



2100 Park Street  
Syracuse, NY 13208  
Phone: (315)-422-8647

MAY 2021

# The Market Messenger

A monthly newsletter from the CNY Regional Market

## SHOPPING AT THE FARMERS MARKET

Open all year round!

Spring is in full boom and we have an abundance of beautiful flowers right here at the CNY Regional Market. Turn to page 5 for tips on which flowers to start planting this spring in Central New York.

According to NYS Regulations, masks are still required even if you are vaccinated. Let's all do our part to keep each other healthy and safe this spring here in Syracuse. We require ALL customers and vendors to wear a mask that covers your nose and mouth while at the market. We understand it may not be convenient or comfortable but please help keep the Market open by working together to slow and stop the spread of COVID-19.

Our staff is working very hard to provide everyone with a safe and clean grocery source during this difficult time. If you see anyone ignoring the following guidelines, please notify our Market staff. You can stop our Market Manager walking on the market, pop into our welcome center, or contact a staff member at 315-422-8647.

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# SAFETY GUIDELINES

Please help us keep the market safe and clean by following our safety guidelines.

- Stay home if you feel sick. Even if you don't have COVID-19, please don't spread your germs to others.
- Please abide by the one way traffic flow in each building to keep the walkways open and traffic moving. This is particularly important in F Shed.
- Remember that the farmers markets are a food and grocery source to many and it is not meant for social gathering at this time. If possible, please limit the number of people in your group to decrease crowds.
- Do not touch vendor products. Avoid cross-contamination.
- Remember to be courteous of others and allow for safe distancing when possible.
- Be respectful of vendors and their safety precautions when shopping.
- No pets allowed.
- WEAR YOUR MASK!



Pictured: Bradtke Greenhouses

*Wishing health and safe shopping to everyone!*



## IN SPRING'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 improvements and Decor
- Clothing and Accessories
- Bagels and Breakfast Foods
- Electronics

### In Season

- Artichokes
- Arugula
- Avocado
- Asparagus
- Beets
- Bell peppers
- Broccoli
- Cabbage
- Carrots
- Cauliflower
- Celeriac
- Celery
- Collard Greens
- Cucumber
- Endive
- Fave beans
- Funnel
- Kale
- Leeks
- Onions
- Potatoes
- Spinach
- Tomatoes
- Zucchini
- Lemon
- Lime
- Oranges
- Apricots
- Nectarines

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

# RECIPES

## *Grilled Shrimp Tacos*



### Directions

1. In a small bowl, mix together olive oil, cilantro, and 1/3 of the lime juice. Season with salt and pepper.
2. Add shrimp to a baking dish and pour over mixture. Toss until completely coated and let marinate 20 minutes.
3. Meanwhile, make slaw: In a large bowl, toss cabbage with mayo, remaining lime juice and Sriracha. Season with salt.
4. Heat grill to high. Skewer shrimp and grill until charred, 3 minutes per side.
5. Grill tortillas until charred, 1 minute per side.
6. Serve shrimp in tortillas with slaw.

### Ingredients

- 2 lb. boneless skinless chicken breasts
- 1 c. barbecue sauce, plus more for drizzling
- 1/2 c. brown sugar
- 1/4 c. bourbon
- 1/4 c. Italian dressing
- 2 tsp. garlic powder
- 1 tsp. paprika
- Kosher salt
- Freshly ground black pepper
- 6 Potato buns
- Coleslaw, for serving

### Ingredients

- 1/4 c. extra-virgin olive oil
- 3 tbsp. freshly chopped cilantro
- Juice of 3 limes, divided
- kosher salt
- Freshly ground black pepper
- 1 lb. large shrimp, peeled and deveined
- 1/4 head red cabbage, shredded
- 1/4 c. mayonnaise
- 1 tbsp. sriracha
- 4 medium tortillas

## *Brown sugar BBQ chicken*



### Directions

1. In a slow-cooker, add chicken breasts, barbecue sauce, brown sugar, bourbon, Italian dressing, garlic powder and paprika. Season with salt and pepper.
2. Toss until well coated, then cover and cook on high for 4 hours or on low for 6 hours.
3. Shred chicken and serve on buns with a drizzle of barbecue sauce and a spoonful of coleslaw.

# love, peace, and flowers



SPRING FLOWERS THAT CAN ENDURE THE  
THREAT OF FROST.

Spring is in full bloom and we put together a list of flowers that are strong enough to endure a little frost this spring in Central New York.

- SNAPDRAGON
  - Snapdragons are a fragrant flower with unique petals. Coming in a variety of shapes and colors, Snapdragons make the perfect to addition to any garden.
- AFRICAN DAISY
  - African daisies are here for a good time and a long time. They can add a fun pop of color to your garden or a bouquet.
- SWEET ALYSSUM
  - Sweet alyssum's have a light fragrance that can add a lovely aroma to your garden. These delicate florals are easy to pair with statement flowers in a bouquet.
- DIANTHUS
  - Dianthus flowers are fragrant with beautiful blue-green foliage. Many flower enthusiasts refer to these flowers as "pinks."
- PANSY
  - Pansies are a classic spring flowers. You can even garnish your cocktail with the wintergreen flavored pansies and enjoy it in your new garden!

# 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 19th) 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, Twitter, and Instagram to keep up to date with our market's and vendors! Submit Market photos & recipes to be featured on our social platforms!



*Become a  
Vendor*

#### You will need the following:

- 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.
- 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. Call our office for pricing details or about becoming a licensed vendor.