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# The Market Messenger

A monthly newsletter from the CNY Regional Market

## SHOPPING FRESH AT THE FARMERS MARKET

Open all year round!

Allllllll Things Market!

- **For those looking for sizzling summer meals...**turn to page 4 for delicious recipes to celebrate summertime!
- **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](mailto:cnyrma@gmail.com).

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## 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 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

"YOUR CARBON FOOTPRINT IS LOWER BECAUSE THE PRODUCT IS TRAVELING A SHORTER DISTANCE. IT'S FRESHER THAN A CORPORATE GROCERY STORE BECAUSE WE LITERALLY PICKED THE STUFF YESTERDAY AND BROUGHT IT HERE TODAY. SO IT'S BEEN LESS THAN A DAY SINCE WE PICKED IT FROM THE FIELD AND BROUGHT IT TO YOU GUYS." - MELISSA TURNER, 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.



**Nathali Neal**



**Guppy's Berry Farm**



**Kelsey Farms**



**Emmi & Sons Inc**



# 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!

## *Skillet Lasagna*



### Directions

1. Heat a large skillet over medium heat. Brush the corn with the melted butter and add to the skillet. Sear until well charred, about 4 minutes per side. Cool slightly, then cut the kernels from the cob.
2. Bring a large pot of salted water to a boil and cook the lasagna noodles until al dente, 7 to 9 minutes.
3. Drain the noodles and toss with 2 tablespoons of the olive oil. Heat the remaining olive oil in the same skillet you used to cook the corn.
4. Add the tomatoes to the skillet; season with salt and pepper. Cook until the tomatoes are blistered, 6 to 7 minutes. Add the zucchini and asparagus; cook until tender, about 4 minutes.
5. Add the noodles and corn to the skillet; toss to combine. Add the Parmesan, capers and basil; toss to combine. Serve immediately.

### Ingredients

1. 2 slices sourdough bread
2. 1 tablespoon extra-virgin olive oil
3. 1 peach, thinly sliced
4. 4 slices prosciutto
5. 2 slices fresh mozzarella
6. 1 teaspoon chopped fresh rosemary

### Ingredients

- 3 ears of corn on the cob
- 2 tablespoons melted butter
- 1 pound lasagna noodles, roughly broken
- 4 tablespoons extra-virgin olive oil, divided
- 1 pint cherry tomatoes
- Kosher salt and freshly ground black pepper
- 2 large zucchini, peeled into ribbons with a vegetable peeler
- 1 bunch asparagus, peeled into ribbons with a vegetable peeler
- ½ cup grated Parmesan cheese
- ¼ cup capers
- 3 tablespoons chopped fresh basil

## *Grilled Peach, Prosciutto and Mozzarella Sandwich*



### Directions

1. Brush the outside of the sourdough bread with the olive oil.
2. Place 1 piece of bread, oil side down, in a medium skillet over medium-high heat.
3. Layer half of the peach slices, prosciutto, mozzarella and rosemary onto the bread, then top with the second slice of bread (oil side up this time).
4. Cook until the bread is toasty and the cheese is melty, about 5 minutes per side.



# 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](mailto:cnyrma@gmail.com).

## Help The Market!

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

[www.cnyregionalmarket.com](http://www.cnyregionalmarket.com)

## Own a Food Truck?

We are now accepting Food Truck vendors at our Market! Please email us at [cnyrma@gmail.com](mailto: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](mailto:cnyrma@gmail.com)

## MARKET DAYS

Thursday Farmers Market  
(May-November) 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!



@CNYRMA



@cnyregionalmarket



@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.