

JUNE 2023



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The Market Messenger

A monthly newsletter from the CNY Regional Market

SHOPPING FRESH AT THE FARMERS MARKET

Open all year round!

Alllllllll Things Market!

A GLIMPSE OF WHAT'S INSIDE:

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- **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.



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.



Kamille's Greenhouses



Maryinuk Farms



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!

Strawberry-Vanilla-Rhubarb Jam



Directions

1. Stir together rhubarb, strawberries, sugar, vanilla bean pod halves, salt, and orange zest in a large saucepan. Bring to a boil over medium-high, stirring occasionally. Boil, stirring occasionally, until jam is thickened and reduced to about 4 cups, 25 to 30 minutes. Remove from heat; stir in orange juice. Using a wooden spoon, mash any large pieces of rhubarb and strawberries against side of pan.
2. Remove and discard vanilla bean pod halves. Pour jam evenly into 2 pint jars. Let cool to room temperature, uncovered, about 2 hours. Seal jars with lids, and store in refrigerator up to 3 weeks.

Ingredients

1. Spread the lamb on a work surface. With a boning or paring knife, cut between the muscles and separate them using your fingers. Trim away any excess fat and gristle.
2. In a large, shallow dish, combine the olive oil, garlic, and rosemary. Add the lamb and turn to coat. Cover with plastic wrap; refrigerate at least 2 hours or up to 12 hours, turning a few times. Let stand at room temperature for 1 hour before grilling.
3. Preheat grill to high (450°F to 500°F).
4. Season the lamb with salt and pepper; do not scrape off the garlic or rosemary. Place lamb on oiled grates; grill, uncovered, turning often, until an instant-read thermometer inserted in each piece registers 125°F to 130°F for medium rare. The times will vary according to the size and shape of the lamb leg, anywhere from 8 minutes for a 6-ounce piece to 20 minutes for a 1 1/2-pound piece.
5. Transfer the lamb to a carving board as each one is done. Cover loosely with foil and let rest for 15 minutes. Thinly slice the lamb and serve.

Ingredients

- 1 ½ cups pounds fresh rhubarb stalks, cut into 1/2-inch pieces, or frozen cut rhubarb (about 5 1/2 cups)
- 4 cups quartered hulled fresh strawberries (from 1 1/2 pounds fresh strawberries with tops)
- 3 cups granulated sugar
- 1 vanilla bean pod, halved lengthwise
- ½ teaspoon kosher salt
- ½ teaspoon grated orange zest plus 2 tablespoons fresh orange juice (from 1 orange), divided

Grilled Leg of Lamb with Garlic and Rosemary



Directions

- 1 (4- to 5-pound) boneless leg of lamb, not butterflied
- 1/4 cup extra-virgin olive oil
- 8 large garlic cloves, smashed and coarsely chopped
- 2 tablespoons minced fresh rosemary
- Kosher salt
- Freshly ground black pepper



Updates From the Market

Host your next event at the Market!

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.



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

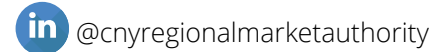
- \$1.00 each
- Never expire
- Can be returned with receipt
- No change can be given
- We accept EBT cards from all states

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.