



2100 Park Street  
Syracuse, NY 13208  
Phone: (315)-422-8647

DECEMBER 2020

# The Market Messenger

A monthly newsletter from the CNY Regional Market

## SHOPPING AT THE FARMERS MARKET

Open all year round!

We often assume with winter comes less fresh produce, but even with colder temperatures winter boasts a wonderful selection of fruits and vegetables. Turn to page 3 to see what's in season.

Let's all do our part to keep each other healthy and safe this holiday season here in Syracuse. 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 see anyone ignoring the following guidelines, please notify our Market staff. You can stop our Market Manager walking on the market, pop into our welcome center, or contact our staff at 315-422-8647.

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# SAFETY GUIDELINES

Please help us keep the market safe and clean by following our safety guidelines.

- 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 to keep the walkways open and traffic moving. This is particularly important in F Shed.
- Remember that the farmers markets are a food and grocery source to many and it is not meant for social gathering at this time! If possible, please limit the number of people in your group to decrease crowds.
- Do not touch vendor products. 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.
- No pets allowed.
- WEAR YOUR MASK!



Pictured: Lloyd Martin from Martins Pretzels

*Wishing health and safe shopping to everyone!*



## IN WINTER'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

- Apples
- Pears
- Beans
- Beets
- Brussel Sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Celery Root
- Collard Greens
- Garlic
- Herbs
- Leeks
- Mushrooms
- Onions
- Parsnips
- Pomegranates
- Potatoes
- Sweet Potatoes
- Radishes
- Winter Squash
- Turnips

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

# RECIPES

## *Cranberry Tart*



### Ingredients

- 1 package (12 ounces) fresh or frozen cranberries, thawed
- 1 cup sugar, divided
- 1/2 cup sliced almonds
- 2 large eggs, room temperature
- 3/4 cup butter, melted
- 1 teaspoon almond extract
- 1 cup all-purpose flour
- 1 tablespoon confectioners' sugar

### Directions

1. Wash chicken breast then pat dry. Cut into thin strips
2. Boil fettuccine pasta according to box instructions, when ready, set aside.
3. Heat a non-stick pan with olive oil and add chicken strips. Cook for 6-7 minutes on each side until golden brown, on medium heat. Remove chicken from pan when ready and set aside
4. Add minced garlic and sauté for 3 minutes. Deglaze pan with chicken stock, add lemon juice and bring to boil
5. Add heavy cream, then add the cooked pasta and chicken.
6. Add parmesan and stir until everything is well combined. Sprinkle with parsley and enjoy!

### Directions

1. In a small bowl, combine the cranberries, 1/2 cup sugar and almonds. Transfer to a greased 11-in. fluted tart pan with a removable bottom. Place on a baking sheet.
2. In a small bowl, beat the eggs, butter, extract and remaining sugar. Beat in flour just until moistened (batter will be thick). Spread evenly over berries.
3. Bake at 325° for 40-45 minutes or until a toothpick inserted in the center comes out clean. Cool in pan on a wire rack. Dust with confectioners' sugar. Refrigerate leftovers.

## *Chicken Alfredo*



### Ingredients

- 1 Chicken breast
- 1 pound fettuccini noodles
- 3 tbsp extra virgin olive oil
- 1 1/2 cup chicken stock
- 1 garlic clove minced
- 1 1/2 cup heavy cream
- 1 cup parmesan
- 1/4 cup parsley chopped
- Juice of 1 lemon

# Deck the Halls!

and Doors!



Find beautiful wreaths like the one above from Vitale's Farm in D Shed

## Find your holiday decor at the Market!

What better way to meet all your holiday needs than by supporting local businesses? The Market offers exclusive holiday decor for your home, including handmade wreaths!

The wreath all started when Christmas tree limbs were cut to make a perfect shape for the tree - a perfect triangle to represent trinity. The extra pieces were woven into a wreath in the 1600s, back in a time where nothing was wasted and everything was used.

'Tis the season (and the year!) to shop local and give the gift of community. We hope to see you at the Market!



Find beautiful wreaths like the one above from Plumptions Farms in A Shed

**Did you know:** The circular shape of the wreath represents eternity and the unending circle of life? Evergreens represent resilience, power, and hope as they are admired for their resilience in harsh winters.

# 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, Twitter, and Instagram to keep up to date with our market's and vendors!



*Become a  
Vendor*

#### You will need the following:

- 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.
- 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. Call our office for pricing details or about becoming a licensed vendor.