT CANALSIDE

Also in its 12th summer of providing free fitness classes to residents, Highmark Blue Cross Blue Shield of Western New York encourages people to engage in exercise while enjoying a view of Buffalo's iconic waterfront. In addition to traditional class types offered in prior years, goat yoga and salsa dancing are some of the new and trendy workouts made available this year.

**When:**

Through - September 2  
Days and times vary depending on class type

**Where:**

Canalside | 44 Prime St. | Buffalo, NY 14202  
Virtual Options Available

**Cost:**

Most classes are offered free, while others require registration and donation-based payments, with proceeds benefiting Big Big Table.

**Other Details:**

Review the schedule for class-specific details and exact locations.



### 03 SALSA IN THE PARK

Hosted by Sarah Haykel of Salsa for the Soul, along with Jerome Williams, this dance series has been helping Western New Yorkers find their rhythm for the past 10 years. Following a 30 minute introductory lesson, each event features social dancing across a variety of genres, including Salsa, Timba, Bachata, Merengue, Kizomba, and Cha Cha Cha. All experience levels are welcomed, and no partner is required.

After dancing up an appetite, treat yourself to Lloyd Taco Factory, whose taco truck will be present at every Salsa in the Park event.

**When:**

August 21 | 6:30pm - 9pm

**Where:**

The Rose Gardens Pavilion at Marcy Casino, Delaware Park  
199 Lincoln Parkway  
Buffalo, N.Y., 14222

**Cost:**

\$15 per regular event (\$10 for students with a valid I.D.)  
\$20 for August 21st Grand Finale Party (\$15 for students with a valid I.D.)

**Other Details:**

Online ticket sales only-Available for purchase beginning at 4pm on event day.

In case of technical difficulties, in-person payment can be made at the door (cash, Venmo, Cash App).

Children ages 10 and under are free, but must be supervised by

### 03 PROJECT BEST LIFE

an adult at all times.

### 04 SUMMER CITY FITNESS

This year marks the 8th season of Buffalo's Summer City Fitness, which aims to foster a healthier and stronger community through a series of free outdoor fitness dance lessons taught by Lancia ("LaLa") Woods of La'Movement Fitness. Every Saturday, City of Buffalo residents are invited to convene at the MLK Jr. statue within Martin Luther King Jr. Park to hone their dance skills as a fun way to get physically active. Complimentary fruit will also be provided by Urban Fruits and Veggies to nourish and hydrate the body following each energizing fitness session.

**When:**

August 19 & 26 | 10am - 11am

**Where:**

Martin Luther King Jr. Park  
Buffalo, NY 14211

**Cost:**

Free, no registration required

### 05 WESTERN NEW YORK HIKING CHALLENGE

Coordinated by Outside Chronicles, this fitness challenge is ideal for groups and is designed to increase Western New Yorkers' enjoyment of the outdoors by exploring the vast array of local parks and nature trails located throughout the region. While 32 trails are showcased, participants who register for the challenge can select any 20 to complete,

making them eligible to earn prizes (finisher number, patch, sticker, bragging rights). Not only does this hiking challenge allow for quality time in nature, but 100% of its profits are donated to various nature conservancy organizations.

**When:**

Now Through - November 17

**Where:**

Location varies - choose your own adventure!

**Cost:**

\$15 - \$65 (group rate)

**Other Details:**

Register online at:  
[outsidechronicles.com/sumlogin](https://outsidechronicles.com/sumlogin)

### 06 AFROCHICK'S YOGA IN THE GARDEN CLASS SERIES

Practice yoga the Wright way by joining a class hosted by Afrochick Yoga on the beautiful grounds of Frank Lloyd Wright's Martin House. Currently in its 3rd season, each class has a different theme, ranging from Beginner's Flow to Chakra Flow, all with the ultimate purpose of helping participants connect to their bodies and the serene nature that surrounds them.

**When:**

August 17 & 31\* | 6pm - 7:15pm

**Where:**

Frank Lloyd Wright's Martin House  
125 Jewett Parkway  
Buffalo, NY 14214

**Cost:**  
\$25

**Other Details:**

\* The August 31st event is geared towards kids ages 4+ and their families (parents/guardians attend for free).



## 07 NOVEMBER PROJECT BUFFALO

Originating in Boston, Massachusetts, the November Project has sparked a group fitness movement with the objective of starting the day off in a fun, active, and collaborative way. Buffalo's chapter of this year-round initiative has been established for 6 years and keeps fitness exciting through a variety of exercises as well as outdoor venues. November Project meet-ups are free and open to all ages and abilities with the motto to "just show up" as the first step in your personal fitness journey.

### When:

Wednesdays | 6:10am  
Year-Round

### Where:

Location varies from week-to-week. For the latest details, head to their Instagram (@november-projectbuffalo)

### Cost:

Free, no registration required

## 08 SLOW ROLL BUFFALO

Another large-scale fitness initiative that Western New York is fortunate to have locally is Slow Roll - one of the world's largest free community bike rides. Every Monday, bicyclists of all ages and skill levels have the opportunity to connect, move their bodies, explore unique areas around the Buffalo Niagara region, and learn about different topics as they ride. All riders are then

welcome to stick around for the afterparty to enjoy good food, drinks, and conversation.

### When:

Mondays | 6pm  
Through - October 30\*

### Where:

Location varies from week-to-week. For the latest details, head to their website at [www.slowroll-buffalo.org/schedule](http://www.slowroll-buffalo.org/schedule)

### Cost:

Free, no registration required

### Other Details:

\*All October rides will meet at 5:30pm.

## 09 CAMPUS CYCLING COLLECTIVE GROUP RIDE

As an additional group bike ride experience, every other Wednesday throughout spring and summer, the Campus Cycling Collective offers five routes that accommodate participants' varying speed and distance comfort levels (one route even includes a pit stop for ice cream!). In addition to having fun, staying fit, and getting outside together, by participating in these free group rides, riders are also eligible to win free bike-related prizes!

### When:

Wednesday, August 23 | 5:30pm

### Where:

Campus Cycling Collective/  
Campus WheelWorks  
744 Elmwood Ave.  
Buffalo, NY 14222

### Cost:

Free, pre-registration required

### Other Details:

Helmets are required for all riders.

## 10 LILLY BELLE MEADS' MEAD FOR SPEED RUN CLUB

Similar to group bike rides, running or walking with others can be helpful in boosting both personal and collective momentum as well as accountability to keep moving. With this in mind, Lilly Belle Mead hosts a weekly run/walk club, which is free and open for all to join. Each run/walk begins and ends at Lilly Belle Mead, with participants having the option to partake in a 1, 2, or 3 mile route. As further incentive for joining this fitness club, Lilly Belle Mead offers half off on runners'/walkers' first drink!

### When:

Thursdays | 6pm  
Through end of October

### Where:

Lilly Belle Meads  
11 W. Main St.  
Lancaster, NY 14086

### Cost:

Free, no registration required





**02**

# Buffalo Parks

Since its earliest beginnings, Buffalo has had a unique relationship with park systems. In fact, Buffalo's parks were the first fully realized, integrated network of urban parkways in the United States, primarily thanks to landscape architect Fredrick Olmsted.

Olmsted is the hand behind New York City's Central Park, but some would argue that his prized creation was the gem that sits right in our backyards: Delaware Park. Sure, it's no surprise that traveling just 20 miles outside of downtown would give way to wide open spaces galore, but there is just as much magic to be found within the city-scape. Although life in an urban setting at times can seem void of fresh air and natural settings, the urban sprawl of Buffalo actually has the best of both worlds.

From the winding, wooded paths of Tift Nature Preserve to the lake-side bike paths at Outer Harbor State Park, there is a space in every corner of the city to decompress — or get your heart rate pumping — and enjoy the many benefits of the great outdoors.

A unique term known as "shinrin-yoku" was coined in 1982 by Tomohide Akiyama, Director of the Japanese Forestry Agency to describe the action of spending a significant amount of time basking nature. The term that literally translates to "forest bathing" doesn't necessarily imply exercise but rather simply learning to just be in nature.

**Spending time outdoors not only immediately removes you from the incessant grind behind a computer screen, but it is also proven to reduce a slew of negative emotions like stress, anxiety, depression, sadness, or even anger. Not to mention the physical benefits of breathing fresh air and moving your body.**

**Here are a few of Buffalo's best parks to scratch the need for nature:**

Tift Nature Preserve, a nature refuge dedicated to conservation and environmental education situated near Buffalo's Outer Harbor, offers five miles of trails and boardwalks for a leisurely forest bath or a light nature walk to observe the species of birds and wildlife within the 264-acre preserve.

The Buffalo Outer Harbor has more than 200 acres of green space, including the Lakeside Bike Park which offers a panoramic view of another one of Buffalo's prized gems: Lake Erie.

Although previously mentioned in this article, Delaware Park is worth noting twice. Designed in 1868, this 350-acre green space has weathered the test of time and has continued to be a favorite for anyone who calls Buffalo home.

The Japanese gardens, just a hop skip away from Delaware park, provides trees, shrubs, and unique stone paths surrounding a serene lake to enjoy a peaceful moment of solitude amidst the hustle and bustle.

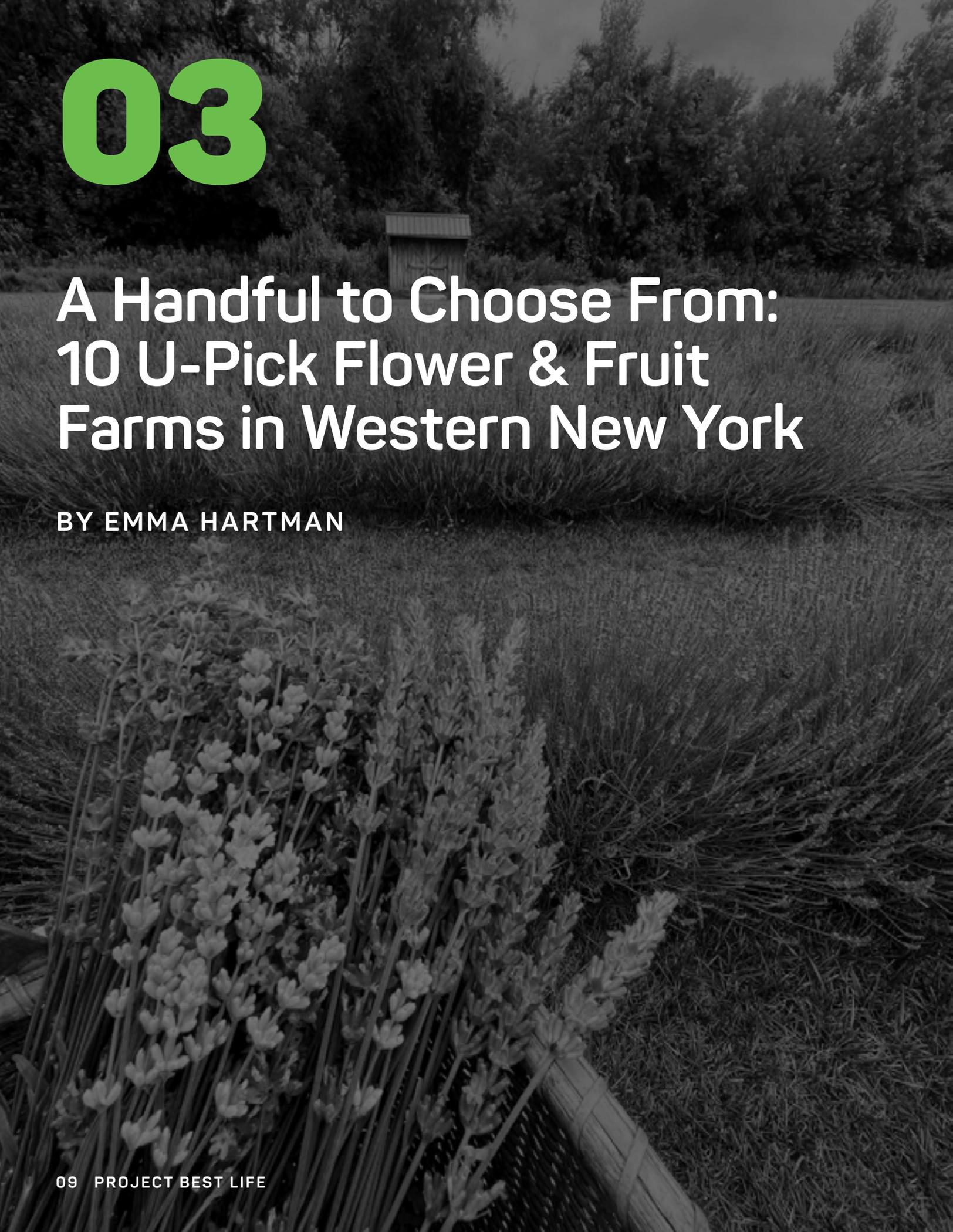
Bidwell Park, another neighboring smaller Olmsted Park, is the perfect place to meet friends for a quick picnic after work or the perfect midday stop during your lunch break. It has also informally been dubbed as one of the best places to host a casual outdoor summer event.

Martin Luther King Jr. Park is a 50-acre park that was originally utilized as The Parade Grounds back in 1868 and was listed on the National Register of Historic Places in 1982. This spot is also a great place for families to cool off in the summer with a splash pad summer perk.

*For a farther drive:*

The 1151 acres of Chesnut Ridge offer scenic driving, forest hiking, biking, and trail explorations along the slew of never-ending trails found within the park. Enjoy a solo adventure or better yet hike with a partner and spark the flicker of the eternal flame.

Similarly to Tift, Reinstein Woods Nature Preserve is a 292-acre forested complex that includes different environments like wetlands and ponds. With education classes and events year-round, there is fun for the whole family.\*



**03**

# A Handful to Choose From: 10 U-Pick Flower & Fruit Farms in Western New York

BY EMMA HARTMAN

Summer provides an abundance of unique outdoor experiences, with one being the opportunity to pick your own flowers and fruit. Farms sprawl across Western New York, making the region a prime spot for participating in this quintessential warm weather activity.

The list below provides key details for a handful of unique u-pick locations to help you fully embrace summer's sweetness.

## FLOWERS

### THE FLOWER STAND

3187 Vaughn St.  
Springville, NY 14141

This year marks The Flower Stand's 10th year providing Western New Yorkers with a u-pick flower experience. Offering over 100 varieties of annual and perennial flowers, The Flower Stand is the perfect destination to create a diverse, colorful bouquet that is all your own. The u-pick season began in early July and runs through the first hard frost of the fall. All gardening tools can be provided, but you are welcome to bring your own.

#### Hours:

U-pick Flower Field is by appointment only. Make yours online.

#### Cost:

Pricing varies depending on the diameter of your container. Cash, checks, Venmo only - no credit cards

#### Other Offerings:

CSA memberships, flower bars, bulk flowers, photo sessions, vegetable market.

### GOODY GIRL FLOWER FARM

6110 Robinson Rd.  
Lockport, NY 14094

Originally a horse farm purchased as an investment property, Goody Girl Flower Farm has flourished into the brainchild of Marina Goody, who saw her pandemic-related job loss as

an opportunity to start her own business. Several remodeling projects later, and one of the property's barns has transformed into a space fit for creative workshops and events, many of which are paired with u-pick activities. Upcoming u-pick events also feature zen yoga, paint-n-sip, and peaceful walks through the farm's diverse wildflower gardens.

#### Hours:

Open hours vary depending on events

#### Other Offerings:

U-pick events, event space, wedding floral arrangements, floral workshops, photography venue, travel workshops (let the workshop come to you!)

#### Cost:

Prices vary depending on events. Check out their website to view full event details.

### HENRY'S GARDEN

7884 Sisson Hwy.  
Eden, NY 14057

Down the road from their garden store, Henry's Garden also has a field where they offer customers access to cut their own flowers and create their ideal bouquet of stunning annuals. All required tools are generously provided.

#### Hours:

Mon. - Fri. 12pm - 5pm  
Sat. 9am - 4pm | Sun. 9am - 2pm

#### Cost:

.60¢ per stem. Cash only

**Other Offerings:**

Workshops with take-home floral projects, full greenhouse with a large selection of annuals, perennials, shrubs, and gardening supplies

**SUNFLOWERS OF SANBORN**

3311 Saunders Settlement Rd.  
Sanborn, NY 14132

Open on August 3rd for their Sunflowers of Sanborn's 6th season! Have your fill of sunflower arrangements with over 18 varieties to choose from.

This event is certainly not one to miss. After all, having a photoshoot (casual or professional) among the rows of flowers at the Sunflowers of Sanborn is essentially a Western New Yorker's rite of passage.

**Hours:**

Tues. & Wed., Closed | Thurs. -  
Mon., 11am - 8pm

**Cost:**

Free Admission | \$1 per sunflower

**Other Offerings:**

Special events, corn maze, wagon rides, concessions, photography venue



# FRUIT

## BECKER FARMS

3724 Quaker Rd.  
Gasport, NY 14067

Stop into their brewery/winery for a delightful treat.

### Hours:

Mon. & Tues. 11am - 6pm | Wed. 10am - 6pm | Thurs. & Fri. 10am - 9pm | Sat. 12pm - 9pm | Sun. 10am - 6pm | Check their Facebook for most up-to-date u-pick hours

### Cost:

Price varies-See website for more info

### Other Offerings:

Special events, bakery and farm market, CSA memberships, lodging, brewery/winery/eatery, educational tours

## BLUEBERRY TREEHOUSE FARM

1895 Davis Rd.  
West Falls, NY 14170

With 11 different varieties of blueberries (all grown pesticide-free!) and several treehouses, this farm has certainly doubled down on its namesakes to create a magical experience for all. Visitors are welcome and encouraged to bring their own containers and fill them to their hearts' content (just make sure to weigh the empty containers before picking). Once you've finished picking, make sure to round out your experience by heading to the Treehouse Cafe for a bite

to eat.

### Hours:

August: Wed: 10am - 10pm | Thurs.\* 10am - 3pm; 5pm - 10pm | Fri. & Sat. 10am - 11pm | Sun. 10am - 8pm

\*Closed for 2 hours on Thursday evenings in preparation for Blueberry Jams

### Other Offerings:

Weekly live concerts, wheelchair accessibility, dog-friendly

### Cost:

\$3.50 per pound | \$7 admission per person (kids 2 & under, as well as adults over 65 are free)\* | No admission cost after 9pm. Check website for Blueberry Jams & other special event prices

\*Admission fee provides you with a voucher for a free popsicle/non-alcoholic drink, or \$5 off alcoholic beverage

## BURDICK BLUEBERRIES

8267 Thompson Rd.  
Cattaraugus, NY 14719

Mid-August is peak blueberry season. With forty acres full of this delicious fruit, Burdick Blueberries has you covered. While bringing your own containers is welcomed, the ones offered at the farm are eco-friendly and recyclable.

Burdick Blueberries also offers u-pick flowers, which they've fittingly coined "bluems" to keep with the blueberry theme. Flower varieties that can be found on their farm include echinacea, yarrow, cosmos, zinnias, dahlias,

and sunflowers - just to name a few.

### Hours:

Mon. & Tues. Closed | Wed. - Sat. 8am - 8pm | Sun. 8am - 5pm

### Other Offerings:

Pre-picked bouquets and blueberries, private event space, guest house lodging, farm store

### Cost:

\$3.40 per pound

## GREG'S U-PICK FARM MARKET & CSA

9270 Lapp Rd.  
Clarence Center, NY 14032

Blueberries are currently ripe for the picking at U-Pick Greg's Farm - get them while they're here (usually until mid-August). Additionally, a variety of flowers as well as veggies (beans, peppers, tomatoes) are available to pick yourself starting now through early October. In order to enter the fields, you must first purchase a "Pickin Pass."\* Containers are available for purchase if you forgot your own at home.

Once you've completed your harvesting, make sure to check out their assortment of goods available in the Farm Store & Bakery to fully live their motto: "Eat Local. Eat Healthy. Know Your Farmer."

### Hours:

Mon. Closed | Tues. - Sat. 10am - 4pm\* | Sun. 10am - 2pm\*

### Cost:

\$4 per "Pickin Pass" (allows for field admission). \$5 per pound of

blueberries. Cash or checks only (ATM on site). Check website for other u-pick costs.

**Other Offerings:**

CSA memberships, market and cafe, educational workshops

*\*Kids under 2 and adults over 60 do not require a "Pickin Pass."*

*\*Closing hours reflect u-pick admission ending 1 hour prior to the farm shop.*

**HEN-HAWK ACRES**

13439 Genesee Rd.  
Chaffee, NY 14030

Don and Pam Dennies, the owners and operators of Hen-Hawk Acres, have put their 150 acres of land to good use. Offering everything from grain, a wide variety of vegetables, various flowers, and farm-raised meat - there is no shortage of selection when you stop in for a visit. Although their u-pick strawberry season concluded earlier in July, there are plenty of flowers (including dahlias, gladiolus, lavender, lisianthus) to choose from, allowing you to create your ideal bouquet.

**Hours:**

Mid-July - December: Mon. - Fri.  
9am - 6pm | Sat. 9am - 4pm | Sun.  
10am - 2pm

**Cost:**

U-pick flowers: \$12-\$40 containers

**Other Offerings:**

Country store (fresh produce, pantry staples, farm-raised meat, cage-free eggs), greenhouse with plants & herbs for purchase





# 04

## Embrace Green Living: Therapeutic Benefits of Gardening and Latest Trends in Plant Care

BY JESSICA MARINELLI

In the pursuit of happiness, health, and a fulfilling life, people are increasingly turning to nature and gardening. Engaging in gardening activities not only allows individuals to create lush green spaces but also fosters a deeper connection with the environment. For those seeking a fulfilling lifestyle, cultivating a garden can be a transformative and rewarding journey. In this article, we explore garden tips, highlight some of the latest garden trends, and showcase local resources that can empower people to live their happiest, healthiest, and best lives. The renewed interest, specifically among Millennials and Gen z, in plant care and gardening which have been shown to have numerous health benefits, including stress relief, improved air quality, and a sense of accomplishment. As a result of the pandemic, many people were looking for way to transform their interior and exterior spaces, caring for and nurturing plants became an enjoyable and productive hobby for many. Instagram and TikTok are flooded with landscaping, powerwashing, backyard and patio inspiration, and garden DIYs, not to mention the hundreds of users uploading their Monstera leaves.

### **The Therapeutic Benefits of Gardening**

Gardening offers a range of therapeutic benefits for young adults, helping to reduce stress, improve mental well-being, and promote physical health. The act of tending to plants, nurturing seedlings, and watching them bloom can be a meditative process, providing a calming escape from the hustle and bustle of daily life. Studies have shown that spending time in green spaces can alleviate anxiety and depression, promoting a more positive outlook on life. Moreover, the physical activity involved in gardening can contribute to increased fitness levels, making it an enjoyable way to stay active.

### **Sustainable and Eco-Friendly Gardening**

People are increasingly concerned about environmental issues and the impact of human activities on the planet. Embracing sustainable and eco-friendly gardening practices aligns with these values. Opt for organic gardening methods, avoiding harmful pesticides and chemicals that may harm beneficial insects and the ecosystem. Consider creating a compost bin to reduce kitchen waste and produce nutrient-rich compost for the garden. Additionally, practicing water conservation techniques, such as collecting rainwater for irrigation, can contribute to a greener and more sustainable lifestyle.

### **Embrace Garden Trends**

**Create an Indoor Jungle:** The rising trend of indoor plants allows young adults to bring the beauty of nature inside their homes. From small succulents to large leafy plants, indoor jungles create a soothing and aesthetically pleasing atmosphere.

**Urban Farming:** For those living in urban environments, urban farming is gaining popularity. Transform balconies, rooftops, or unused

spaces into thriving gardens, producing fresh vegetables, fruits, and herbs.

### **Science and Tech Products for the Garden:**

**Smart Plant Sensors:** Smart plant sensors help monitor soil moisture, light levels, and other environmental factors, ensuring that plants receive the optimal care they need.

**Vertical Planters:** Ideal for small spaces, vertical planters allow gardeners to grow a variety of plants vertically, maximizing space and creating eye-catching displays.

**Eco-Friendly Garden Tools:** Choose sustainable and eco-friendly garden tools made from recycled materials or renewable resources, reducing your carbon footprint.

### **If you have yet to jump on this trend, here are some things you should know:**

1. Houseplants have become a new staple in many millennial and Gen Z households. Not only do they add a touch of greenery to one's interior design, but they also provide numerous health benefits. Plants have been shown to purify the air, increase humidity, and reduce stress levels. Some popular houseplants include the snake plant, pothos, monstera, and fiddle-leaf fig. These plants are relatively easy to care for and can thrive in different levels of light, making them ideal for small apartments or low-lit spaces.
2. Succulents and Cacti have become increasingly popular in recent years, and for a good reason. They are low maintenance and come in a variety of shapes, sizes, and colors. Succulents are perfect for those who have limited space, as they can be grown in small pots or even in small terrariums. They also make great gifts and can be used as party favors or wedding centerpieces.
3. Vegetable Gardening Growing one's vegetables has become a popular trend. Not only is it a great way to save money, but it also promotes sustainability and healthy eating. If you are short on space, no worries! Many people grow their vegetables in small spaces such as balconies, rooftops, and community gardens. Some popular vegetables to grow include tomatoes, peppers, lettuce, and herbs like Basil and Rosemary.
4. Speaking of Herbs! These can also be grown indoors. Indoor herb gardens have become increasingly popular, especially among those who enjoy cooking. Growing herbs such as basil, thyme, mint, and parsley in a small indoor garden can save money and add flavor to



gardens. These herbs can be added to another popular IG and TikTok trend - Making your own Sourdough or focaccia bread!

5. Looking for a DIY project? How about a build your own Terrarium? This popular trend is for those meticulous gardeners, that love to set it and forget it! Terrariums are small enclosed gardens that can be made using different types of plants and are perfect for those who want to add a touch of greenery to their workspaces or living areas. Terrariums can also be an entirely enclosed ecosystem, they are relatively easy to make and can be customized to fit one's personal style.

6. Create a Relaxing Space. Integrate a cozy seating area within your garden to unwind and enjoy the fruits of your labor. Surround yourself with lush greenery, scented flowers, and calming elements like wind chimes or a small water fountain.



## Gardening Tips

**Choose the Right Plants:** When starting a garden, it's essential to choose the right plants for your space and level of experience. Some plants require more maintenance than others, so it's important to research and choose plants that are suitable for your lifestyle. Low maintenance plants such as succulents and snake plants are ideal for those who have limited time or experience.

**Create a Routine:** Plants require regular watering, fertilizing, and pruning, so it's essential to create a routine that works for you. Set a schedule for watering and fertilizing your plants, and make sure to prune them regularly to keep them healthy and looking their best.

**Use Quality Soil and Fertilizer:** Using quality soil and fertilizer is critical to the success of your garden. Good soil provides the necessary nutrients and water retention that plants need to thrive. Fertilizers help to promote growth and flowering and can be applied according to the plant's needs. Many local garden centers will sell their own mix of potting soil, and can offer recommendations on the perfect mix of soil for your plants (not all soils are alike!) When starting a garden, it's important to choose the right plants, create a routine, and use quality soil and fertilizer. By incorporating these tips and trends into your life, you can live your happiest, healthiest, and best life.

## The Importance of Planting Native Plants

Planting native plants is becoming increasingly important. Native plants are plants that have evolved to live in your area and are adapted to the local climate, soil, and pests. They have a better chance of surviving in their natural environment and help maintain the balance of the local ecosystem and can help reduce the need for fertilizers, pesticides, and other chemicals that are harmful to the environment. Native plants also provide habitat and food for local wildlife, including birds, butterflies, and bees. They are an essential part of the food chain and play a crucial role in maintaining the health of the ecosystem. By planting native plants, like milkweed and joe-pie weed, you can help preserve biodiversity and protect the environment.

*For a list of native plants, check out [wnynativeplants.org](http://wnynativeplants.org).*

They can also provide a beautiful and natural landscape that is both functional and aesthetically pleasing.

## Gardening Tips

**Choose the Right Plants:** When starting a garden, it's essential to choose the right plants for your space and level of experience. Some plants require more maintenance than others, so it's important to

## WNY Garden Centers

For more information on Native plants, or to look a a variety of plants and herbs, here's a list of popular plant and garden centers in Buffalo, NY:

*(This list is not intended to be comprehensive)*

### **Urban Roots Community Garden Center**

428 Rhode Island Street, Buffalo, NY 14213  
urbanroots.org

### **Lockwood's Garden Center**

4484 Clark Street, Hamburg, NY 14075  
weknowplants.com

### **Mike Weber Greenhouses**

42 French Road, West Seneca, NY 14224  
webergreenhouses.com

### **Murray Brothers Nurseries**

500 Kenmore Avenue, Buffalo, NY 14223  
murrayslovesplants.com

### **Adams Nurseries**

5799 Genesee Street, Lancaster, NY 14086  
adamsnurseries.com

### **Lavocat's Family Greenhouse & Nursery**

8441 County Road, East Amherst, NY 14051  
www.lavocatsnursery.com

### **Zittel's Country Market**

4415 Southwestern Boulevard, Hamburg, NY 14075  
www.zittels.com

## Indoor Plant Specialists:

### **The Plant Shack**

1188 Hertel Avenue, Buffalo, NY 14216  
www.facebook.com/ThePlantShackBuffalo



**Hive Lifespace**

423 Elmwood Avenue, Buffalo, NY 14222  
www.hivelifespace.com

**Maureen's Buffalo Wholesale Flower Market**

441 Ellicott Street, Buffalo, NY 14203  
buffalowholesaleflowermarket.com

**The Fern & Arrow**

773 Elmwood Avenue, Buffalo, NY 14222  
fernandarrowshop.com

**Daddy's Plants**

1250 Niagara St, Buffalo, NY 14213  
daddysplants.com

**Put a Plant on It**

715 Elmwood Ave, Buffalo, NY 14222  
putaplantonit.shop

These garden shops offer a wide variety of plants, gardening supplies, and expert advice for all gardening enthusiasts, from beginner to advanced! Whether you're looking for houseplants, outdoor garden plants, or gardening tools, these centers should have something to cater to your needs. Happy gardening!

**Looking for Garden Education, Native Plant Expertise, or Inspiration? Check out:****Buffalo & Erie County Botanical Gardens**

2655 South Park Avenue, Buffalo, NY 14218  
buffalogardens.com

Whether you're a seasoned plant enthusiast or just starting your green journey, these shops are sure to have something to suit your preferences and needs. Enjoy exploring and supporting local businesses while adding greenery to your life!

*As we seek fulfillment, happiness, and a connection with the natural world, the art of gardening emerges as an empowering and transformative activity. By embracing therapeutic gardening practices, sustainable methods, and the latest trends and products, garden enthusiasts can pave the way for living their happiest, healthiest, and best lives while nurturing the beauty of the natural world around them.*





05

# Farmers Markets

Farmer's markets provide access to farm fresh, locally grown produce. In the Western New York region, we are lucky to have farmer's markets dot our region. This means many people don't have to travel far for farm fresh produce and other delectable treats. As of July 2023, here are the farmer's markets that can be found across Western New York.

### CLINTON-BAILEY FARMERS MARKET

**Where:**  
1443-1517 Clinton Street  
Buffalo, NY 14206

**When:**  
Sun-Sat (May 1-Nov 1) 8 am to 5 pm, (Nov 2-Apr 30) Saturdays 6am-1pm

### DELAVAN-GRIDER FARMERS MARKET

**Where:**  
877 E. Delavan Avenue  
Buffalo, NY 14215

**When:**  
Every other Thursday 4pm-7pm

### DOWNTOWN COUNTRY MARKET

**Where:**  
415 Main St Buffalo  
NY 14203

**When:**  
Thursdays through October 12, 2023 between 10am and 2:30pm

### ELMWOOD VILLAGE FARMERS MARKET

**Where:**  
Elmwood Ave & Bidwell Pkwy  
Buffalo, NY 14222

**When:**  
May-November Saturdays  
8am-1pm

### FARMERS' MARKET AT D'YOUVILLE

**Where:**  
D'Youville University  
320 Porter Ave  
Buffalo, NY 14202

**When:**  
Mondays through September 25 between noon and 4pm

### SOUTH BUFFALO FARMERS MARKET

**Where:**  
The Casino at Cazenovia Park  
Buffalo, NY 14220

**When:**  
Sundays 9am-1pm through September 24

### ALDEN FARMERS MARKET

**Where:**  
13119 Broadway  
Alden, NY 14004

**When:**  
Saturdays 8:30am-1pm  
(May 7 - Oct 8)



### CLARENCE HOLLOW FARMERS MARKET

**Where:**  
10717 Main Street  
Clarence, NY 14031

**When:**  
Saturdays through Oct 8am-1pm

### THE MARKET AT GRAYCLIFF

**Where:**  
123 Grey Street (Tops Plaza)  
East Aurora, NY 14052

**When:**  
Wednesday and Sunday 7am-1pm through November 22

### EDEN FARMERS MARKET

**Where:**  
2912 Legion Drive (at the  
Eden Legion Grounds)  
Eden, NY 14057

**When:**  
Tuesdays 3:30-7:30pm from  
June to July

### HAMBURG FARMERS MARKET

**Where:**  
45 Church Street  
Hamburg, NY 14075

**When:**  
Open May - October,  
7:30am-1pm

### HOLLAND FARMERS MARKET

**Where:**  
Route 16 (next to fire hall)  
Holland, NY 14080

**When:**  
May -October, Sunday  
8:30am-1pm

### **KENMORE FARMERS MARKET**

**Where:**  
2919 Delaware Avenue  
Kenmore, NY 14217

**When:**  
9am-1pm, Sundays through  
October 30

### **LEWISTON ARTISAN FARMERS MARKET**

**Where:**  
Academy Park  
Portage Road  
Lewiston, NY 14092

**When:**  
Saturdays from June 3 to Octo-  
ber 14, 2023: 9 a.m. – 1 p.m.

### **LOCKPORT COMMUNITY MARKET**

**Where:**  
69 Canal Street  
Lockport, NY 14094

**When:**  
Wednesdays from July 5 to Sep-  
tember 27, 2023: 2 p.m. – 6 p.m.  
Saturdays from May 20 to Octo-  
ber 21, 2023: 9 a.m. – 2 p.m.

### **NIAGARA FALLS CITY MARKET**

**Where:**  
Market Square  
15th Street & Pine Avenue  
Niagara Falls, NY 14301

**When:**  
Mondays, Wednesdays and Fri-  
days, Year-Round: 9 a.m. – 3 p.m.

### **KENMORE FARMERS MARKET**

**Where:**  
2919 Delaware Avenue  
Kenmore, NY 14217

**When:**  
9am-1pm, Sundays through  
October 30

### **NORTH TONAWANDA CITY FARMERS MARKET**

**Where:**  
Corner of Payne Avenue  
& Robinson Street  
North Tonawanda, NY 14120

**When:**  
Tuesdays, Thursdays and Satur-  
days, Year-Round: 7 a.m. – 1 p.m.

### **PROVIDENCE FARM COLLECTIVE**

**Where:**  
5701 Burton Road  
Orchard Park, NY 14070

**When:**  
Market stand open on Mondays  
from 3:00-5:00pm June 13  
through October 15; PFC Farm-  
ers Market on 130 Grant Street  
in the M&T Bank parking lot is  
open on Saturdays from  
10:00am-1:00pm July 2 through  
October 15

### **GENTNERS COMMISSION MARKET**

**Where:**  
341 West Main Street  
Springville, NY 14141

**When:**  
Mon-Wed 8am-9pm

### **WEST SENECA FARMERS MARKET**

**Where:**  
1250 Union Road  
West Seneca, NY 14224

**When:**  
Thursdays from 4-7pm (May 18-  
Sept. 7)

### **WILLIAMSVILLE FARMERS MARKET**

**Where:**  
5583 Main Street  
(Amherst Town Hall lot)  
Williamsville, NY 14221

**When:**  
Saturday Mornings at 8:00 am to  
1:00 pm through October

Project Best Life empowers people to take control of their lives, and take tangible steps to be their healthiest and happiest selves. Buffalo Rising and Project Best Life have teamed up to produce a series on wellness inspiration and advice to direct readers to the people, places, and experiences in Buffalo and beyond that will help them fulfill their health, nutrition, and wellness goals.

For more information on how you can live your best life, go to [projectbestlife.org](http://projectbestlife.org).

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