

MAY 2022

The Market Messenger

A monthly newsletter from the CNY Regional Market



2100 Park Street
Syracuse, NY 13208
Phone: (315)-422-8647
cnyrma@gmail.com

SHOPPING FRESH AT THE FARMERS MARKET

Open all year round!

Allllllll Things Market!

- **For those looking for spring season recipes...**turn to page 4 or ask farmers at the Market what's fresh on their table. Also, find new recipes weekly on our blog and social media. All are tried and tested by our very own staff and valued customers.
- **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 which will continue to grow over the years as we collect more data and photos about 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 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.

A GLIMPSE OF WHAT'S INSIDE:

Featured Vendors & Events - 2
What's In Season - 3
Recipes - 4
Mother's Day- 5
Market Info - 6



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 furnishings 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

"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 & TENANTS

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.



Don Overway



Marie Redmond



Barry Gaughn



The Knickerbockers



Patti McDermott



Amanda Hence

RECIPES

Welcome Spring 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!

Shrimp & Potato Chowder



Directions

1. Melt butter in a medium Dutch oven over medium heat. Add green onions, and cook, stirring often, 1 minute.
2. Add potatoes and next 5 ingredients, and increase heat to high. Bring to a boil. Reduce heat to medium-low, and cook, stirring occasionally, 25 minutes or until potatoes are tender.
3. Stir in shrimp and hot sauce, and cook 3 minutes.
4. CHOP, CHOP Cut onions and potatoes into pieces that are the same size. This will ensure they cook uniformly.

Ingredients

- 8 ciabatta bread slices
- 4 teaspoons coarse-grained Dijon mustard
- Freshly ground pepper
- 4 (1-oz.) fontina cheese slices
- 4 ounces thinly sliced country ham, prosciutto, or Serrano ham
- 2 medium peaches (about 3/4 lb.), unpeeled and sliced
- 4 teaspoons honey (optional)
- 1 tablespoon extra virgin olive oil

Ingredients

- 2 tablespoons butter
- 3 bunches green onions, sliced
- 1 ½ pounds new potatoes, diced
- 2 cups reduced-sodium chicken broth
- 1 ½ cups heavy cream
- ½ cup dry white wine
- 1 teaspoon kosher salt
- ¼ teaspoon black pepper
- ½ pound medium-size raw shrimp, peeled and deveined
- 2 teaspoons hot sauce

Ham & Peach Panini



Directions

1. Spread each of 4 bread slices with 1 tsp. mustard, and sprinkle with desired amount of freshly ground pepper. Layer with cheese, ham, peaches, and, if desired, honey. Top with remaining bread slices, and press together gently. Brush sandwiches with olive oil.
2. Cook sandwiches, in batches, in a preheated panini press 3 to 4 minutes or until golden brown and cheese is melted. (Or use a preheated nonstick grill pan, and cook sandwiches over medium heat 3 to 4 minutes on each side.) Serve immediately.



3 Gift Ideas for Mom

We all know our mama's deserve the best for all that they do! Here are some gift ideas you can get at the Market this Mother's Day.

1. **Hanging Flower Basket** - Nothing says 'Happy Mother's Day' quite like a beautiful hanging flower basket. Find an array of blooming colors spilling over each basket that will brighten up mom's front porch or backyard garden and put a smile on her face.
2. **Spa Gift Bag** - Give the gift of relaxation! With plenty of candles, bath bombs, moisturizers, essential oils and other goodies available - you can create a luxe spa package to give mom this mother's day to show her your appreciation for all she does.
3. **Treats** - From pies to gourmet cookies, treat mom to the delicious homemade sweets on the market. Our vendors mouthwatering treats are sure to impress mom!

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.