

AUGUST 2021

# The Market Messenger

A monthly newsletter from the CNY Regional Market



2100 Park Street  
Syracuse, NY 13208  
Phone: (315)-422-8647  
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## SHOPPING FRESH AT THE FARMERS MARKET

Open all year round!

Alllllllll Things Market!

- **For our health conscious shoppers...**check out page 5 to learn about the difference in a products nutritional value when you buy from the grocery store versus the CNY Regional Market,
- **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 anyone whose garage needs a summer cleaning...**Sell your gently used items at our Community Garage Sale on Sundays. Any individual may vend at the Market for a maximum of 3 times per season and set up in D Shed. Join us any Sunday, May through October!
- **For those who are ready to gather...**as a beloved staple in New York State for 80+ years, we've hosted a variety of educational and fun events expanding across all industries, sounds, cultures, and missions. It's a convenient and memorable venue for your next private party, concert, wedding, film shoot, corporate party or training, meeting, happy hour, etc. Contact us for more information.

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# FEATURED VENDORS & PUBLIC EVENTS

Follow our social media to read about farm fresh products, customer recipes, and gain insight into the valuable expertise of our vendors.



Carlton Kelsey



Turner Farms



Joe Sanzotta



Pictured:



The Williamson's



Reeve's Farm

## *Public Events*

- Thursday Farmers Market
  - Cornell Cooperative Extension will be joining us every Thursday, sharing their expertise in commercial and consumer agriculture and nutrition and health. The mission of Cooperative Extension is to enable people to improve their lives and communities through partnerships that put experience and research knowledge to work.
- August 24th: Job Fair
  - In partnership with Onondaga County, Galaxy Media Partners local businesses will set up between 3 and 6pm to connect with prospective employees.



## IN SUMMER'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

- Basil
- Beets
- Blackberries
- Blueberries
- Broccoli
- Cabbage
- Carrots
- Cherries
- Corn
- Cucumbers
- Green Beans
- Kale
- Mushrooms
- Nectarines
- Peaches
- Peppers
- Pickles
- Plums
- Potatoes
- Raspberries
- Tomatoes
- Zucchini
- Summer Squash

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

# RECIPES

## *Charred Corn & Chicken Tacos*



### Directions

1. Light a barbecue or heat a griddle pan to high. In a small bowl, mix the oil, paprika, chipotle sauce and the finely grated zest and juice of 1½ limes. Transfer 2 tbsp to a separate bowl and mix with the mayo to make a dressing.
2. Set aside.
3. When the barbecue coals are glowing white or the griddle pan is hot, peel back the husks from the corn, cut off or tie back with string, then brush each cob with some chipotle and lime mixture. Cook, turning and basting with the rest of the chipotle and lime mixture, until beginning to char on all sides (10-15 minutes). Once cool enough to handle, hold each cob vertically on a secure chopping board and carefully slice down the sides with a sharp knife to remove the kernels.
4. Warm the tortillas on the barbecue or in the griddle pan for 1-2 minutes. Top with avocado, chicken (or see Next Time), spring onions, tomatoes, charred corn, a spoonful of dressing and a few coriander leaves. Serve with the remaining limes, cut into wedges, for squeezing.

### Ingredients

- 400g ripe blackberries
- 2-3 tbsp elderflower cordial
- 120g caster sugar
- a few fresh mint sprigs
- 300ml double cream
- 250ml full-fat Greek yogurt

### Ingredients

- 4 tbsp olive oil
- ¼ tsp sweet smoked paprika
- 1 tbsp chipotle sauce (we used Tabasco chipotle sauce)
- 3 limes
- 3 tbsp good quality mayonnaise
- 2 sweetcorn cobs in their husks
- 8 small or 4 large, soft corn tortillas
- 2 ripe avocados, sliced
- 2 cooked free-range chicken breasts, sliced (see Next Time)
- 4 spring onions, sliced
- 150g cherry tomatoes, halved
- Handful fresh coriander leaves

## *Blackberry, Mint & Elderflower Fool*



### Directions

1. Put the blackberries in a saucepan with the elderflower cordial, caster sugar and fresh mint sprigs.
2. Set the pan over a medium heat and gently bubble the mixture for 10-15 minutes until the berries soften and release their juices, then reduce to a thick coulis. Remove from the heat and let it cool a little, then taste, adding more sugar or a dash more cordial if needed. Remove the mint sprigs (discard). Allow the mixture to cool completely (it will become more like jam in consistency).
3. Pour the double cream into a large bowl then, using an electric mixer, whisk to soft-medium peaks. Stir in the Greek yogurt, then fold in the cooled blackberry coulis, creating a swirled effect. Spoon the fool into 6 serving dishes and serve straightaway, or cover and chill for up to 6 hours.

# DID YOU

# KNOW!?



"It's fresher than a corporate grocery store because we **LITERALLY** picked this stuff yesterday and we brought it here today."

- Melissa Turner,  
Turner Farms

## **Most produce loses 30% of it's nutrients just 3 days after harvest.**

Fruits and vegetables grown in the United States can spend up to 5 days in transit before arriving at a distribution center, and another 3 days on a grocery store shelf, before they are purchased by the consumer. For example spinach loses 90% of its nutritional value just after 3 days of harvest.

When you shop local, at the CNY Regional Market - your produce is typically picked the day before it comes to Market. Farmers Market fruits and veggies are packed with vitamins and nutrients that are not lost in multiple days of transport. Another benefit to shopping fresh is supporting small businesses and our local community!

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

 @CNYRMA  @cnyregionalmarket.

 @cnyregionalmarketauthority

*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](mailto:cnyrma@gmail.com) for pricing details or about becoming a licensed vendor.