

JANUARY 2023



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The Market Messenger

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 comforting winter meals...**turn to page 4 for delicious recipes to keep you warm this winter!
- **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.

A GLIMPSE OF WHAT'S INSIDE:

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WINTER'S 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

"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

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.



Syracuse Socks



Neino Fab



Nancy's Seafood



Otter Lake Farm



RECIPES

Welcome winter 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!

Tomato Chickpeas and Orzo



Directions

1. Heat the oil in a large Dutch oven or pot over medium-high heat until shimmering. Add the onion and sauté until softened and fragrant, about 3 minutes. Add the orzo and garlic, season with salt and pepper, and sauté until fragrant, about 1 minute.
2. Stir in the broth, tomatoes, and chickpeas and bring to a boil. Cover, reduce to a simmer, and cook, stirring frequently so that the orzo doesn't stick, until most of the liquid is absorbed and the pasta is al dente, about 10 minutes or according to package instructions. (If the pasta isn't completely cooked at this point, add another splash or two of broth or water to the pot and continue to simmer until it has.) Stir in the Parmesan cheese. Taste and season with salt and pepper as needed. Garnish with the chopped basil and additional grated cheese, if desired.

Ingredients

- 1/2 cup low-sodium beef or chicken broth
 - 1/2 cup balsamic vinegar
 - 2 tablespoons packed light brown sugar
 - 2 tablespoons Worcestershire sauce
 - 3 cloves garlic, smashed
 - 1 (3-pound) beef chuck roast
 - tap here
 - Kosher salt
 - Freshly ground black pepper
- Rolls, for serving (optional)

Ingredients

- 2 tablespoons olive oil
- 1 small yellow onion, diced
- 1 pound dried orzo pasta (about 2 1/2 cups)
- 2 cloves garlic, minced
- Kosher salt
- Freshly ground black pepper
- 4 cups (32 ounces) low-sodium chicken or vegetable broth
- 1 (28-ounce) can crushed tomatoes or tomato purée
- 2 (15-ounce) cans chickpeas, drained and rinsed (about 3 cups total)
- 1/2 cup finely grated Parmesan cheese, plus more for serving
- 1/4 cup loosely packed chopped fresh basil leaves

Slow Cooker Shredded Balsamic Beef



Directions

1. Place the broth, vinegar, sugar, Worcestershire, and garlic in a 6-quart or larger slow cooker and stir to combine. Generously season the beef all over with salt and pepper. Add to the slow cooker and spoon some of the sauce over top. Cover and cook on the LOW setting until the beef is knife tender, about 8 hours.
2. Use two forks to shred the beef in the slow cooker, or transfer the beef to a rimmed baking sheet or cutting board to shred with 2 forks. Return the beef to the slow cooker and mix with the sauce.



OUR VALUED MARKET SUPPORTERS,

As you may or may not be aware, despite being a New York State Authority, the Central New York Regional Market Authority (CNYRMA) has received no public funding since the restoration project that was completed prior to 2001. With that being said, we strive to keep rates low for farmers and small businesses to promote opportunities for agriculture and commerce here in Central New York. Due to this, in combination with an aging facility, originally constructed in the 1930's, we have been facing many challenges in recent years. Not only due to the challenges brought on by the COVID-19 pandemic, but also due to failing and aging infrastructure on our premises. In order to keep our Market thriving and viable, it is dire that large investments are made on infrastructure repair and facility improvements. The Management and Board of Directors for the Authority have great vision for the future of our Market, but aim to accomplish these goals and improvements without hurting or increasing the rates for the businesses that we serve, and while continuing to serve as an incubation site for new and small businesses. So, for the first time in over 20 years, we will be seeking out public funding. Recent funding has been distributed to rebuild and improve the Hunts Point Wholesale Produce Market in the Bronx, receiving funding from the City of New York in a total of \$100 million for the Market and \$50 million for the surrounding areas. Governor Kathy Hochul also recently announced a \$37 million investment by the State of New York in Buffalo's Broadway Market. We ask that you please support us as we seek these opportunities, by responding to this survey to help us evaluate and determine our Market's reach and impact on the communities that we serve, and on our local food systems. We will also keep you posted on other ways that you can show support-- such as through letters to your local representatives and more.

INFORMATION OBTAINED THROUGH THIS SURVEY WILL NOT BE USED IN ANY KIND OF REPORTING - ONLY FOR COMPILATION OF CNYRMA DEMOGRAPHICS AS A WHOLE

How can YOU help NOW??

Tell us a little more about the impact our market has made? On you? On your community? On your business? Etc.. You can talk to one of our team members about it so they can record your story, send it to us through DM on our social media, submit it in writing to our office, or email it to us at: cnyrma@gmail.com .

CNY REGIONAL MARKET AUTHORITY

2100 Park Street, Syracuse, NY 13208

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MARKET DAYS

Thursday Farmers Market
(May-November) 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, YouTube and TikTok to keep up to date with our markets and vendors! Submit Market photos & recipes to be featured on our social platforms!



@CNYRMA



@cnyregionalmarket



@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.