

JANUARY 2024



2100 Park Street
Syracuse, NY 13208
Phone: (315)-422-8647
cnyrma@gmail.com

The Market Messenger

A monthly newsletter from the CNY Regional Market

SHOPPING FRESH AT THE FARMERS MARKET

Open all year round!

Alllllllll Things Market!

- **For those looking for cozy winter meals...**turn to page 4 for delicious recipes perfect for the new year!
- **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:
Featured Vendors & Events - 2
What's In Season - 3
Recipes - 4
Market Updates - 5
Market Info - 6



AUTUMN'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

"YOU CAN GET ANYTHING YOU WANT AT THE GROCERY STORE, BUT YOU DON'T KNOW WHERE IT'S COMING FROM. WHEN YOU COME TO THE MARKET YOU CAN TALK TO THE FARMERS FACE TO FACE. OR IF THEY'RE A DEALER, MEANING THEY BUY AND RESELL PRODUCE, THEY STILL KNOW WHERE THEIR PRODUCT IS COMING FROM. SO COME ON DOWN TO THE MARKET, THIS IS WHERE THE GOOD STUFF IS."
-JIM MARYINUK, 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.



Plumpton Farms



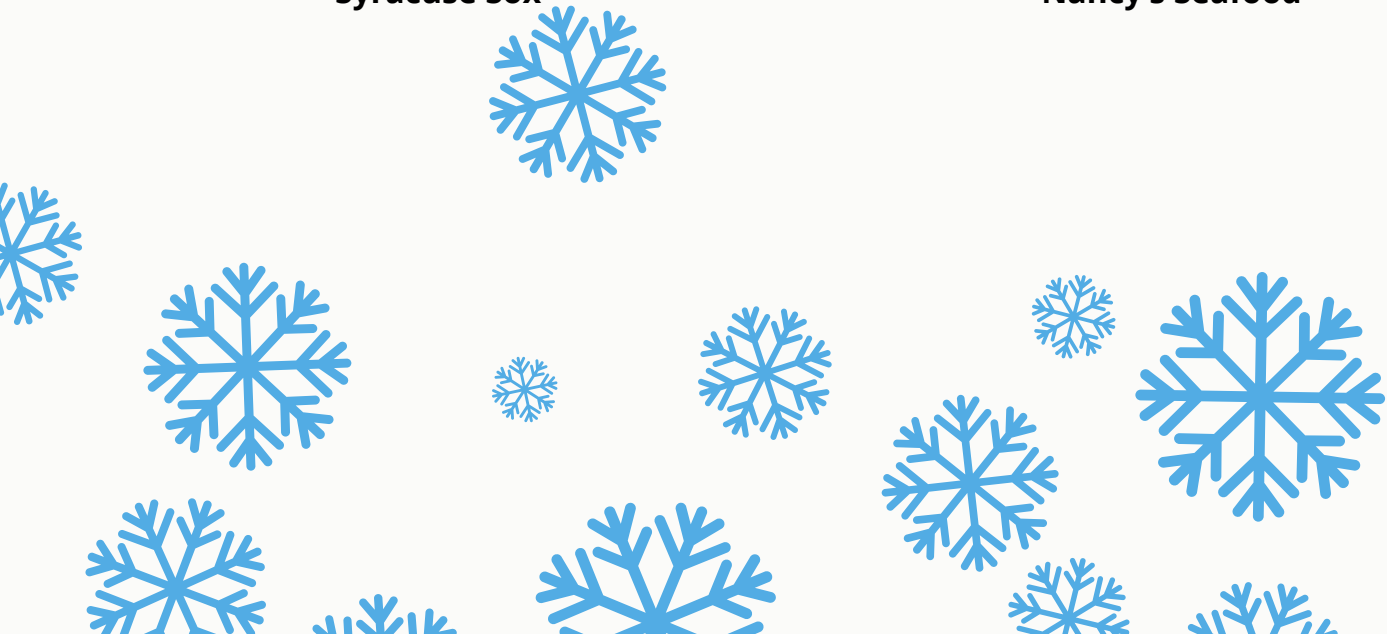
Suny Morrisville



Syracuse Sox



Nancy's Seafood



RECIPES

Welcome fall 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!

Gnocchi with spinach & Chicken sausage



Ingredients

- 1 package (16 ounces) potato gnocchi
- 2 tablespoons olive oil
- 1 package (12 ounces) fully cooked Italian chicken sausage links, halved and sliced
- 2 shallots, finely chopped
- 2 garlic cloves, minced
- 1 cup white wine or chicken broth
- tap here
- 1 tablespoon cornstarch
- 1/2 cup reduced-sodium chicken broth
- 3 cups fresh baby spinach
- 1/2 cup heavy whipping cream
- 1/4 cup shredded Parmesan cheese

Directions

1. Cook gnocchi according to package directions. Meanwhile, in a large skillet, heat oil over medium-high heat; cook sausage and shallots until sausage is browned and shallots are tender. Add garlic; cook 1 minute longer.
2. Stir in wine. Bring to a boil; cook until liquid is reduced by half, 3-4 minutes. In a small bowl, mix cornstarch and broth until smooth; stir into sausage mixture. Return to a boil, stirring constantly; cook and stir until thickened, 1-2 minutes. Add spinach and cream; cook and stir until spinach is wilted.
3. Drain gnocchi; add to pan and heat through. Sprinkle with cheese.

Ingredients

- 1/3 cup chopped onion
- 1/4 cup butter, cubed
- 1/3 cup all-purpose flour
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 1 can (10-1/2 ounces) condensed chicken broth, undiluted
- 3/4 cup 2% milk
- 2 cups cubed cooked turkey
- 1 cup cooked peas
- 1 cup cooked whole baby carrots
- 1 tube (16.3 ounces) large refrigerated buttermilk biscuits

Turkey Biscuit Stew



Directions

1. Preheat oven to 375°. In a 10-in. cast-iron or other ovenproof skillet, saute onion in butter until tender. Stir in the flour, salt and pepper until blended. Gradually add broth and milk. Bring to a boil. Cook and stir until thickened and bubbly, about 2 minutes. Add the turkey, peas and carrots; heat through. Separate biscuits and arrange over the stew.
2. Bake until biscuits are golden brown, 20-25 minutes.



Updates From the Market



Host your next event at the Market!

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.

Help The Market!

Learn how you can use your voice to help support the Market and our community as we seek opportunities. Check out our website below for more information.

www.cnyregionalmarket.com

Own a Food Truck?

We are now accepting Food Truck vendors at our Market! Please email us at cnyrma@gmail.com or call our office at 315-422-8647 for more information!

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) 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

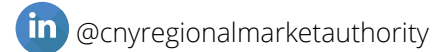
- \$1.00 each
- Never expire
- Can be returned with receipt
- No change can be given
- We accept EBT cards from all states

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!



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.