



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

JANUARY 2021

The Market Messenger

A monthly newsletter from the CNY Regional Market

SHOPPING AT THE FARMERS MARKET

Open all year round!

With a new year comes HOPE! It's safe to say we are all hoping for 2021 to bring health and normalcy back to our community. One of the best ways to stay healthy is to nourish your body with fresh fruits and vegetables! Make it your New Years resolution to put your health first and come get everything you need at the Market. When you buy from the Market you are also buying local and helping the small businesses in our community. It's a win-win for everyone!

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: Pat McDermott from Ravens Nest Candles

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
- 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

Bavarian Apple Sausage Hash



Ingredients

- 2 tablespoons canola oil
- 1/2 cup chopped onion
- 4 fully cooked apple chicken sausages or flavor of your choice, sliced
- 1-1/2 cups thinly sliced Brussels sprouts
- 1 large tart apple, peeled and chopped
- 1 teaspoon caraway seeds
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 2 tablespoons finely chopped walnuts
- 1 tablespoon brown sugar
- 1 tablespoon whole grain mustard
- 1 tablespoon cider vinegar

Directions

1. In a small bowl, combine the ginger, cinnamon, cardamom, cloves and pepper; set aside.
2. In a large bowl, cream butter and sugar until light and fluffy. Beat in egg and vanilla. Combine the flour, baking powder, salt and 1-1/2 teaspoons spice mixture. Gradually add to creamed mixture alternately with milk, beating well after each addition.
3. Fill 12 paper-lined muffin cups two-thirds full. Bake at 350° for 24-28 minutes or until a toothpick inserted in the center comes out clean. Cool for 10 minutes before removing from pans to wire racks to cool completely.
4. In a large bowl, beat butter until fluffy; beat in the confectioners' sugar, vanilla and remaining spice mixture until smooth. Add enough milk to reach desired consistency. Pipe frosting over cupcakes.

Directions

1. In a large skillet, heat oil over medium-high heat; sauté onion until tender, 1-2 minutes. Add sausages, Brussels sprouts, apple and seasonings; sauté until lightly browned, 6-8 minutes.
2. Stir in walnuts, brown sugar, mustard and vinegar; cook and stir 2 minutes.

Chai Cupcakes



Ingredients

- 1/2 teaspoon each ground ginger, cinnamon, cardamom and cloves
- 1/8 teaspoon pepper
- 1/2 cup butter, softened
- 1 cup sugar
- 1 large egg, room temperature
- 1/2 teaspoon vanilla extract
- 1-1/2 cups cake flour
- 1-1/2 teaspoons baking powder
- 1/4 teaspoon salt
- 2/3 cup 2% milk
- FROSTING:
 - 6 tablespoons butter, softened
 - 3 cups confectioners' sugar
 - 3/4 teaspoon vanilla extract
 - 3 to 4 tablespoons 2% milk

CNY Regional Market Hero's



Throughout the entire pandemic, our vendors showed up & stepped up for our community. Providing essential services and going above and beyond to keep our Market a safe place to shop. Help us thank them for all that they do to continue to provide everyone with fresh and local produce.



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!



*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.