

# 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!

Allllllll Things Market!

- **For those looking for winter season recipes...**turn to page 4 or ask farmers at the Market what's fresh on their table.
- **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](mailto:cnyrma@gmail.com).
- **For those who are looking for Covid Testing....**New York State has set up a testing site in F-Shed Mondays-Saturdays from 8am-6pm. Visit [www.gogettested.com](http://www.gogettested.com) to make an appointment.

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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

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

"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

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



**Ben Paine**



**Seth Heller**



**Jose Berenguer**



**Jon Berry**



**Brooks Mullahy**



**Ray Lowe**



# RECIPES

## *Vegetarian Lasagna*



### Directions

1. Preheat oven to 350°. In a medium bowl, stir ricotta, 2 cups mozzarella, 1 cup Parmesan, Italian seasoning, and egg until combined. Season with salt and pepper.
2. Grease a 9"-x-13" baking dish with cooking spray. Spread a thick layer of marinara on bottom of dish. Add a layer of noodles then ¾ cup sauce and ¾ cup cheese mixture. Repeat 5 or 6 times (depending on how deep your pan is), ending with sauce. Then top with the remaining 1 cup mozzarella
3. Cover with foil and bake for 35 minutes. Remove foil and raise oven to 400°. Cook until cheese is melty, about 15 minutes more. Let rest for 15 minutes.
4. Garnish with basil and parsley before serving.

### Ingredients

- 3 c. ricotta
- 3 c. shredded mozzarella cheese, divided
- 1 c. freshly grated Parmesan, divided
- 2 tbsp. Italian seasoning
- 1 egg, beaten
- Kosher salt
- Freshly ground black pepper
- 1 c. (32-oz.) jar marinara
- 1 16-oz.) box no-boil lasagna noodles
- Thinly sliced basil, for garnish
- Freshly chopped parsley, for garnish

### Ingredients

- 2 tbsp. extra-virgin olive oil
- 1 medium onion, chopped
- 1 bell pepper, chopped
- 3 cloves garlic, minced
- 1 tbsp. tomato paste
- 1 lb. Italian sausage
- 1 tbsp. chili powder
- 1 tsp. dried oregano
- 1/2 tsp. garlic powder
- 1/4 tsp. cayenne
- Kosher salt
- Freshly ground black pepper
- 4 large sweet potatoes, peeled and cubed into 1" pieces
- 3 c. low-sodium chicken broth
- 1 14.5-oz.) can diced tomatoes
- Freshly chopped parsley, for serving

## *Sweet Potato Chili*



### Directions

1. In a large pot over medium heat, heat oil. Add onion and bell pepper and cook until soft, 5 minutes. Add garlic and cook until fragrant, 1 minute more, then add tomato paste and stir until well coated. Add sausage and cook, breaking up meat with a wooden spoon until no longer pink, 7 minutes. Add chili powder, oregano, garlic powder, and cayenne and season with salt and pepper.
2. Add sweet potatoes, broth, and tomatoes and bring to a boil. Reduce heat and let simmer, covered, until sweet potatoes are tender, about 15 minutes.
3. Garnish with parsley before serving.



# HELLO Valentines



Celebrating at home for Valentines Day this year? Here's how you can make the most of your V-day without leaving the house on the 14th.

1. **Plan a Delicious Market Meal to Make For Your Sweetie.** Shop at the Farmers Market on Saturday, Feb 12th to source fresh ingredients for the perfect HEART-felt pizza or flip to page four for other recipe ideas.
2. **Set the Mood.** Find hand-poured candles and fresh cut flowers at the Market to create a romantic ambiance for your special night in.
3. **Sweets For Your Sweetie.** The perfect after-dinner treats from your local vendors are here at the Market! Find hot-coco balls, cakes, brownies, and more.

# 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 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](mailto:cnyrma@gmail.com) for pricing details or about becoming a licensed vendor.