

# The Market Messenger

2100 Park Street  
Syracuse, NY 13208  
Phone: (315)-422-8647  
cnyrma@gmail.com

A monthly newsletter from the CNY Regional Market



## SHOPPING FRESH AT THE FARMERS MARKET

Open all year round!

Alllllllll Things Market!

A GLIMPSE OF WHAT'S INSIDE:

- Featured Vendors & Events - 2**
- What's In Season - 3**
- Recipes - 4**
- Market Updates - 5**
- Market Info - 6**

- **For those looking for fall inspired meals...**turn to page 4 for delicious recipes that will keep you warm all winter long.
- **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).



## WINTERS BOUNTY...

### 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

"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

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.



**Shults Farms**



**Saint Lawrence Spirits**



**Sue Roberts**



**Neino Fab**

## EVENTS

### **HOLIDAY MARKET, SATURDAY 12/23 7AM-2PM**

Grab your holiday feast ingredients and enjoy some last minute shopping. Find fresh local produce, holiday decor, and hand-crafted gifts. Located in E & F-Shed.



# RECIPES

Welcome fall 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!

## *Caramelized Fennel & Brie Dip*



### Directions

1. Heat the oil in a large frying pan over medium-high heat. Cook the fennel for 6 minutes or until soft and caramelized. Combine the caramelized fennel with the thyme, Brie, and Parmesan in an ovenproof serving dish.
2. Just before serving, put the dish under a hot broiler until the dip is bubbling and golden brown.
3. Sprinkle chile flakes over the dip and serve it with radicchio leaves and lavash crackers or toasted bread.

### Ingredients

- 2 tablespoons extra-virgin olive oil
- 8 ounces sliced fresh mixed wild mushrooms such as cremini, shiitake, button and/or oyster mushrooms
- 1 ½ cups thinly sliced sweet onion
- 1 tablespoon thinly sliced garlic
- 5 ounces fresh baby spinach (about 8 cups), coarsely chopped
- 6 large eggs
- ¼ cup whole milk
- ¼ cup half-and-half
- 1 tablespoon Dijon mustard
- 1 tablespoon fresh thyme leaves, plus more for garnish
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 1 ½ cups shredded Gruyère cheese

### Ingredients

- ½ cup (80 ml) olive oil
- 2 fennel bulbs, thinly sliced, fronds reserved
- 1 Tbsp. thyme leaves
- 400g (14 oz) Brie cheese, thinly sliced
- ½ cup (45g) grated Parmesan cheese
- A pinch of chile flakes

## *Spinach & Mushroom Quiche*



### Directions

1. Preheat oven to 375 degrees F. Coat a 9-inch pie pan with cooking spray; set aside.
2. Heat oil in a large nonstick skillet over medium-high heat; swirl to coat the pan. Add mushrooms; cook, stirring occasionally, until browned and tender, about 8 minutes. Add onion and garlic; cook, stirring often, until softened and tender, about 5 minutes. Add spinach; cook, tossing constantly, until wilted, 1 to 2 minutes. Remove from heat.
3. Whisk eggs, milk, half-and-half, mustard, thyme, salt and pepper in a medium bowl. Fold in the mushroom mixture and cheese. Spoon into the prepared pie pan. Bake until set and golden brown, about 30 minutes. Let stand for 10 minutes; slice. Garnish with thyme and serve.



# 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

## MARKET DAYS

Thursday Farmers Market  
(May-November) 7am-2pm

Saturday Farmers Market  
(Year-round) 7am-2pm

Flea Market  
(May-December) Sundays 7am-2pm  
(January-April) Saturdays 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

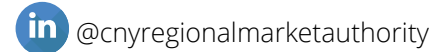
- \$1.00 each
- Never expire
- Can be returned with receipt
- No change can be given
- We accept EBT cards from all states

### 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.