

MARCH 2024



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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!

- **For those looking for festive Irish meals...**turn to page 4 for delicious recipes perfect for ringing 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 on Saturdays from January - April in E & F-Sheds 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](mailto:cnyrma@gmail.com).

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## INSIDE SPRINGS 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

"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

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.



**Mimi's Treats**



**The Harmony Candle Shop**



**Willis Farms**



**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!

## *Bacon Potato Corn Chowder*



### Directions

1. In a large skillet, cook bacon over medium heat until crisp, stirring occasionally. Remove with a slotted spoon; drain on paper towels. Discard drippings, reserving 1-1/2 teaspoons in pan. Add onion to drippings; cook and stir over medium-high heat until tender.
2. Meanwhile, place potatoes in a large saucepan; add water to cover. Bring to a boil over high heat. Reduce heat to medium; cook, uncovered, 10-15 minutes or until tender. Drain, reserving 1 cup potato water.
3. Add corn, milk, salt, pepper, potatoes and reserved potato water to saucepan; heat through. Stir in bacon and onion.

### Ingredients

- 1 medium head cabbage
- 1-1/2 cups chopped onion, divided
- 1 tablespoon butter
- 24 ounces Italian stewed tomatoes
- 4 garlic cloves, minced
- 2 tablespoons brown sugar
- 1-1/2 teaspoons salt, divided
- 1 cup cooked rice
- 1/4 cup ketchup
- 2 tablespoons Worcestershire sauce
- 1/4 teaspoon pepper
- 1 pound ground beef
- 1/4 pound bulk Italian sausage
- 1/2 cup tomato juice, optional

### Ingredients

- 1/2 pound bacon strips, chopped
- 1/4 cup chopped onion
- 1-1/2 pounds Yukon Gold potatoes (about 5 medium), peeled and cubed
- 1 can (14-3/4 ounces) cream-style corn
- 1 can (12 ounces) evaporated milk
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

## *Cabbage Rolls*



### Directions

1. In a Dutch oven, cook cabbage in boiling water for 10 minutes or until outer leaves are tender; drain. Rinse in cold water; drain. Remove 8 large outer leaves (refrigerate remaining cabbage for another use); set aside.
2. In a large saucepan, saute 1 cup onion in butter until tender. Add the tomatoes, garlic, brown sugar and 1/2 teaspoon salt. Simmer for 15 minutes, stirring occasionally.
3. Meanwhile, in a large bowl, combine the rice, ketchup, Worcestershire sauce, pepper and remaining onion and salt. Crumble beef and sausage over mixture and mix well.
4. Remove thick vein from cabbage leaves for easier rolling. Place about 1/2 cup meat mixture on each leaf; fold in sides. Starting at an unfolded edge, roll up leaf to completely enclose filling. Place seam side down in a skillet. Top with the sauce.
5. Cover and cook over medium-low heat for 1 hour. Add V8 juice if desired. Reduce heat to low; cook 20 minutes longer or until rolls are heated through and a thermometer inserted in the filling reads 160°.



# 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](mailto: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](http://www.cnyregionalmarket.com)

## Own a Food Truck?

We are now accepting Food Truck vendors at our Market! Please email us at [cnyrma@gmail.com](mailto: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](mailto:cnyrma@gmail.com)

## MARKET DAYS

Thursday Farmers Market  
(May-November) 7am-2pm

Saturday Farmers Market  
(Year-round) 7am-2pm

Flea Market  
(May-December) Sundays 7am-2pm  
(January-April) Saturdays 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

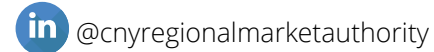
- \$1.00 each
- Never expire
- Can be returned with receipt
- No change can be given
- We accept EBT cards from all states

### 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](mailto:cnyrma@gmail.com) for pricing details or about becoming a licensed vendor.