



2100 Park Street  
Syracuse, NY 13208  
Phone: (315)-422-8647

APRIL 2021

# The Market Messenger

A monthly newsletter from the CNY Regional Market

## SHOPPING AT THE FARMERS MARKET

Open all year round!

April is here and that means SPRING and FLOWERS. Our Market will soon be blossoming with fleurs and houseplants in need of a loving home. Since Mother's Day is coming up quickly, pair a sunny yellow daffodil or a fragrant royal blue hyacinth with a heartfelt handmade gift such as a soy candle or elegant jewelry.

According to NYS Regulations, masks are still required even if you are vaccinated. Let's all do our part to keep each other healthy and safe this spring here in Syracuse. We require ALL customers and vendors to wear a mask that covers your nose and mouth while at the market. We understand it may not be convenient or comfortable but please help keep the Market open by working together to slow and stop the spread of COVID-19.

Our staff is working very hard to provide everyone with a safe and clean grocery source during this difficult time. If you see anyone ignoring the following guidelines, please notify our Market staff. You can stop our Market Manager walking on the market, pop into our welcome center, or contact a staff member at 315-422-8647.

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# SAFETY GUIDELINES

Please help us keep the market safe and clean by following our safety guidelines.

- Stay home if you feel sick. Even if you don't have COVID-19, please don't spread your germs to others.
- Please abide by the one way traffic flow in each building to keep the walkways open and traffic moving. This is particularly important in F Shed.
- Remember that the farmers markets are a food and grocery source to many and it is not meant for social gathering at this time. If possible, please limit the number of people in your group to decrease crowds.
- Do not touch vendor products. Avoid cross-contamination.
- Remember to be courteous of others and allow for safe distancing when possible.
- Be respectful of vendors and their safety precautions when shopping.
- No pets allowed.
- WEAR YOUR MASK!



Pictured: CNY Regional Market Customer

*Wishing health and safe shopping to everyone!*



## IN SPRING'S KITCHEN

### Available Year Round

- Baked Goods
- Maple Syrup
- Fermented Goods
- Wine and Spirits
- Arts and Crafts
- Essential Oils
- Fried Dough
- Insurance Representatives
- Spices
- Honey
- Dairy Products
- Tea
- Kitchen Supplies
- Soap and Body Care
- Doughnuts
- Antiques
- Sauces
- Mushrooms
- Meat and Seafood
- Coffee
- Home improvements and Decor
- Clothing and Accessories
- Bagels and Breakfast Foods
- Electronics

### In Season

- Artichokes
- Arugula
- Avocado
- Asparagus
- Beets
- Bok Choy
- Broccoli
- Brussel Sprouts
- Cabbage
- Carrots
- Cauliflower
- Celeriac
- Celery
- Collard Greens
- Cucumber
- Kale
- Onions
- Potatoes
- Sweet Potatoes
- Lemon
- Lime
- Oranges
- Pears

THE PRODUCE AT YOUR LOCAL FARMERS MARKET IS FRESHER  
THAN WHAT YOU CAN FIND AT THE SUPERMARKET.

# RECIPES

## *Farm Fresh Quiche*



### Directions

1. Preheat oven to 375 degrees. In a large skillet, heat oil over medium-high heat. Add broccoli and onion; cook and stir until broccoli is crisp-tender. Stir in greens and garlic. Cook and stir 4-5 minutes longer or until greens are wilted.
2. Unroll crust into a 9-In pie plate; flute edge. Fill with broccoli mixture. In a small bowl, whisk eggs, milk, rosemary, salt and pepper. Stir in 1/4 cup cheddar cheese and 1/4 cup Swiss cheese; pour over vegetables. Sprinkle with remaining cheeses.
3. Bake 30-35 minutes or until a knife inserted in the center comes out clean. Let stand 15 minutes before cutting.

### Ingredients

- 5 medium fresh beets (about 2 pounds)
- 2 tbs water
- 2 tbs champagne vinegar or rice vinegar
- 2 tbs olive oil
- 1/2 tsp salt
- 1/4 tsp coarsely ground pepper
- 1/4 cup pitted kalamata olives, quartered
- 2 tbs thinly sliced fresh mint, divided

### Ingredients

- 1/4 cup olive oil
- 1 bunch broccoli, cut into florets
- 1 small onions, finely chopped
- 3 cups chopped fresh mustard greens or spinach
- 3 garlic cloves, minced
- 1 sheet refrigerated pie crust
- 4 large eggs
- 1 cup 2% milk
- 1 tbs minced fresh rosemary or 1 tsp dried rosemary
- 1/2 tsp salt
- 1/2 tsp pepper
- 1/2 cup shredded smoked cheddar cheese, divided
- 1/2 cup shredded Swiss cheese, divided

## *Minted Beet Salad*



### Directions

1. Scrub beets; trim tops to 1 in. Place in a single layer in a large microwave-safe dish. Drizzle with water. Microwave, covered, on high until easily pierced with a fork, turning once, 14-15 minutes; let stand 5 minutes.
2. When cool enough to handle, peel and cut beets into 3/4-in pieces. In a bowl, whisk vinegar, oil, salt and pepper until blended. Add olives, beets and 1 tbs mint; toss to coat. Refrigerate, covered, until cold, at least 1 hour. Top with remaining 1 tbs mint.

# SPRING

# CLEANING

## *Tips & Tricks*

1. **Get organized!** A great way to start cleaning out your house and finding more space in your home is to start with your closets. If you haven't worn it in two years - send it to the donate pile. Starting with one room or even one closet at a time can feel less daunting than trying to tackle your entire house all at once. It's the perfect way to start decluttering your home without feeling overwhelmed.
2. **Freshen up!** Think about tackling some of the jobs you don't normally do every week. Like washing the windows, sweeping under large appliances, clearing out your fridge and thoroughly cleaning it, and cleaning your upholstery. Your house will be sparkling in no time!
3. **Lemon & Vinegar are your friends.** Not only are they natural, they work REALLY well for tough cleaning. Use lemon to remove water stains on your faucet and vinegar to beat shower head build up. You don't have to worry about harsh chemicals when you're spring cleaning this year!

# CNY REGIONAL MARKET AUTHORITY

2100 Park Street, Syracuse, NY 13208

Phone: (315) 422-8647

Email: [cnyrma@gmail.com](mailto:cnyrma@gmail.com)

## MARKET DAYS

Thursday Farmers Market  
(May-November 19th) 7am-2pm

Saturday Farmers Market  
(Year-round) 7am-2pm

Sunday Flea Market  
(Year-round) 7am-2pm

### *Welcome Center*

The main office during the retail market hours. A small brick building located between A Shed and the Administration building. This is where EBT and Debit/Credit tokens are dispensed.

#### Services:

Lost & Found

Tokens

Daily payments & license signing

General inquiries

Market Staff

#### EBT Silver Tokens

- \$1.00 each
- Never expire
- Can be returned with receipt
- No change can be given
- We accept EBT cards from all states

#### Gold Tokens

- Debit/Credit
- Given in \$5 increments
- Never expire
- No additional/ ATM fees
- Can be returned with receipt
- Vendors only give you cash change
- We accept Visa, MasterCard and Discover

## Find us Online

Follow us on Facebook, Twitter, and Instagram to keep up to date with our market's and vendors! Submit Market photos & recipes to be featured on our social platforms!



*Become a  
Vendor*

#### You will need the following:

- General Liability Insurance worth \$1,000,000 each occurrence, with CNY RMA listed as an additional insured, Certificate Holder.
- New York State Tax ID Certificate (if selling taxable items) \*\*Depending on items sold, other paperwork may also be required, call our office for any clarifications\*\*
- Send all documents via email or mail.
- Once we have all the required paperwork, you can reserve a spot by calling our office weekly between Monday and Thursday 8 am to 4:30 pm.
- Vendors will be notified with their stall locations on Friday.
- Payments are to be made before you set up on the morning of the market at the Welcome Center.
- Prices vary depending on season, what is being sold and location. Call our office for pricing details or about becoming a licensed vendor.