

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 festive spring meals...**turn to page 4 for delicious recipes to ring in the spring holidays!
- **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.

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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 Furnishings and Decor
- Clothing and Accessories
- Bagels and Breakfast Foods
- Electronics

In Season

- Carrots
- Celery
- Cucumbers
- Eggplant
- Garlic
- Green Beans
- Onions
- Radishes
- Summer Squash
- Swiss Chard
- Apples, Apricots
- Avocado
- Bananas
- Blueberries
- Cherries
- Figs
- Melons
- Nectarines
- Plums
- Rhubarb
- Strawberries
- Tomatoes
- Artichokes
- Asparagus
- Kale
- Peppers
- Tomatoes
- Cauliflower
- Beets

"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.



Emmi & Son Inc.



Caz Tortilla



Kim's Fried Dough



Ponto's Greenhouses



RECIPES

Welcome summer 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!

Brown Sugar Cake with Ricotta and Blueberries



Directions

1. Preheat oven to 375°F. Coat a 10 1/2- x 15 1/2-inch rimmed baking sheet with cooking spray.
2. Place brown sugar and butter in a medium saucepan over medium, and cook, stirring often, until butter melts and mixture is combined, about 6 minutes. Remove from heat, and let cool 10 minutes.
3. Whisk together eggs and brown sugar mixture in a medium bowl. Whisk in flour and baking powder until combined.
4. Pour batter into prepared baking sheet, and bake in preheated oven until edges are browned and start to pull away from sides of pan, 20 to 22 minutes. Remove from oven, and cool completely, about 45 minutes.
5. Smear Ricotta Mousse on a large platter. Invert cake on top of mousse. Cut cake into 24 rectangles. Top cake pieces with Blueberry Sauce to serve.

Ingredients

- 1.1 tablespoon unsalted butter
- 2.1 medium onion, finely chopped
- 3.1 large celery rib, finely chopped
- 4.1 large carrot, finely chopped
- 5.2 tablespoons tomato paste
- 6.2 tablespoons all-purpose flour
7. One 750-milliliter bottle dry red wine
- 8.2 cups veal or chicken stock
- 9.2 tablespoons vegetable oil
10. Four 2-inch-thick, flanken-cut short ribs with bone (2 3/4 pounds)
11. Salt and freshly ground pepper
12. Buttered egg noodles, for serving

Ingredients

- Cooking spray
- 1 1/2 cups packed light brown sugar
- 3/4 cup (6 ounces) unsalted butter
- 3 large eggs
- 1 1/2 cups all-purpose flour (about 6 3/8 ounces)
- 2 teaspoons baking powder
- [Ricotta Mousse](#)
- Blueberry Sauce

Short Ribs Braised in Red Wine



Directions

- In a large, enameled cast-iron casserole, melt the butter. Add the onion, celery and carrot, cover and cook over moderate heat until slightly softened, about 5 minutes. Uncover and cook until the vegetables are lightly browned, about 3 minutes longer. Stir in the tomato paste. Add the flour and cook for 1 minute, stirring. Add the wine and veal stock and bring to a simmer.
- Meanwhile, heat the oil in a large skillet until shimmering. Season the ribs with salt and pepper, add them to the pan and cook over moderately high heat, turning, until they are well browned, about 15 minutes.
- Transfer the short ribs to the casserole. Partially cover and cook over moderately low heat until very tender, about 2 hours.
- Transfer the ribs to a plate and remove the bones. Strain the sauce into a heatproof measuring cup and skim off the fat. Return the sauce to the casserole and boil until reduced to 2 cups, 10 minutes. Return the meat to the sauce and simmer over low heat until heated through. Serve the ribs with egg noodles.



Updates From the Market

Host your next event at the Market!

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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

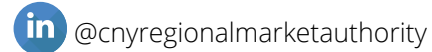
- \$1.00 each
- Never expire
- Can be returned with receipt
- No change can be given
- We accept EBT cards from all states

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.