

MARCH 2023

The Market Messenger

A monthly newsletter from the CNY Regional Market



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SHOPPING FRESH AT THE FARMERS MARKET

Open all year round!

Alllllllll Things Market!

- **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.

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WINTER'S BOUNTY

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
- Celeric
- Celery
- Collard Greens
- Cucumber
- Kale
- Onions
- Potatoes
- Sweet Potatoes
- Lemon
- Lime
- Oranges
- Pears

"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.



Ravens Nest Emporium



Windy Hill Goat Dairy



Redmonds Red Deer Farm



Food and Ferments



RECIPES

Welcome winter 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!

Cheesy Baked Leeks with Ham



Directions

1. Heat the oven to 200°C /180°fan/gas 6. Cut the leeks into 8cm lengths, then wrap each in a piece of ham, cutting to fit and using up all the offcuts. Arrange in the base of a 1.5 liter ovenproof dish.
2. Meanwhile, melt the butter in a pan, then stir in the flour and cook over a medium heat for 2-3 minutes. Gradually whisk in the wine and milk. Bring to the boil, then simmer for 3 minutes.
3. Stir in the wholegrain mustard, thyme leaves and cheddar until melted, then pour over the leeks. Top with the brie, then bake for 30 minutes until bubbling. Scatter with more thyme and serve with crusty bread.

Ingredients

- 4 cups all-purpose flour (16 ounces)
- 1 teaspoon fine sea salt
- ½ teaspoon baking soda
- 1 ½ to 2 cups buttermilk, shaken
- Butter for serving

Ingredients

- 3 leeks
- 1 lb of cooked ham
- 2 tbs butter
- 2 tbs flour
- 1/2 cup dry white wine
- 1 cup milk
- 1 tbs wholegrain mustard
- 1 tsp chopped fresh thyme leaves, plus a little extra to serve
- 1 cup grated cheddar
- 1 cup brie, sliced

Irish Soda Bread



Directions

1. Preheat the oven to 400°F, and line a sheet pan with parchment paper. In a large bowl, whisk together the flour, salt, and baking soda until well combined. Make a well in the center of the dry ingredients and pour in 1 1/2 cups buttermilk.
2. Using your hands or a wooden spoon, mix the ingredients until a loose dough forms. You're looking for a dough that's soft but not overly sticky or wet, and that holds together enough to make a loaf that can hold its shape on the sheet pan. If the dough is dry and crumbly, add up to 1/2 cup additional buttermilk, a tablespoon or so at a time, until it comes together.
3. When the dough is just mixed together—no streaks of flour or buttermilk—transfer it to the parchment-lined sheet pan. Using your hands, form the dough into a round that's roughly 8 inches in diameter. Using a paring knife, cut a large "X" across the top of the loaf. Bake until soda bread is nicely browned, and sounds hollow when tapped on the bottom of the loaf, about 45 minutes. Let cool on the baking sheet until just warm, then slice and eat with good butter. To store, wrap in a slightly damp tea towel to prevent the crust from getting too hard, and keep on the counter.



OUR VALUED MARKET SUPPORTERS,

As you may or may not be aware, despite being a New York State Authority, the Central New York Regional Market Authority (CNYRMA) has received no public funding since the restoration project that was completed prior to 2001. With that being said, we strive to keep rates low for farmers and small businesses to promote opportunities for agriculture and commerce here in Central New York. Due to this, in combination with an aging facility, originally constructed in the 1930's, we have been facing many challenges in recent years. Not only due to the challenges brought on by the COVID-19 pandemic, but also due to failing and aging infrastructure on our premises. In order to keep our Market thriving and viable, it is dire that large investments are made on infrastructure repair and facility improvements. The Management and Board of Directors for the Authority have great vision for the future of our Market, but aim to accomplish these goals and improvements without hurting or increasing the rates for the businesses that we serve, and while continuing to serve as an incubation site for new and small businesses. So, for the first time in over 20 years, we will be seeking out public funding. Recent funding has been distributed to rebuild and improve the Hunts Point Wholesale Produce Market in the Bronx, receiving funding from the City of New York in a total of \$100 million for the Market and \$50 million for the surrounding areas. Governor Kathy Hochul also recently announced a \$37 million investment by the State of New York in Buffalo's Broadway Market. We ask that you please support us as we seek these opportunities, by responding to this survey to help us evaluate and determine our Market's reach and impact on the communities that we serve, and on our local food systems. We will also keep you posted on other ways that you can show support-- such as through letters to your local representatives and more.

INFORMATION OBTAINED THROUGH THIS SURVEY WILL NOT BE USED IN ANY KIND OF REPORTING - ONLY FOR COMPILATION OF CNYRMA DEMOGRAPHICS AS A WHOLE

How can YOU help NOW??

Tell us a little more about the impact our market has made? On you? On your community? On your business? Etc.. You can talk to one of our team members about it so they can record your story, send it to us through DM on our social media, submit it in writing to our office, or email it to us at: cnyrma@gmail.com .

CNY REGIONAL MARKET AUTHORITY

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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

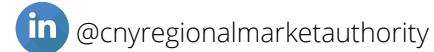
- \$1.00 each
- Never expire
- Can be returned with receipt
- No change can be given
- We accept EBT cards from all states

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.

