



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

JUNE 2021

The Market Messenger

A monthly newsletter from the CNY Regional Market

SHOPPING AT THE FARMERS MARKET

Open all year round!

Allllllll Things Market!

- For all you gardeners out there...Summer is here! The CNY Regional Market is full of flowers, plants, seedlings and more. Up your garden game this season by adding variety and color to your ever-blooming backyard oasis.
- For our neighbors with a cause...any non-profit organization is welcome to set up a booth once per season. Spread awareness about your organization 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...we host more than just a Farmers Market in the heart of Syracuse, we're also a great place to host your next event! 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 to host 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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SAFETY GUIDELINES

Please help us keep the market safe and clean by following our safety guidelines.

- 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 to keep the walkways open and traffic moving. This is particularly important in F Shed.
- Remember that the farmers markets are a food and grocery source to many and it is not meant for social gathering at this time. If possible, please limit the number of people in your group to decrease crowds.
- Do not touch vendor products. 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.
- No pets allowed.
- If you are not vaccinated continue to wear a mask.



Pictured: Cathy Mitchell with Wayside Farms

Wishing health and safe shopping to everyone!



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

- 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

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

RECIPES

Grilled Brown Sugar - Mustard Chicken



Directions

1. In a large bowl, mix mustard, brown sugar, allspice and pepper flakes. Remove 1/4 cup mixture for serving. Add chicken to remaining mixture; toss to coat.
2. Grill chicken, covered, over medium heat or broil 4 in. from heat 6-8 minutes on each side or until a thermometer reads 170°. Serve with reserved mustard mixture.

Ingredients

- 4 medium zucchini, cut into 1/4-inch slices
- 1 tablespoon olive oil
- 1/2 to 1 teaspoon minced garlic
- 1 can (14-1/2 ounces) Italian diced tomatoes, undrained
- 1 teaspoon seasoned salt
- 1/4 teaspoon pepper
- 1/4 cup grated Parmesan cheese

Ingredients

- 1/2 cup yellow or Dijon mustard
- 1/3 cup packed brown sugar
- 1/2 teaspoon ground allspice
- 1/4 teaspoon crushed red pepper flakes
- 8 boneless skinless chicken thighs (about 2 pounds)

Zucchini Parmesan



Directions

1. In a large skillet, saute zucchini in oil until crisp-tender. Add garlic; cook 1 minute longer.
2. Stir in the tomatoes, seasoned salt and pepper. Simmer, uncovered, until liquid is evaporated, 9-10 minutes. Sprinkle with Parmesan cheese. Serve with a slotted spoon.

FATHER'S DAY

Break out the grill & beers, Father's Day is here!

Celebrate Father's day this year with a backyard BBQ! Stop by the Market to get all of your ingredients. There's nothing like enjoying grilled food on a summer day with the family. The following tips will have everyone talking about your special Father's Day BBQ.

1. Decorate your yard with flowers or your patio with potted plants.
2. From the grill to the smoker, the flavor profiles of each meat can be built in an entirely different way. Find all the flavor profiles you can imagine from spices to rubs, meats, and sauces, our vendors ingredients will be sure to knock Dad's socks off, right here at the CNY Regional Market. You can even grab him a pair of socks from E-Shed for the occasion. From meats to sauces - we've got you covered!
3. Grab a cooler or two, new or used from our Sunday Flea Market and fill it up with locally sourced beer for an easy 'help - yourself' beverage station.
4. Keep it simple with paper plates and cups, you don't even need decor! Just a fresh cut lawn - Dad will appreciate a break from chores and the backyard will look great for the BBQ.



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!

 @CNYRMA

 @cnyregionalmarket

*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.