

APRIL 2022

The Market Messenger

A monthly newsletter from the CNY Regional Market



2100 Park Street
Syracuse, NY 13208
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SHOPPING FRESH AT THE FARMERS MARKET

Open all year round!

Allllllll Things Market!

- **For those looking for spring season recipes...**turn to page 4 or ask farmers at the Market what's fresh on their table. Also, find new recipes weekly on our blog and social media. All are tried and tested by our very own staff and valued customers.
- **For those who wish to keep their friends close and their farmers closer...**find a complete vendor list on our website where visitors can click through to view vendor profiles which will continue to grow over the years as we collect more data and photos about their entrepreneurial spirit and local products.
- **For our shoppers desiring an at-home transformation...**check out our Flea Market every Sunday from 7am-2pm for the most unique finishing touches to your home decor!
- **For our neighbors with a cause...**any non-profit organization is welcome to set up a booth once per season. Spread awareness about your mission to our valued customers.
- **For those who are ready to gather...**as a beloved staple in New York State for 80+ years, we host a variety of entertaining and educational spanning across all industries, sounds, cultures, and missions. It's a convenient and memorable venue for your next private party, concert, film shoot, corporate party, etc. Contact us for more information at cnyrma@gmail.com.

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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 furnishings 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

"PRODUCE GOES DIRECTLY FROM THE FARM TO THE MARKET SO IT'S A FRESHER FORM OF PRODUCE TO CONSUME. PLUS YOU'RE HELPING LOCAL BUSINESSES, MANY OF WHOME ARE SMALL FARMS"
-JOE SANZOTTA, FARMER

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

FEATURED VENDORS & TENANTS

Find a complete vendor list on our website where visitors can click through to view vendor profiles. Follow our social media to read about farm fresh products, customer recipes, and gain insight into the valuable expertise of our vendors.



Jack Powers



Pawsitivitea



The Market Diner



Amir & Taima Yagan



Hey Rose

RECIPES

Welcome Spring with these two seasonal recipes below and make sure to visit our website for those that are tried and tested by our very own staff, valued customers, and/or served on the plates of our favorite local restaurants. Find a new recipe on our blog and social media weekly. Bon Appétit!

Ham & Bean Soup



Directions

1. In a medium saucepan, heat oil over medium heat. Add onion and carrot and cook until onion is soft about 7 minutes. Add celery, garlic, and thyme, and cook, stirring, until garlic is fragrant, about 2 minutes more. Add chicken broth, 2 cups of water, and beans; bring to a boil. Season with salt and pepper.
2. Reduce heat, and simmer until the soup has thickened slightly, about 20 minutes. Stir ham into soup and season with salt and pepper.
3. Serve warm topped with parsley.

Ingredients

- 1 boneless beef chuck roast (3 to 4 pounds)
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1 tablespoon canola oil
- 1-1/2 cups water
- 1/2 cup reduced-sodium soy sauce
- 1/4 cup honey
- 3 tablespoons cider vinegar
- 3 garlic cloves, minced
- 2 teaspoons ground ginger
- 1 teaspoon ground mustard
- 1 large onion, halved and sliced
- 2 tablespoons cornstarch
- 2 tablespoons cold water

Ingredients

- 2 tbsp. extra-virgin olive oil
- 1 small yellow onion, chopped
- 2 small carrots, thinly sliced
- 1 stalk celery, thinly sliced
- 4 cloves garlic, minced
- 1 tsp. fresh thyme
- 1/2 tsp. sweet paprika
- 2 c. low-sodium chicken broth
- 30 oz. white beans, drained and rinsed
- Kosher salt freshly ground black pepper
- 2 cups leftover ham, shredded
- Freshly chopped parsley, for serving

Soy-Ginger Pot Roast



Directions

1. Sprinkle roast with salt and pepper. In a large skillet, heat oil over medium-high heat. Brown roast on all sides. Transfer meat to a 5- or 6-qt. slow cooker. In a small bowl, mix water, soy sauce, honey, vinegar, garlic, ginger and mustard; pour over meat. Top with onion. Cook, covered, on low 7-9 hours, until meat is tender.
2. Remove roast and onion to a serving platter; keep warm. Transfer cooking juices to a large saucepan; skim fat. Bring cooking juices to a boil. In a small bowl, mix cornstarch and cold water until smooth; stir into cooking juices. Return to a boil; cook and stir until thickened, 1-2 minutes. Serve with roast.

HOPPY EASTER



4 Tips for the best Easter Ham

Dating back to at least the sixth century in Germany, the tradition of eating ham on Easter started because pigs were abundant in Northern Europe and one of the only meats preserved around that time of year. Early American settlers brought pigs with them to the new world and continued the tradition. Here are 4 tips to ensure you have the best easter ham this spring.

1. **Buy fresh** - Here at the CNY Regional Market we have plenty of meat vendors that are bringing fresh ham to the Market on Saturdays. You'll be supporting your local farmers and you'll know where your ham comes from. Not to mention it hasn't been sitting on a truck or grocery store shelf for the past month!
2. **Do your calculations** - Don't be left with too much or too little ham on Easter this year. Simply multiply the number of guests you are expecting by 1/2 pound for boneless ham and for bone-in, multiply your head count by 3/4 pound.
3. **Get creative** - Making your own glaze is easy and fun! Experiment with pineapple juice, beer and marmalade.
4. **Use those leftovers** - If your guests fill up quick and you're left with some delicious pieces of ham, check out page 4 for a seasonal ham and bean soup recipe to put those leftovers to good use.

CNY REGIONAL MARKET AUTHORITY

2100 Park Street, Syracuse, NY 13208
Phone: (315) 422-8647
Email: cnyrma@gmail.com

MARKET DAYS

Thursday Farmers Market
(May-November 17th) 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, LinkedIn, Instagram and TikTok to keep up to date with our market's and vendors! Submit Market photos & recipes to be featured on our social platforms!



@CNYRMA



@cnyregionalmarket



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*Become a
Vendor*

You will need the following as a daily & licensed vendor:

- 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.

Daily Vendors:

- 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. Email us at cnyrma@gmail.com for pricing details or about becoming a licensed vendor.