

TARYN LAKOW



Mother and daughter, Debbie Steinhardt and Taryn Lakow, owner and manager of Field of Greens, show off some healthy menu options. PHOTO BY JIM BERIAU

M eet Taryn Lakow, manager of Field of Greens, a West Palm Beach eatery that has served sandwiches, salads and smoothies since 2003. Here Taryn, the daughter of Field of Greens owner Debbie Steinhardt, talks about the feeling of familiarity, the magic of murals and the wonders of the GreenMarket during winter.

How I've seen downtown grow:

"By leaps and bounds. There are so many more people living downtown. Small, locally owned businesses have replaced chain stores, and there are many unique restaurants."

What makes downtown unique:

"The beautiful, walkable Waterfront. The Brightline train station. And the colorful walls, designed and painted by artists from Palm Beach County and around the world."

What I love most about downtown:

"I like that it has a small-town feel. You can walk down the street and know you're going to see someone familiar."

Where I eat downtown:

"Pistache for the steak frites, Avocado Grill for the burgers,

Kapow's for the General Tso's cauliflower, and of course, anything from Field of Greens."

When I love downtown:

"Winter, for sure. The GreenMarket is always fun during the winter because it's a little bit cooler, and it's

gorgeous to walk around."

Why I want to be downtown:

"It's familiar and welcoming, and there's always something new to discover. That feeling is spreading beyond Clematis Street, which is awesome to see."

THE DOWNTOWNERS

West Palm Beach business owners dish about why they're downtown – and why you should be, too!

FIELD OF GREENS

Debbie Steinhardt, owner
Taryn Lakow, manager

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Why you should visit downtown:

"There are so many small, locally owned businesses now in the area, and it's fun to support people who put their hearts and souls into their companies. There are so many new restaurants downtown, you won't leave hungry."

— Staci Sturrock