

THE MARKET MESSENGER

2100 Park Street, Syracuse, NY 13208



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July 2020:

During this difficult time, many local events have either been cancelled or rescheduled. Thankfully, places have started to reopen! We are so happy that our Sunday Flea Market is one of those! The best thing you can do is maintain social distancing to protect yourself and others. Even though we are headed in the right direction, that doesn't mean that we still don't need to be careful.

In order to provide fresh food and necessities to our community, our Thursday and Saturday farmer's markets are open during the normal 7am-2pm hours. Also, please be aware that we are doing everything we can to remain open while also protecting our customers and vendors. Please help us keep the markets open!

We ask that all visitors remember to be courteous to allow safe distancing between yourself and others, be respectful of vendors and their safety and safety precautions as well as your own. If you are feeling ill, or have possibly been exposed to the virus, please stay home! Also, please remember that this is not a social gathering and should not be used to socially gather. This is a food and grocery store that is proving for those who can't find what they need at the stores, or want to support local businesses/farmers. We are wishing health and safe shopping to everyone at this time! Hopefully we can get back to normal soon!

Have a safe and happy 4th of July!!



Cherry Cheesecake Brownies

- 1 cup butter
- 2 cups white sugar
- 2/3 cup cocoa powder
- 4 eggs
- 2 teaspoons vanilla extract
- 1 cup all-purpose flour
- 1/2 teaspoon baking powder
- 1/4 teaspoon salt
- 1 (8oz) package of cream cheese (softened)
- 1/3 cup sugar
- 1 egg
- 1 (21oz) can cherry pie filling
- Fresh cherries, chopped (optional)

- Preheat oven to 350 degrees. Grease a 9x13-inch baking pan.
- Melt butter in microwave, about 1 minute. Stir in sugar and cocoa powder. Blend in eggs one at a time using an electric mixer; add vanilla extract. Combine flour, baking powder, and salt in a small bowl and add batter. Mix until well combined and pour into the prepared baking pan. Level with knife or spatula.
- Beat together cream cheese, sugar and 1 egg in a second bowl until smooth. Dollop the cream cheese mixture on top of brownie batter.
- Separate the cherries from canned filling, and mix with chopped fresh cherries (if added). Then dollop over the cream cheese mixture. Swirl using knife.
- Bake in preheated oven until brownies are set (about 35-40 minutes). Remove from oven and let cool before cutting.

Triple Fried Chicken

- 3 cups all- purpose flour
- 1 1/2 tbsp. garlic salt
- 1 tbsp. Ground black pepper
- 1 tbsp. Paprika
- 1/2 tsp poultry seasoning
- 1 1/3 cups all-purpose flour
- 1 tsp salt
- 1/4 tsp ground black pepper
- 2 egg yolks, beaten
- 1 1/2 cups beer or water
- 1 quart vegetable oil for frying
- 1 (3 pound) whole chicken, cut into pieces

(Ingredients duplicated for specific steps)



- In one medium bowl, mix together 3 cups of flour, garlic salt, 1 tbsp black pepper, paprika and poultry seasoning. In a separate bowl, stir together 1 1/3 cups flour, salt, 1/4 teaspoon pepper, egg yolks and beer.
- Heat the oil in a deep-fryer to 350 degrees F (175 degrees C). Moisten each piece of chicken with a little water, then dip in the dry mix. Shake off excess and dip in the wet mix, then dip in the dry mix once more.
- Carefully place the chicken pieces in the hot oil. Fry for 15 to 18 minutes, or until well browned. Smaller pieces will not take as long. Large pieces may take longer. Remove and drain on paper towels before serving.

What's Available Year - Round

Baked Goods	Mushrooms	Tea/Coffee	Soaps and Body Care
Spices	Fermented Goods	Arts and Crafts	Clothing and Accessories
Sauces	Dairy Products	Kitchen Supplies	Fried Dough/Doughnuts
Maple Syrup	Meat and Seafood	Home Improvement and Decor	Fried Dough
Honey	Wine and Spirits	Essential Oils	Bagels and Breakfast Foods
Doughnuts	Antiques	Electronics	Insurance Representatives

What's In Season?

Beans	Collard Greens	Mesclun
Beets	Corn	Onions
Broccoli	Cucumbers	Peas
Cabbage	Herbs	Peppers
Carrots	Lettuce	Potatoes
Radishes	Rhubarb	Spinach
Summer Squash	Swiss chard	Tomatoes
Turnip Greens	Apples	Blueberries
Cherries	Peaches	Plums
Strawberries	Raspberries	

CNY Regional Market Authority

2100 Park Street, Syracuse, NY 13208

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In order to vend at the market, you will need:

- General Liability Insurance worth \$1,000,000 each occurrence with CNYRMA listed as an additional insured, Certificate Holder
- New York State Tax ID Certificate (if selling taxable items) Note: Depending on items sold, other paperwork may also be required, call our office for any clarifications.

Reserve a Spot:

- Send all documents using email, fax, or mail
- Once we have all the required paperwork, you can reserve a spot by calling our office weekly between Monday and Thursday 8 a.m. to 4:30 p.m.
- Vendors are notified with their stall locations on Friday Payments are made before you set up on the morning of the market
- Prices vary depending on season, what is being sold, and location
- Call our office for pricing details or about becoming a licensed vendor

Market Info:

Welcome Center:

This is the main office during the retail market hours. It is a small brick building located between A shed and the Administration building. This is where EBT and debit/credit tokens are dispensed.

Services:

- Lost and Found
- Tokens
- Daily payments and license signing
- General inquiries

Market Hours:

- Saturday Farmer's Market:
7am-2pm (year-round)
- Sunday Flea Market:
7am-2pm (year-round)
- Thursday Farmer's Market:
7am-2pm (year-round)

EBT Sliver Tokens:

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

Debit/Credit Gold Tokens:

- Never expire
- Given in \$5 increments
- No additional/ATM fees
- Can be returned with receipt
- Vendors only give you cash change
- We accept Visa, Mastercard, Discover