

JULY 2022

The Market Messenger



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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 festive summer season recipes...**turn to page 4 or ask farmers at the Market what's fresh on their table. Also, find new recipes weekly on our blog and social media. All are tried and tested by our very own staff and valued customers.
- **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 which will continue to grow over the years as we collect more data and photos about 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 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 SPRING'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 furnishings 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

"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 & TENANTS

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.



Head and Heal



Gerry Lindgren



Maryinuk Farms



Cottage Street Farms



Gillie Brook Farm



Richardson's Gardens

RECIPES

Welcome Spring 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!

Vanilla Trifle



Ingredients

- 2 (3.4-ounce) packages of French vanilla pudding mix
- 4 cups whole milk
- Store-bought angel food cake, cut into 1-inch squares
- 3 (16-ounce) containers of fresh strawberries, tops removed and sliced
- 2 cups of fresh blueberries
- 2 cups of fresh raspberries
- 16-ounce container of Cool Whip

Directions

1. In a large mixing bowl, add the dry pudding mix and whole milk. Using a whisk or hand mixer, beat together until no lumps remain. Cover with plastic wrap and refrigerate per package directions.
2. In a trifle bowl, add ½ of the angel food cake pieces and evenly spread them out.
3. Add ½ of the chilled French vanilla pudding over the top of the cake pieces and evenly spread it out with a rubber spatula.
4. Add ⅓ of each berry on top of the French vanilla pudding.
5. Add ½ of the Cool Whip to the top of the berries. Repeat the layers (cake, French vanilla pudding, berries, Cool Whip). Add the remaining ⅓ berries to the top of the trifle.

Ingredients

- 8 oz ground sweet sausage
- 6 banana peppers, halved, seeded, and veined
- 1/3 cup cream cheese
- 1/2 cup shredded low-moisture mozzarella cheese
- 1/2 cup shredded sharp cheddar cheese
- 1 Tbsp Big Green Egg Sweet & Smoky Seasoning

Stuffed Banana Peppers



Directions

1. In a large mixing bowl, fold together filling ingredients until they hold together when squeezed.
2. Pack into halved peppers, and roast at 400°F for 30 minutes.
3. Enjoy!



5 Ways to take advantage of July

With July comes that beautiful upstate summer weather and TONS of things to do here in CNY. We've listed some bucket-list items to make sure your summer is one to remember.

1. **Weekly Market Trips** - Pack up the whole family or enjoy the lively vibe at the Market solo. Either way, you're sure to feel the contagious energy when you step onto the Market. Select farm-fresh produce and meats, sip on a coffee & donut, and peruse your way through 5 different sheds and one outdoors section. Stop and chat with vendors to learn growing tips for beautiful plants and flowers. It's an opportunity to get to know your local farmers and community.
2. **Food for the Soul** - Grill up those farm fresh veggies, meat & fish from your market trip for a fun summer night dinner. Sit outside and enjoy the warm evenings with your nutrient packed meal. Take pride in knowing your family is eating the best quality food because you bought it fresh from your local farmers!
3. **Quality Time** - Spend time planting things that grow! With a variety of plants and flowers on the Market, you can create your floral oasis in your very own back yard. Known to be a therapeutic activity, gardening boosts your mood as well as your view when you look out your window this summer.
4. **Stay Cool** - July is known to be hot, so find some water and jump in! From lakes to your friend's pool, to the hose in the back, splash your way through July while still basking in the heat and humidity. Summer's just not the same without water activities.
5. **Feel Good** - Since we only have a few months of this beautiful weather, get out and take a walk. Good for your health and soul, enjoy the slowed down moments and smell the summer air. Or kick it up and burn some of those BBQ calories. Good news - your walk around the Market counts!

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 17th) 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.