

THE MARKET MESSENGER

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May 2020:

During this difficult time, many local events have either been cancelled or rescheduled. The best thing you can do is maintain social distancing to protect yourself and others. Even though we are headed in the right direction, that doesn't mean that we still don't need to be careful. Luckily, we are headed into our summer months, which (hopefully) means better weather! This will give us more opportunities to get outside (safely) and come up with new ways to stay busy.

In order to provide fresh food and necessities to our community, our Thursday and Saturday farmer's markets are still open during the normal 7am-2pm hours. Unfortunately, our Sunday flea market falls into the "non-essential business" category. This means that until further notice it'll remain closed. We will be posting on social media when we are given approval to open the flea markets again, so keep an eye out! Also, please be aware that we are doing everything we can to remain open while also protecting our customers and vendors.

We ask that all visitors remember to be courteous to allow safe distancing between yourself and others, be respectful of vendors and their safety and safety precautions as well as your own. If you are feeling ill, or have possibly been exposed to the virus, please stay home! Also, please remember that this is not a social gathering and should not be used to socially gather. This is a food and grocery store that is proving for those who can't find what they need at the stores, or want to support local businesses/farmers. We are wishing health and safe shopping to everyone at this time! Hopefully we can get back to normal soon!



French Toast Casserole

- 6 large eggs
 - 1 2/3 cup whole milk
 - 1 cup heavy cream
 - 3/4 cup packed brown sugar
 - 1 tsp. ground cinnamon
 - 1 tsp. pure vanilla extract
 - 1/2 tsp. kosher salt
 - 1 loaf bread, preferably day-old
 - 1/2 cup sliced almonds
 - 1/2 cup powdered sugar, for serving
 - Fresh berries, for serving (optional)
- In a large bowl, whisk together eggs, milk, heavy cream, sugar, cinnamon, vanilla, and salt.
 - Dunk each bread slice in the egg mixture for 4 seconds, flipping once, then arrange them in a 9" x 13" baking dish in an even layer, each slice slightly overlapping the last.
 - Pour any remaining egg mixture over bread.
 - Cover and refrigerate for at least 2 hours, or overnight
 - Preheat oven to 375 degrees.
 - Sprinkle almonds over French toast and bake until the tops of the bread are golden and crunchy (about 40 minutes)
 - Let cool for 10 minutes, then serve topped with powdered sugar and berries

Triple Fried Chicken

- 3 cups all- purpose flour
 - 1 1/2 tbsp. garlic salt
 - 1 tbsp. Ground black pepper
 - 1 tbsp. Paprika
 - 1/2 tsp poultry seasoning
 - 1 1/3 cups all-purpose flour
 - 1 tsp salt
 - 1/4 tsp ground black pepper
 - 2 egg yolks, beaten
 - 1 1/2 cups beer or water
 - 1 quart vegetable oil for frying
 - 1 (3 pound) whole chicken, cut into pieces
- In one medium bowl, mix together 3 cups of flour, garlic salt, 1 tbsp black pepper, paprika and poultry seasoning. In a separate bowl, stir together 1 1/3 cups flour, salt, 1/4 teaspoon pepper, egg yolks and beer.
 - Heat the oil in a deep-fryer to 350 degrees F (175 degrees C). Moisten each piece of chicken with a little water, then dip in the dry mix. Shake off excess and dip in the wet mix, then dip in the dry mix once more.
 - Carefully place the chicken pieces in the hot oil. Fry for 15 to 18 minutes, or until well browned. Smaller pieces will not take as long. Large pieces may take longer. Remove and drain on paper towels before serving.



(Ingredients duplicated for specific steps)

What's Available Year - Round

Baked Goods	Mushrooms	Tea/Coffee	Soaps and Body Care
Spices	Fermented Goods	Arts and Crafts	Clothing and Accessories
Sauces	Dairy Products	Kitchen Supplies	Fried Dough/Doughnuts
Maple Syrup	Meat and Seafood	Home Improvement and Decor	Fried Dough
Honey	Wine and Spirits	Essential Oils	Bagels and Breakfast Foods
Doughnuts	Antiques	Electronics	Insurance Representatives

Have a Happy Mother's Day!!

What's In Season?

Asparagus	Onions	Scallions
Beans	Parsnips	Spinach
Beet Greens	Potatoes	Summer Squash
Lettuce	Radishes	Turnip Greens
Mesclun	Rhubarb	Apples

CNY Regional Market Authority

2100 Park Street, Syracuse. NY 13208

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In order to vend at the market, you will need:

- General Liability Insurance worth \$1,000,000 each occurrence with CNYRMA listed as an additional insured, Certificate Holder
- New York State Tax ID Certificate (if selling taxable items) Note: Depending on items sold, other paperwork may also be required, call our office for any clarifications.

Reserve a Spot:

- Send all documents using email, fax, or mail
- Once we have all the required paperwork, you can reserve a spot by calling our office weekly between Monday and Thursday 8 a.m. to 4:30 p.m.
- Vendors are notified with their stall locations on Friday Payments are made before you set up on the morning of the market
- Prices vary depending on season, what is being sold, and location
- Call our office for pricing details or about becoming a licensed vendor

Market Info:

Welcome Center:

This is the main office during the retail market hours. It is a small brick building located between A shed and the Administration building. This is where EBT and debit/credit tokens are dispensed.

Services:

- Lost and Found
- Tokens
- Daily payments and license signing
- General inquiries

Market Hours:

- Saturday Farmer's Market:
7am-2pm (year-round)
- Sunday Flea Market:
7am-2pm (year-round)
- Thursday Farmer's Market:
7am-2pm (year-round)

EBT Sliver Tokens:

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

Debit/Credit Gold Tokens:

- Never expire
- Given in \$5 increments
- No additional/ATM fees
- Can be returned with receipt
- Vendors only give you cash change
- We accept Visa, Mastercard, Discover