

JANUARY 2022

The Market Messenger



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Syracuse, NY 13208
Phone: (315)-422-8647
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A monthly newsletter from the CNY Regional Market

2022

SHOPPING FRESH AT THE FARMERS MARKET

Open all year round!

New Year, Same Great Market!

- **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 to make an appointment.
- **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
- 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.



Chris Gentile



Beth Fowler



Eileen Johnson



SUNY Morrisville's Horticulture Department



Nataliya Doney



Christine Roy



Jon Stadt



Danielle LaRose



Mariah Prescod

RECIPES

Fettuccini Alfredo



Directions

1. In a large pot of salted water, cook pasta according to package directions. Reserve 1 cup cooking water before draining.
2. Meanwhile, melt butter over medium-low heat in a large skillet. Add cream and stir until mixture begins bubble and thicken, 2 to 3 minutes. Add cheese and reduce heat to low. Cook, stirring, until thickened, 5 to 7 minutes. Season with salt and pepper.
3. Remove from heat, add pasta and stir until coated (if necessary, add cooking water, 1 tablespoon at a time, to thin the sauce and help it coat.) Serve immediately garnished with parsley or thyme.

Ingredients

- 3 cloves garlic
- 1/2 lb. thawed jumbo shrimp, peeled and deveined
- 1 tbsp. olive oil
- 1 tsp. kosher salt, plus freshly ground black pepper to taste

Ingredients

- 1 lb. fettuccine
- 3 tbsp. butter
- 1 1/2 c. heavy cream
- 1 c. shredded Parmesan, plus more for garnish
- Kosher salt and freshly ground black pepper
- 2 tbsp. Chopped fresh flat leaf parsley or thyme, for garnish

Scampi-Style Air Fryer Shrimp



Directions

1. Grate garlic into bowl. Add shrimp, oil, salt, and pepper. Stir to combine and set aside.
2. Preheat air fryer at 400°F for at least 4 minutes. Add shrimp and cook until just cooked through, 6 to 8 minutes. Let shrimp cool at least 5 minutes before serving.

Thank you!

TO OUR AMAZING VENDORS



We want to give a BERRY big MISTLE-Toast to our spirited customers who ate farm-fresh this holiday and gifted handcrafted goods created, grown, or sourced by our hardworking vendors. From our team to your family, we're wishing you love, light, and PEAS this new year!



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.