

The Market Messenger

A monthly newsletter from the CNY Regional Market



2100 Park Street
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SHOPPING FRESH AT THE FARMERS MARKET

Open all year round!

Allllllll Things Market!

- **For everyone ready to shop until you drop...**turn to page 5 for the details on our special Holiday Market event!
- **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 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 WINTERS 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
- Pears
- Beans
- Beets
- Cabbage
- Carrots
- Cauliflower
- Celery
- Collard Greens
- Corn
- Herbs
- Kale
- Leeks
- Onions
- Parsnips
- Potatoes
- Winter Squash
- Turnips

"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 & EVENTS

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



Mike Sanzotta



Norm Guinta



Brad Bowers

Public Events

- **December 23rd: Holiday Market 11am-6pm**
 - Find all of the best handcrafted holiday gifts at our Holiday Market! Don't forget to pick up your produce, meat and baked goods for your holiday dinner as well.

RECIPES

Bacon & Cheese Quiche



Directions

1. Preheat oven to 400 degrees F (200 degrees C).
2. Place unthawed pie crust on a baking sheet. In a medium bowl, mix the bacon, onions, and both cheeses. Pour this mixture into the crust.
3. Mix the eggs and half and half in a bowl. Pour the egg mixture over the cheese mixture.
4. Bake in preheated oven for 15 minutes. Reduce heat to 350 degrees F (175 degrees C) and bake for an additional 35 minutes, until top of quiche begins to turn brown.

Ingredients

- 2 $\frac{3}{4}$ cups all-purpose flour
- 1 teaspoon baking soda
- $\frac{1}{2}$ teaspoon baking powder
- 1 cup butter, softened
- 1 $\frac{1}{2}$ cups white sugar
- 1 egg
- 1 teaspoon vanilla extract

Ingredients

- 1 (9 inch) deep dish frozen pie crust
- 1 (3 ounce) can bacon bits
- $\frac{1}{2}$ cup chopped onion
- 5 ounces shredded Swiss cheese
- 3 ounces grated Parmesan cheese
- 4 eggs, lightly beaten
- 1 cup half-and-half cream

Sugar Cookies



Directions

1. Preheat oven to 375 degrees F (190 degrees C). In a small bowl, stir together flour, baking soda, and baking powder. Set aside.
2. In a large bowl, cream together the butter and sugar until smooth. Beat in egg and vanilla. Gradually blend in the dry ingredients. Roll rounded teaspoonfuls of dough into balls, and place onto un-greased cookie sheets.
3. Bake 8 to 10 minutes in the preheated oven, or until golden. Let stand on cookie sheet two minutes before removing to cool on wire racks.



Holiday

MARKET



Our Holiday Market is the perfect time to grab your fish or protein for your Holiday Dinner or grab your last minute gifts. From artisan made items to fresh baked goods, the Market is your perfect one stop shop. Join us **Thursday December 23rd from 11am to 6pm.**

Don't forget to pick up your new tote in the Market office before you start your shopping! **\$5 each** (cash only) for the perfect **reusable bag** to stuff all of your gifts into.



CNY REGIONAL MARKET AUTHORITY

2100 Park Street, Syracuse, NY 13208

Phone: (315) 422-8647

Email: cnyrma@gmail.com

MARKET DAYS

Thursday Farmers Market
(May-November 18th) 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 and TikTok to keep up to date with our market's and vendors! Submit Market photos & recipes to be featured on our social platforms!



@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 for pricing details or about becoming a licensed vendor.