

CNY Regional Market Authority

2100 Park Street, Syracuse, NY 13208

Phone: (315)-422-8647

Fax: (315)-422-6897

Email: staff@cnyrma.com

In order to vend at the market, you will need:

- ◇ General Liability Insurance worth \$1,000,000 each occurrence with CNYRMA listed as an additional insured, Certificate Holder
- ◇ New York State Tax ID Certificate (if selling taxable items) Note: Depending on items sold, other paperwork may also be required, call our office for any clarifications.

Reserve a Spot

- ◇ Send all documents using email, fax, or mail
- ◇ Once we have all the required paperwork, you can reserve a spot by calling our office weekly between Monday and Thursday 8 a.m. to 4:30 p.m.
- ◇ Vendors are notified with their stall locations on Friday
- ◇ Payments are made before you set up on the morning of the market
- ◇ Prices vary depending on season, what is being sold, and location
- ◇ Call our office for pricing details or about becoming a licensed vendor



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@CNYRMA



Follow us on Instagram
@cnyregionalmarket



Follow us on Twitter
@CNYRMA

Welcome Center:

This is the main office during the retail market hours. It is a small brick building located between A shed and the Administration building. This is where EBT and debit/credit tokens are dispensed.

Services:

- ◇ Lost and Found
- ◇ Tokens
- ◇ Daily payments and license signing
- ◇ General inquiries

Market Hours:

- ◇ Saturday Farmer's Market:
7am-2pm (year-round)
- ◇ Sunday Flea Market:
7am-2pm (year-round)
- ◇ Thursday Farmers Market:
7am-2pm (May-November)

EBT Silver Tokens:

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

Debit/Credit Gold Tokens:

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

The Market Messenger

Phone: (315)-422-8647

Fax: (315)-422-6897



2100 Park Street,
Syracuse, NY 13208

August 2020:

As we get closer and closer to normal life, it's important to remember to practicing social distancing as much as possible. We require ALL customers and vendors to wear a mask that covers your nose and mouth while at the market! We understand that it may not be convenient or comfortable, but we need to work together to slow and stop the spread of COVID-19. Please help us keep the market open! Our staff is working very hard to provide everyone with a safe and clean grocery source during this difficult time! If you are in need of a mask or know someone who needs a mask, please stop by the market office and we will hook you up with a mask free of charge!!! If you see anyone ignoring the following guidelines, please notify someone from the Market staff!

Those guidelines are:

- ◇ Please help us keep the market safe and clean by following our safety guidelines:
- ◇ Please 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, and please try to keep the walkways open and traffic moving.
- ◇ Remember that the farmers markets are a food and grocery source to many and it is not meant for social gatherings at this time!
- ◇ If possible, please limit the number of people in your group to decrease crowds.
- ◇ Avoid touching vendors' products when possible to 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.
- ◇ **WEAR YOUR MASK!!!!**

Wishing health and safe shopping to everyone!

Grilled Corn and Peach Cobb Salad

- ◇ 1 clove chopped garlic/pureed
- ◇ 1/2 cup extra-virgin olive oil
- ◇ 1/4 cup honey
- ◇ 3 Tbsp red wine vinegar
- ◇ 2 Tbsp Dijon mustard
- ◇ 3/4 tsp salt
- ◇ 1/2 tsp ground pepper
- ◇ 2 tsp canola oil
- ◇ 2 large peaches (pits removed), chopped
- ◇ 2 ears of corn (shucked)
- ◇ 8 cups of lettuce/ lettuce mixture
- ◇ 4 hard boiled eggs, cut into wedges
- ◇ 4 slices of crumbed bacon (optional)
- ◇ 1/2 cup crumbled blue cheese (optional)
- ◇ 1/4 cup toasted pecans
- ◇ 1/2 cup honey mustard dressing
- ◇ Make dressing by combining pureed garlic, oil, honey, vinegar, mustard, salt and pepper in a blender until smooth
- ◇ Preheat grill to medium heat
- ◇ Brush oil over peaches and corn and grill, turning once or twice until grill marks appear (8-10 min)
- ◇ Let peaches cool and cut corn off the cob

- ◇ Plate the lettuce mixture and add eggs, bacon, blue cheese and pecans, grilled corn, and grilled peaches
- ◇ Top with dressing and enjoy!



Cherry and Peach Cobbler

- ◇ 4 cups fresh peaches, sliced
- ◇ 2 cups fresh sweet cherries, halved
- ◇ 1/2 cup water
- ◇ 1 stick unsalted butter
- ◇ 2 cups all purpose flour
- ◇ 1 1/2 tsp baking powder
- ◇ 1 tsp baking soda
- ◇ 1 1/2 cups milk
- ◇ 1 cup brown sugar
- ◇ 1 cup granulated sugar
- ◇ Pinch of salt (optional)
- ◇ Pinch of cinnamon
- ◇ Preheat oven to 350 degrees
- ◇ Mix peaches, cherries, brown sugar, and water in a medium saucepan
- ◇ Bring to a boil and simmer for 10 minutes
- ◇ Separate into two half cup measurements for later
- ◇ Melt butter in a 9x13 baking dish
- ◇ In a separate bowl, mix sugar, flour, baking soda, baking powder, and salt
- ◇ Slowly whisk in milk and hone half cup of peach/ cherry liquid into the dry ingredients
- ◇ Pour mixture into baking dish containing the melted butter (DO NOT STIR)
- ◇ Using a slotted spoon, evenly layer fruit on top and pour the remaining half cup of peach/cherry liquid over the top of the fruit



- ◇ Sprinkle with cinnamon
- ◇ Bake 30-45 minutes or until crust is risen and golden brown
- ◇ Let cool and enjoy!

What's 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

What's in Season?

- ◇ String Beans
- ◇ Beets
- ◇ Broccoli
- ◇ Cabbage
- ◇ Carrots
- ◇ Cauliflower
- ◇ Celery
- ◇ Collard Greens
- ◇ Corn
- ◇ Cucumbers
- ◇ Eggplant
- ◇ Herbs
- ◇ Scallions
- ◇ Spinach
- ◇ Summer Squash
- ◇ Winter Squash
- ◇ Tomatoes
- ◇ Turnips
- ◇ Potatoes
- ◇ Radishes
- ◇ Apples
- ◇ Blackberries
- ◇ Blueberries
- ◇ Cantaloupe
- ◇ Peaches
- ◇ Plums
- ◇ Prunes

Did you know that August has several fun holidays?

August 2nd is Ice Cream Sandwich Day

August 7th is Lighthouse Day

August 9th is Book Lovers Day

August 10th is Lazy Day

August 15th is Relaxation Day

August 16th is Tell a Joke Day

August 22nd is Tooth Fairy Day

August 26th is Dog Appreciation Day

August 30th is Frankenstein Day