

The Market Messenger

2100 Park Street,
Syracuse, NY 13208



Phone: (315)-422-8647

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As places continue to reopen, it's important to remember to practicing social distancing as much as possible. We ask that ALL customers and vendors to please wear a mask that covers your nose and mouth while at the market. We understand that it may not be convenient or comfortable, but we need to work together to slow the spread of COVID-19. The sooner we stop the spread, the sooner we can return to normal. Our staff is working very hard to provide everyone with a safe and clean grocery source during this difficult time! Please help us keep the market safe and clean by following our safety guidelines:

- ◆ Please stay home if you feel sick, even if you don't have COVID-19, please don't spread your germs to others.
- ◆ Please abide by the one way traffic flow in each building, and please try to keep the walkway open and traffic moving.
- ◆ Remember that the farmers markets are a food and grocery source to many and it is not meant for social gatherings at this time!
- ◆ If possible, please limit the number of people in your group to decrease crowds.
- ◆ Avoid touching vendors' products when possible to avoid cross-contamination.
- ◆ Remember to be courteous of others and allow for safe distancing when possible.
- ◆ Be respectful of vendors and their safety precautions when shopping.

Wishing health and safe shopping to everyone!



Teriyaki Steak Kabobs

- ◆ 1 cup sugar
 - ◆ 1 cup reduced-sodium soy sauce
 - ◆ 1 cup ketchup
 - ◆ 2 teaspoons garlic powder
 - ◆ 2 teaspoons ground ginger
 - ◆ 2 pounds sirloin steak, cut into 1-1/2-inch cubes
 - ◆ 2 to 3 small zucchini, cut into 1-inch slices
 - ◆ 1/2 pound medium fresh mushrooms
 - ◆ 1 large green or sweet red pepper, cut into 1-inch pieces
 - ◆ 1 small onion, cut into 1-inch pieces
 - ◆ 2 cups cubed fresh pineapple
- ◆ For marinade, mix first five ingredients.
 - ◆ Place steak and half of the marinade in a large resealable plastic bag; seal bag and turn to coat.
 - ◆ Cover and reserve remaining marinade.
 - ◆ Refrigerate beef and marinade overnight.
 - ◆ On metal or soaked wooden skewers, thread vegetables and, on separate skewers, thread beef with pineapple.
 - ◆ Discard remaining marinade in bag.
 - ◆ Grill, covered, over medium heat until vegetables are tender and beef reaches desired doneness, 12-15 minutes, turning occasionally.
 - ◆ In a small saucepan, bring reserved marinade to a boil, stirring occasionally; cook 1 minute.
 - ◆ Remove vegetables, pineapple and beef from skewers before serving.
 - ◆ Serve with sauce.

Cherry Bars

Filling:

- ◆ 3 cups fresh cherries pitted and chopped
 - ◆ 1/2 cup granulated sugar

Dough:

- ◆ 1 cup butter softened (2 sticks)
 - ◆ 1 cup granulated sugar
 - ◆ 2 eggs
 - ◆ 1 tsp. almond extract
- ◆ 2 1/4 cups all-purpose flour
 - ◆ 1 tsp. baking powder
 - ◆ 1/2 tsp. salt

Glaze:

- ◆ 1 cup confectioners' sugar
 - ◆ 2 tbsp. milk



- ◆ Preheat oven to 350 degrees F. Coat a 9×13 pan with cooking spray and set aside. In a small bowl, combine the chopped cherries and 1/2 cup sugar. Mix well and set aside.
- ◆ Using a stand mixer fitted with the paddle attachment (or a large mixing bowl with a hand mixer), combine the butter, 1 cup granulated sugar, eggs and almond extract and beat on medium speed until creamy and free of lumps.
- ◆ In a separate bowl, combine the flour, baking powder and salt. Mix well. Gradually add to the butter mixture and beat on medium speed until just combined.
- ◆ Using your fingers, press approximately half of the dough into the bottom of the prepared pan and bake in the preheated oven for 8 minutes. Remove from the oven and top with the cherry mixture. Drop the remaining dough in clumps over the top and bake for an addition 25-30 minutes, or until cherries are bubbling and the dough is golden brown. Let cool.
- ◆ Using a stand mixer fitted with the whisk attachment (or a large mixing bowl with a hand mixer), combine the confectioner's sugar and milk. Beat on medium speed until smooth. Scrape the sides of the bowl if necessary. Drizzle the glaze over the bars, cut into squares and serve!

Did you know that the first weekend in June is National Doughnut Weekend?!

Also, June is...

- ◆ Accordion Awareness Month
- ◆ Adopt a Cat Month
- ◆ African-American Music Appreciation Month
- ◆ Aquarium Month
- ◆ Caribbean Heritage Month
- ◆ Fresh Fruit and vegetables Month
- ◆ Pride Month
- ◆ Great Outdoors Month

What's In Season?

- ◆ Apples
- ◆ Arugula
- ◆ Asparagus
- ◆ Beets
- ◆ Broccoli
- ◆ Cabbage
- ◆ Carrots
- ◆ Chard
- ◆ Corn
- ◆ Fava Beans
- ◆ Green Garlic
- ◆ Green Onions
- ◆ Herbs
- ◆ Kale
- ◆ Lettuce
- ◆ Pea Greens
- ◆ Radishes
- ◆ Rhubarb
- ◆ Scallions
- ◆ Spinach
- ◆ Strawberries

What's Available Year-Round?

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

How to Become a Vendor:

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 Farmers Market:
7am-2pm (May-November)

EBT Silver Tokens:

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



CNY Regional Market Authority

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Syracuse, NY 13208

Phone: (315)-422-8647

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Email: staff@cnyrma.com

Office Hours:

Monday-Friday: 8am-4:30pm

Website:

Cnyregionalmarket.com



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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