

The Market Messenger

A monthly newsletter from the CNY Regional Market

SHOPPING FRESH AT THE FARMERS MARKET

Open all year round!

Alllllllll Things Market!

- **For those looking for the perfect spring meals...**turn to page 4 for delicious recipes perfect for ringing in the spring holidays.
- **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. These will continue to grow over the years as we collect more stories and photos of their entrepreneurial spirit and local products.
- **For our shoppers desiring an at-home transformation...**check out our Flea Market on Saturdays from January - April in E & F-Sheds 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 events spanning across all industries, sounds, cultures, and missions. It's a convenient and memorable venue for your next private party, film shoot, corporate party, etc. Contact us for more information at cnyrma@gmail.com.

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INSIDE SPRINGS 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

"YOU CAN GET ANYTHING YOU WANT AT THE GROCERY STORE, BUT YOU DON'T KNOW WHERE IT'S COMING FROM. WHEN YOU COME TO THE MARKET YOU CAN TALK TO THE FARMERS FACE TO FACE. OR IF THEY'RE A DEALER, MEANING THEY BUY AND RESELL PRODUCE, THEY STILL KNOW WHERE THEIR PRODUCT IS COMING FROM. SO COME ON DOWN TO THE MARKET, THIS IS WHERE THE GOOD STUFF IS."
-JIM MARYINUK, FARMER

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

FEATURED VENDORS

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.



Wake Robin Farm



Kingsley Street Artisan Soaps



Willis Farms



Food and Ferments

EVENTS

4/6 - Empire State Wine Fest, F-Shed from 1pm-9pm

5/29 - CLA Senior Information Fair, F-Shed from 9am-1pm

10/3 - CLA Senior Information Fair, E-Shed from 9am-1pm

RECIPES

Welcome winter 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!

Sheet-pan Lemon Butter Veggies & Sausage



Directions

1. Preheat the oven to 400°F. In a small bowl, stir together the butter, lemon zest, lemon juice and garlic.
2. On a large baking sheet, arrange the carrots, radishes, bell pepper, and eggplant in an even layer. Drizzle about half of the lemon garlic butter over the vegetables and toss well to combine. Season with salt and pepper.
3. Roast until the veggies are just tender, 15 to 17 minutes. Add the tomatoes, asparagus, zucchini and sausage. Drizzle the remaining lemon garlic butter over the mixture, and toss well to combine.
4. Roast until all the vegetables are very tender and the sausage has begun to brown, 17 to 20 minutes.

Ingredients

- 2 cups frozen peas, thawed and patted dry, divided
- 8 ounces fresh goat cheese
- ½ cup plus 3 tablespoons extra-virgin olive oil
- 1 tablespoon grated lemon zest, plus 2 tablespoons lemon juice
- ½ cup chopped fresh mint
- Kosher salt and freshly ground black pepper
- 1 medium yellow onion, chopped
- 1 pound spaghetti or fine linguini, broken in half

Ingredients

- 4 tablespoons unsalted butter, melted
- Zest and juice of 1 lemon
- 2 garlic cloves, minced
- 4 medium carrots, peeled and diced
- 1 bunch radishes, halved
- 2 red bell peppers, diced
- 1 small eggplant, diced
- Kosher salt and freshly ground black pepper
- 1 pint red cherry tomatoes
- 1 pint yellow cherry tomatoes
- 1 bunch asparagus, cut into 1-inch pieces
- 2 small zucchini, diced
- 1½ pounds chicken sausage, thickly sliced

Spaghetti with Goat Cheese, Mint & Peas



Directions

1. Add 1 cup of the peas to a medium bowl. Using a fork, mash the peas into a coarse puree. Add the goat cheese, the ½ cup of oil, the lemon zest and juice, half the chopped mint, ½ teaspoon salt and ¾ teaspoon pepper. Mash well, then set aside. On the Instant Pot, select More/High Sauté. Add the remaining 3 tablespoons oil, the onion and 1 teaspoon salt. Cook, stirring occasionally, until the onion begins to soften, about 2 minutes. Pour in 5 cups water, then stir to combine. Add the pasta, placing the strands horizontally so they lay flat, then press them into the liquid until submerged
2. Select Cancel, lock the lid in place and move the pressure valve to Sealing. Select Pressure Cook or Manual, and make sure the pressure level is set to High. Set the cooking time for 3 minutes. When pressure cooking is complete, quick-release the pressure by moving the pressure valve to Venting. Press Cancel, then carefully open the pot.
3. Using tongs, toss and stir the mixture to separate the strands of pasta, then add the goat cheese mixture and the remaining peas. Toss well. Season to taste with salt and pepper, then transfer to a serving dish. Sprinkle with the remaining mint.



Updates From the Market

Host your next event at the Market!

we host a variety of entertaining and educational events 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.



Help The Market!

Learn how you can use your voice to help support the Market and our community as we seek funding opportunities. Check out our website below for more information.

www.cnyregionalmarket.com



Own a Food Truck?

We are now accepting Food Truck vendors at our Market! Please email us at cnyrma@gmail.com or call our office at 315-422-8647 for more information!

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) 7am-2pm

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

Flea Market
(May-December) Sundays 7am-2pm
(January-April) Saturdays 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

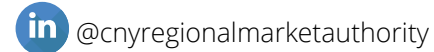
- \$1.00 each
- Never expire
- Can be returned with receipt
- No change can be given
- We accept EBT cards from all states

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, YouTube and TikTok to keep up to date with our markets and vendors! Submit Market photos & recipes to be featured on our social platforms!



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.