

AUGUST 2022

The Market Messenger

A monthly newsletter from the CNY Regional Market



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SHOPPING FRESH AT THE FARMERS MARKET

Open all year round!

Allllllll Things Market!

- **For those looking for festive summer season recipes...**turn to page 4 or ask farmers at the Market what's fresh on their table. Also, find recipes 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. 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 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 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.

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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

- Apples
- Asparagus
- Beans
- Beets
- Blackberries
- Blueberries
- Broccoli
- Cabbage
- Cherries
- Collard
- Corn
- Cucumbers
- Eggplant
- Flowers
- Herbs
- Kale
- Lettuce
- Lima Beans
- Nectarines
- Okra
- Onions
- Peaches
- Peas
- Peppers
- Potatoes
- Raspberries
- Rhubarb
- Spinach
- Strawberries

"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 & 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.



Emmi Farms



Norwich Meadows Farm



Hahns Farms



Guppy Berry Farm



Giancarelli Farm



D'Agostino's Produce

RECIPES

Welcome Summer 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!

Almond Butter Peach Blueberry Oatmeal Cups



Directions

1. Preheat the oven to 350 degrees F. Line a 12 cup muffin pan with muffin liners and spray with nonstick cooking spray to prevent oatmeal cups from sticking.
2. In a medium bowl, mix together the almond butter, coconut oil, eggs, maple syrup, almond milk and vanilla until smooth and well combined.
3. Next stir in dry ingredients: oats, baking powder, cinnamon and salt; stir well to combine. Fold diced peaches and blueberries into the batter.
4. Evenly distribute oatmeal batter between muffin liners. Place a peach slice on top of each muffin. Bake for 25-30 minutes. Drizzle with your favorite nut butter before serving, if desired. Serves 12.

Ingredients

For the salmon:

- 1 ½ pounds salmon
- 2 tablespoons avocado oil or olive oil
- 2 tablespoons reduced-sodium soy sauce
- 2 tablespoons balsamic vinegar
- 1/2 tablespoon honey
- 3 cloves garlic, finely minced
- 1 teaspoon red pepper flakes
- 1/2 teaspoon cayenne pepper
- 1 teaspoon freshly grated ginger

For the peach salsa:

- 1 avocado, diced
- 1 peach, diced
- 3 tablespoons finely diced red onion
- 1 jalapeño, seeded and diced
- 2 tablespoons finely diced cilantro
- 1 lime, juiced
- Salt & freshly ground black pepper, to taste

Recipes & photos from ambitiouskitchen.com

Ingredients

- ½ cup creamy almond butter (just almonds + salt as the ingredients)
- 2 tablespoons melted and cooled coconut oil (or sub melted butter or vegan butter)
- 2 eggs, at room temperature
- ¼ cup pure maple syrup
- ¾ cup unsweetened almond milk (or any dairy free milk of choice)
- 1 teaspoon vanilla
- 2 cups old fashioned rolled oats
- 1 teaspoon baking powder
- 1 teaspoon cinnamon
- ¼ teaspoon salt

Mix-ins:

- ¾ cup diced peaches (from 1 medium peach)
- ¾ cup fresh blueberries

For topping:

- 12 thin peach slices (from 1 small peach)

Firecracker Salmon with Peach Avocado Salsa



Directions

1. Make your salmon marinade: In a small bowl whisk together avocado oil, soy sauce, balsamic vinegar, honey, garlic, crushed red pepper, and ginger.
2. Add your salmon to a large bowl skin side up (so that the salmon sits in the sauce) and pour marinade over the top. Cover and place salmon in the fridge for no more than 1 hour
3. While your salmon is marinating, make your peach salsa. Add avocado, peach, red onion, jalapeño, cilantro, lime juice, salt, and pepper to a medium sized bowl and mix until well-combined.
4. Once ready to bake salmon, preheat your oven to 400 degrees F. Place salmon on a large baking sheet lined with parchment paper, and place marinated salmon skin side down. Bake for 15-20 minutes or until salmon easily flakes with fork.
5. Top salmon with peach avocado salsa and serve with brown rice, black rice quinoa, or extra veggies for a full meal. Serves 4.



Prep & Process
with me

How do you prep, process and store that bounty of produce to last you all winter? In our new series 'Prep & Process With Me' featured on our YouTube Channel, you will learn all about how to store that summer harvest you just picked up at the CNY Regional Market. Learn how to freeze in usable quantities so it becomes easy to grab and defrost for dinners during those winter months. Some fruit and vegetables will need *blanching* before freezing; this prevents the water in the fruit and vegetables from crystallizing and rupturing the cell walls, resulting in a soggy consistency when defrosted. Make sure to subscribe to our YouTube channel for weekly videos on how to Prep & Process your farm fresh produce!

CNY REGIONAL MARKET AUTHORITY

2100 Park Street, Syracuse, NY 13208

Phone: (315) 422-8647

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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, 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.