



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

FEBRUARY 2021

The Market Messenger

A monthly newsletter from the CNY Regional Market

SHOPPING AT THE FARMERS MARKET

Open all year round!

Love is in the air at the Market this February! While you're picking up your fresh produce, make sure to grab your sweetie or galantine some flowers! You can also find everything you need to make the perfect Valentines Day dinner! Don't want to cook? Flip to Page 5 to learn more about one of our tenants where you can pick up some delicious gyros for take out!

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 it may not be convenient or comfortable but please help keep the Market open by working together to slow and stop the spread of COVID-19. 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: Natalia from Natalia's Sweets

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

- Pears
- Dried Beans
- Beets
- Cabbage
- Carrots
- Celeriac
- Herbs
- Onions
- Parsnips
- Potatoes
- Winter Squash
- Turnips
- Leeks

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

RECIPES

Chicken & Rice Soup



Directions

1. In a large saucepan, melt the butter over medium heat. Whisk in the flour and cook until lightly browned, about 1 minute. Whisk in the milk and half-and-half and cook, stirring constantly, until it thickens, 4 to 5 minutes. Season with the garlic powder, and salt and pepper to taste.
2. Add the garlic, onion, carrots, celery, chicken broth and rice to the pot and bring to a boil over high heat. Reduce the heat to medium-low and add the shredded chicken, mushrooms, parsley, rosemary, bay leaves, and thyme and simmer until all the flavors have come together, about 15 minutes.
3. Discard the bay leaves and rosemary stems and serve with warm bread.

Ingredients

- 2 packages of crescent rolls
- 2, 8oz packages of cream cheese, softened
- 1 cup sugar
- 1 tbs of vanilla
- 1 stick of butter, melted
- 3/4 cup of sugar mixed with 1 tbs cinnamon

Ingredients

- 4 tbs unsalted butter
- 1/4 cup all-purpose flour
- 1 cup whole milk
- 1 cup half-and-half
- 1/4 tsp garlic powder
- salt and pepper to taste
- 3 cloves of garlic, minced
- 1 yellow onion, diced
- 2 cups diced carrots
- 3 stalks celery, sliced
- 6 cups chicken broth
- 1 1/2 cups cooked basmati rice
- 3 lbs of cooked chicken, shredded
- 2 cups of thinly sliced mushroom
- 2 tbs chopped fresh parsley
- 3 sprigs of rosemary
- 2 bay leaves
- 1/2 tsp dried thyme

Cheesecake Bars



Directions

1. Heat oven to 350 degrees F
2. Grease a 9x13 pan with cooking spray or butter
3. Spread 1 can of crescent rolls in a single layer of pan pinching the seams together.
4. In a medium size mixing bowl, mix the cream cheese, 1 cup of sugar and vanilla together until creamy. Spread the mixture evenly over the layer of dough. Take the second can of crescent rolls and roll out on parchment paper, pinching all the seams together. Place this layer over the cream cheese filling. Pour the stick of melted butter evenly over the top. Then sprinkle cinnamon/sugar mixture over the top.
5. Bake for 30 minutes. Let cool completely before chilling in the refrigerator. Cut into bars and enjoy!



Helena's Mediterranean Cafe & Deli

MEAT OUR TENANT

Fresh gyro, tzatzi drizzled falafels, and according to customers, award-winning chili - Helena's has got you covered for your next meal! This unique spot will not only be your new favorite lunch spot. It's also an import store that offers hard-to-come by items, especially at their competitive prices. To name a few: grated pecorino Romano cheese, Mediterranean dipping spice blend, and Lefas olive oil -- yum!

While your chowing down, you'll also be supporting a local, family-owned business. Four years ago, Bob (father) Amelia (daughter), and Cody (son-in-law) purchased the business from Mike, a Greek immigrant who created the business eighteen years ago, then called Mediterranean Specialties. Mike facilitated a seamless transition by working alongside the three new owners daily. Soon they knew customers by name and their favorite food, became expert importers of specialty items, and brainstormed a list of improvements - by the time the transition was official everyone felt right at home, including the customers!

Amelia, whose middle name is Helena which is where the new name originated, expressed her thanks to their regulars: "As we come to a close [in] 2020, which has been such a challenging year for everyone, we first want to say thank you. When we began this journey years ago of taking over a favorite hidden gem to many, our main goal was to keep it as authentic and special as possible, while adding our personal touch. We had no idea the adversity that would come along with having this unique spot during a global pandemic, but what has made us successful now and always, has truly been our customers. We want to get to know people by name, we love having families come in to watch them grow and have us be a part of special days, and we are always looking to improve and change with customer needs. There is not enough 'thank you's' we could say to everyone that has shopped with us and helped bring our vision and dream to life!"

-Amelia, co-owner.

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 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! Submit Market photos & recipes to be featured on our social platforms!



@CNYRMA



@cnyregionalmarket

*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.