



Mid-summer **must-dos**

From gorgeous gardens to diverse neighborhoods, Buffalo is truly a vibrant city. Whether taking in a world of ethnic food and fun, embracing the local craft brew culture or meandering through fragrant flower fields, these events offer plenty to see, smell and savor in WNY and beyond.

Taste of Diversity

June 30

Celebrate a world of flavor at this block party-style event that showcases the West Side's revitalization and contributions from its large immigrant population. Enjoy local restaurant fare, along with musicians and entertainers ranging from Indonesian folk dancing to a Bangkok-style tea taxi. Visit website for current lineup. Unique clothing, jewelry and other artisan wares also available. Expand your palate and horizons from 11 a.m.-7 p.m.

Location: Grant Street, between Lafayette and Auburn, Buffalo

Admission: Free (food tickets available for purchase)

Tasteofdiversity.com

Niagara Lavender Festival

July 7 and 8

Believed to help alleviate everything from anxiety to itchy bug bites, the lavender plant is revered the world over for its soothing properties. But did you also know it makes a great pizza topping and ice cream flavor? Taste these and other culinary delights, watch lavender cooking demos, walk the lavender fields and pick your own, enjoy live music, tour an essential oil distillery, and peruse the arts and crafts vendors at this annual aromatic festival. Runs 10 a.m.-6 p.m., rain or shine.

Location: Niagara Essential Oils & Blends, 758 Niagara Stone Road, Niagara-on-the-Lake, Canada

Admission (Canadian dollars): \$5 general; \$20 World Traveller pass includes additional culinary samples. Passes valid for one-day admission.

Contact: 1-877-320-6362

Niagaralavenderfestival.com

Bricks and Brews at the Martin House

July 13

Surround yourself with stunning architecture, splendid gardens and the best craft beer the area has to offer. Sample masterpieces from 20 local breweries and cideries, fill up with bites from area food trucks, enjoy live music, and bid on fabulous auction items. One of summer's most popular events, get your tickets before they sell out. Ticket proceeds directly benefit the Darwin Martin House. Soiree runs 6-9 p.m.

Location: Martin House Plaza, 125 Jewett Parkway, Buffalo

Admission: \$65 general; \$55 members

Contact: 856-3858

Martinhouse.org

Plate Expectations 2018: The Supper Bowl XV

July 18

Help tackle the issues of hunger, access to proper nutrition and loneliness. This year's Meals on Wheels for Western New York fundraiser heads to the Bills training

center, where you'll enjoy generous food and beverage stations, auction items and raffles, the wall of wine and games including a quarterback challenge and field goal attempt. Join the fun from 5:30-8:30 p.m.

Location: ADPRO Sports Training Center, One Bills Drive, Orchard Park

Admission: \$60 general; \$100 VIP (includes limited edition hat and \$20 token)

Contact: 822-2002 ext. 42

Mealsonwheelswny.org

Buffalo Health, Wellness & Fitness Expo

July 28

Get pumped for the largest event of its kind on the East Coast. Whether your goal is to carry zero-percent body fat or simply eat and feel better, you'll be empowered after watching a national bodybuilder show, powerlifting meets, strongman competition and CrossFit tournament. Enjoy rock climbing, zip lining, kayaking, food and beverage, and more. Over 100 vendors will be on hand, as well as popular health and wellness celebrities. Runs 9-11 a.m.

Location: Buffalo Riverworks, 359 Ganson St., Buffalo

Admission: \$20

Contact: 445-1067

Buffaloexpo.eatritefoods716.com

Garden Walk Buffalo

July 28-29

More than just beautiful flowers, expect to see everything from waterfalls to wall murals and community gardens to koi ponds at the largest tour of its kind in the country. Enjoy a free, self-guided excursion through nearly 400 landscaping marvels, as well as free hop-on, hop-off shuttle busses. Tour runs 10 a.m. to 4 p.m. Tickets not required. Check website closer to date to see where Garden Walk maps will be available.

Location: Several communities within the city limits

Admission: Free

Contact: 247-5004

Gardensbuffaloniagara.com

