

JULY 2021

The Market Messenger

A monthly newsletter from the CNY Regional Market



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

SHOPPING AT THE FARMERS MARKET

Open all year round!

Allllllll Things Market!

- **For our shoppers desiring an at-home transformation...**fresh cut flowers are in season! From hydrangeas to gladiolas, zinnias and amaryllis, and by the end of the month the sunniest of sunflowers will bring golden tones to the Market and your home.
- **For the eco-friendly couple in matrimony...**source your farm-fresh wedding florals to celebrate a sustainable marriage and wedding.
- **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 anyone whose garage needs a summer cleaning...**Sell your gently used items at our Community Garage Sale on Sundays. Any individual may vend at the Market for a maximum of 3 times per season and set up in D Shed. Join us any Sunday, May through October!
- **For those who are ready to gather...**as a beloved staple in New York State for 80+ years, we've hosted a variety of educational and fun events expanding across all industries, sounds, cultures, and missions. It's a convenient and memorable venue for your next private party, concert, wedding, film shoot, corporate party or training, meeting, happy hour etc. Contact us for more information.

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FEATURED VENDORS & PUBLIC EVENTS

Follow our social media to read about farm fresh products, customer recipes, and gain insight into the valuable expertise of our vendors.



Pictured: Main Street Farms



Pictured: Ayvaco



Pictured: Otis Vezzose



Pictured: Gillie Brook Farm



Pictured: James Charon



Pictured: Happy Pickle

Public Events

- July 15: FoodPlanCNY
 - In partnership with the Onondaga County Agriculture Council and SOFSA will set up between 11:30am - 1pm to celebrate the release of FoodPlanCNY, a multi-year research project to understand opportunities to strengthen the Central New York food system.
- July 27: Job Fair
 - In partnership with Onondaga County, Galaxy Media Partners local businesses will set up between 3 and 6pm to connect with prospective employees.
- Thursday Farmers Market
 - Cornell Cooperative Extension will be joining us every Thursday, sharing their expertise in commercial and consumer agriculture and nutrition and health. The mission of Cooperative Extension is to enable people to improve their lives and communities through partnerships that put experience and research knowledge to work.



IN SUMMER'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
- Asparagus
- Beans
- Beets
- Blackberries
- Blueberries
- Broccoli
- Cabbage
- Cherries
- Collard
- Corn
- Cucumbers
- Eggplant
- Flowers
- Herbs
- Kale
- Lettuce
- Lima Beans
- Nectarines
- Okra
- Onions
- Peaches
- Peas
- Peppers
- Potatoes
- Raspberries
- Rhubarb
- Spinach
- Strawberries

THE PRODUCE AT YOUR LOCAL FARMERS MARKET IS FRESHER
THAN WHAT YOU CAN FIND AT THE SUPERMARKET.

RECIPES

Cilantro Lemon Chicken Skewers



Directions

1. Mix together the Olive Oil, Soy Sauce, Sriracha Sauce, garlic, cilantro and juice of the limes in a bowl
2. Add the cubed chicken breasts to the mixture and let marinate in the refrigerator for 2 hours
3. Cut the pepper and onion
4. Using skewers place the chicken, peppers and onion alternately on them.
5. Grill until the chicken is fully cooked.

Ingredients

- 10-20 Pieces of Cleaned Asparagus
- 1 Cup Tomatoes, cut in half
- 1/2 Cup Feta Cheese
- 3 Tablespoons Hidden Valley Italian Dressing

Ingredients

- 4 Skinless, Boneless Chicken Breasts, Cubed
- 2 Tablespoons Lemon Infused Olive Oil (you can use regular olive oil with a teaspoon of Lemon Juice)
- 2 Teaspoons Sriracha Sauce
- 4 Tablespoons Soy Sauce
- 2 Garlic Cloves, Minced
- 3 Tablespoons Fresh Cilantro, Chopped
- 2 Small Limes
- 1 Red Pepper
- 1 Red Onion

Grilled Asparagus Salad



Directions

1. Grill your Asparagus until it is nicely browned
2. Cut the Asparagus into 1 inch pieces and place in a bowl
3. Mix the Tomatoes, Feta Cheese and Italian Dressing together with the Asparagus and serve!

JULY

4TH



5 Tips for Hosting a Sparkling 4th of July Party

- 1. Keep it Simple.** No need to get fancy. Use festive, recyclable paper plates to make clean up easier. Coolers will be your best friend - fill them with soda, beer and any kind of 'grab & go' drink. Let your guest serve themselves so you can enjoy the party with them!
- 2. Mix it Up.** Stir up a themed drink in a large drink dispenser to keep your guests cool. Keep it kid friendly or create a fun festive cocktail for the adults. Either way, toss in some red and blue fruit to take your drink to the most patriotic level.
- 3. Set Up a Grill-Out Bar.** The 4th of July is the perfect holiday for grilling. Create a Grill-Out Bar with all the fixings so your guests can pick their own toppings.
- 4. Create a playlist.** Set the mood for your party with a playlist full of different genres such as rock, pop, and oldies to appeal to guests from all ages.
- 5. The Perfect Sides.** Pair your Grill-Out Bar with sides that compliment the BBQ theme. Mac & cheese, baked beans, and pasta salad are all great go-to's that everyone will be sure to love.

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, LinkedIn, 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.

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.