

JUNE 2022

The Market Messenger



2100 Park Street
Syracuse, NY 13208
Phone: (315)-422-8647
cnyrma@gmail.com

A monthly newsletter from the CNY Regional Market

SHOPPING FRESH AT THE FARMERS MARKET

Open all year round!

Alllllllll Things Market!

- **For those looking for summer grilling 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

- 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

"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.



Glenwood Farms



Guinta's Produce



Wyllie Fox Farm



The Stanton's



Lasnicki's Landscaping



Syracuse Hemporium

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!

Red, Hot, & Cool Strawberries



Directions

1. Heat a small skillet over high; add chile, and cook, tossing occasionally, until toasted and a nutty aroma is released, 3 to 5 minutes. Remove from skillet, and crush in a mortar and pestle.
2. Stir together crushed chile, strawberries, sugar, and lemon juice in a heavy-bottomed saucepan. Bring to a boil over high, and cook, stirring occasionally, until thickened and syrupy, about 15 minutes. (Strawberries should mostly keep their shape; if they start collapsing, remove from heat sooner.) Remove from heat, and let strawberry mixture cool completely, about 25 minutes.
3. While strawberry mixture cools, whisk together yogurt and cream cheese in a medium bowl until smooth. Cover and chill until ready to serve.
4. Divide yogurt mixture among 4 bowls, and top evenly with strawberry mixture. Garnish with mint leaves, and serve.

Ingredients

- 1/2 cup honey
- 1/4 cup granulated sugar
- 1 teaspoon finely grated lemon zest plus 2 tablespoons fresh lemon juice
- 1 teaspoon black pepper, divided
- 3 cups all-purpose flour (about 12 3/4 ounces), divided
- 1 teaspoon kosher salt
- 2 large eggs, lightly beaten
- 1 cup water
- 2 teaspoons baking powder
- 2 cups sweetened shredded coconut
- 2 cups panko
- 1 pound peeled and deveined tail-on raw medium shrimp
- Vegetable oil
- Mango-Habanero Aioli

Ingredients

- 1 chile de árbol or similar chile, stemmed and seeded
- 7 ounces strawberries, hulled and chopped into 1/2-inch pieces
- 1/4 cup superfine sugar
- 1 tablespoon fresh lemon juice
- 2/3 cup plain whole-milk Greek yogurt
- 2/3 cup cream cheese, softened
- Fresh mint leaves, for garnish

Honey-Pepper Coconut Shrimp



Directions

1. Combine honey, sugar, lemon zest and juice, and 1/2 teaspoon black pepper in a medium saucepan; bring to a simmer over medium-high, stirring constantly. Simmer, stirring constantly, until sugar dissolves, about 2 minutes. Remove from heat, and set aside.
2. Stir together 2 cups flour, salt, and remaining 1/2 teaspoon black pepper in a shallow bowl until thoroughly combined. Whisk together eggs, 1 cup water, baking powder, and remaining 1 cup flour in a separate bowl until just combined. Stir together coconut and panko in a third bowl.
3. Dredge 1 shrimp in salted flour mixture; shake off excess. Dip into egg batter; let excess drip off. Dredge in coconut mixture, pressing lightly to adhere. Place on a baking sheet lined with parchment paper. Repeat process using remaining shrimp. Freeze shrimp until firm, about 30 minutes.
4. Pour oil to a depth of 3 inches into a Dutch oven; heat over high to 325°F. Working in about 3 batches, fry shrimp in hot oil until golden brown, 3 to 4 minutes per batch. Transfer cooked shrimp to a plate lined with paper towels to drain. Let cool slightly, about 2 minutes. Drizzle with honey mixture. Serve with mango-habanero aioli.



4 Ways to Celebrate Dad

Show your Dad some love this Father's Day! Here are some wonderful ways to celebrate Dad this year.

1. **BBQ** - No one loves a good BBQ quite like Dad! Fire up the grill with some fresh local meats from the Market! Not to mention, there's nothing quite like a deliciously charred veggie.
2. **Flea Market Trip** - Got a Dad who likes to thrift? Bring him down to the Flea Market to find some buried treasure. Create some memories with Dad while you shop.
3. **Hand-crafted gifts** - Stop down to our Farmer's Market on Saturday to find hand-crafted gifts that will be sure to put a smile on your Dad's face. From a relaxing flaxseed pillow to a "#1 dad" mug - our vendors have something for every kind of Dad!
4. **Fresh & Local Market Meal** - Stay indoors and create the perfect Market Meal for Dad with the abundance of fresh ingredients available at the Market.

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.