

MARCH 2022

The Market Messenger



2100 Park Street
Syracuse, NY 13208
Phone: (315)-422-8647
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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 winter season recipes...**turn to page 4 or ask farmers at the Market what's fresh on their table.
- **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.
- **For those who are looking for Covid Testing....**New York State has set up a testing site in F-Shed Mondays-Saturdays from 8am-6pm. Visit www.gogettested.com to make an appointment.

A GLIMPSE OF WHAT'S INSIDE:

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IN WINTERS 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

- Artichokes
- Arugula
- Avocado
- Asparagus
- Beets
- Bok Choy
- Broccoli
- Brussel Sprouts
- Cabbage
- Carrots
- Cauliflower
- Celeriac
- Celery
- Collard Greens
- Cucumber
- Kale
- Onions
- Potatoes
- Sweet Potatoes
- Lemon
- Lime
- Oranges
- Pears

"PRODUCE GOES DIRECTLY FROM THE FARM TO THE MARKET SO IT'S A FRESHER FORM OF PRODUCE TO CONSUME. PLUS YOU'RE HELPING LOCAL BUSINESSES, MANY OF WHOME ARE SMALL FARMS"
-JOE SANZOTTA, FARMER

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

FEATURED VENDORS

Follow our social media to read about farm fresh products, customer recipes, and gain insight into the valuable expertise of our vendors.



Alan Gandelman



Logan Lickfield



Ben Musumeci



Cheryl Sinkowski



Bob Turner



Dave Schiek

RECIPES

Vegetable Soup



Ingredients

- 1 tbsp olive oil
- 1 can white beans, rinsed and drained
- 4 cloves garlic minced
- 2 small yellow onions, diced
- 1 large carrot, chopped
- 2 stalks celery, chopped
- 6 cups vegetable broth
- 1 1/2 cups crushed tomatoes
- 2 tsp Italian seasoning
- 1/2 tsp salt
- 1/2 tsp pepper
- 1 small head broccoli, chopped
- 1 zucchini, chopped
- 1/2 each red and yellow pepper, chopped

Kielbasa & Cabbage Skillet



Directions

1. Dump all ingredients except for broccoli, zucchini and bell peppers into Instant Pot. Set to manual and pressure cook on high for 2 minutes. Instant Pot will take about 10 minutes to pre-heat and then the 2 minutes to cook. When complete, press cancel and do a quick release of the steam, waiting until the pressure gauge drops back down and the lid is safe to open.
2. Stir in zucchini, broccoli and bell peppers, then replace with lid and let sit for 8-10 minutes, just until veggies are tender. Serve and enjoy!

Ingredients

- 12 to 16 ounces
- kielbasa sausage
- 1/2
- small (2- to 3-pound) head green cabbage
- 2 tablespoons
- unsalted butter or ghee
- 1/4 teaspoon
- caraway seeds
- Pinch red pepper flakes
- 1/4 teaspoon
- kosher salt
- 1/4 teaspoon
- freshly ground black pepper
- 1 tablespoon
- whole-grain mustard
- 1 tablespoon
- apple cider vinegar

Directions

1. Halve 12 to 16 ounces kielbasa sausage lengthwise, then cut crosswise into 1/2-inch-wide pieces. Core and chop 1/2 head green cabbage into rough 1-inch pieces (about 8 cups).
2. Melt 2 tablespoons unsalted butter in a large cast iron or regular skillet over medium-high heat. Add 1/4 teaspoon caraway seeds and a pinch red pepper flakes, and cook until fragrant, about 30 seconds. Add the kielbasa and cook until browned, 6 to 8 minutes.
3. Add the cabbage, 1/4 teaspoon kosher salt, and 1/4 teaspoon black pepper, and cook, stirring occasionally and scraping the bottom of the pan to release any browned bits, until tender and lightly browned, 8 to 10 minutes. Add 1 tablespoon whole-grain mustard and 1 tablespoon apple cider vinegar and toss to combine.

HAPPY ST. PATRICKS DAY



5 Things You Might Not Have Known About St. Patrick's Day

1. **St. Patrick was not Irish.** An unusual fact that is not widely known, St. Patrick was actually Welsh. He served as a missionary in Ireland but later fled back to England.
2. **The Shamrock is a Symbol.** It's used as a teaching tool to explain the concept of the holy trinity: the Father, the Son & the Holy Spirit.
3. **The President gets a bowl full of Shamrocks.** Every year, the Irish leader makes a special trip to the White House to deliver a crystal bowl of shamrocks to the US President.
4. **It used to be a dry holiday.** Although hard to believe, this holiday used to be alcohol-free due to religious associations. In 1970, the drinking traditions started.
5. **12% of Americans claim to have Irish heritage.** Between 1840 and 1930, around 4.5 million Irish people emigrated to the US. A lot of people claim Irish identity because of their ancestors.

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.