



NOVEMBER 2020

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

The Market Messenger

A monthly newsletter from the CNY Regional Market

SHOPPING AT THE FARMERS MARKET

Open all year round!

November is here along with the start of the holiday season. After such a difficult year, now is a great time to remember what is most important in our lives and to reflect on what we are thankful for. Whether you're hosting Thanksgiving, bringing a dish to pass, or gathering with loved ones virtually, you'll find everything you need this month at The Market!

Let's all do our part to keep each other healthy and safe this holiday season 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 that it may not be convenient or comfortable, but we need to work together to slow and stop the spread of COVID-19. Please help us keep the market open. 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 our staff 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.
- 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's products to 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: JoAnn Delaney & her two sons from Delaney Farms

Wishing health and safe shopping to everyone!



TASTE THE BOUNTY OF FALL

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

- Apples
- Pears
- Beans
- Beets
- Broccoli
- Brussels Sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Collard Greens
- Eggplant
- Garlic
- Kale
- Pumpkins
- Potatoes
- Winter Squash
- Onions
- Parsnips
- Turnips
- Mustard Greens
- Leeks
- Cucumbers
- Corn

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

RECIPES

Thanksgiving Sandwich



Ingredients

- 2 tbsp. mayonnaise
- 2 tbsp. Dijon mustard
- 4 slices sourdough, toasted
- 2 c. leftover roasted turkey
- 1/2 leftover mashed potatoes
- 1/2 c. cranberry sauce
- 1/2 c. leftover stuffing
- 1/4 c. gravy, warmed
- 1/4 c. baby spinach, packed

Directions

1. Trim bottom 1/4 inch off apples so they sit flat; place in 7- to 8-quart slow-cooker bowl.
2. In medium bowl, with fingers, combine pecans, cherries, soft butter, brown sugar, allspice, pepper, and salt. Stuff into centers of apples.
3. Pour apple juice around apples. Cover bowl with lid and cook on low 4 hours or until tender. Serve warm, with ice cream.

Directions

1. In a small bowl, mix together mayo and mustard. Spread one side of two pieces of bread with Dijon/Mayo mixture. This is your base for both sandwiches.
2. Top each of the two slices of bread with 1 cup of turkey, 1/4 cup of mashed potatoes, 2 tablespoons cranberry sauce, 1/4 cup of stuffing, and then 2 tablespoons of gravy and spinach.
3. Place second pieces of bread on top to complete sandwiches. Slice in half and serve.

Pecan Stuffed Baked Apples



Ingredients

- 4 Apples, cored
- 1/2 c. finely chopped pecans
- c. dried tart cherries
- 4 tbsp. soft butter
- 1/4 c. brown sugar
- 1/4 tsp. pepper
- 1 pinch salt
- 3/4 c. apple juice
- Ice cream

5 HOSTING TIPS FOR THANKSGIVING



- 1. Make a list.** Making a list is a great first step to planning your dinner! Lists help keep you organized and sane. Whether this is your first time entertaining or the 100th time, it's so easy to forget to pick up the wine at the store or clean out the coat closet. Make things easier on yourself and start that list the week before!
- 2. Don't be afraid to ask for help!** This may be the most important tip of them all. Sometimes it's hard to ask for help but when it comes to hosting, this can save you. Not only will you have to cook for a group but you'll also have to clean, set the table, have drinks prepared and get yourself ready. Having a couple family members bring the green bean casserole and the mashed potatoes allows you to focus on the hero of the meal: the turkey! Or whatever you're serving as the main dish.
- 3. Prep.** Having all of your ingredients measured and organized can save you a lot of time. Take it one step further and make most of the dishes the day before. You can heat them up in the oven or microwave the day of.
- 4. Set the table the night before.** We often think setting the table is quick and easy but getting this out of the way the night before will save you time and stress in case your attention is needed elsewhere on the day of.
- 5. Have drinks ready to go.** There's nothing like arriving to a party and immediately being offered a drink or being able to grab one. It puts your guests at ease and makes them feel comfortable and welcomed. Having a punch bowl or 'self serve' station will keep you from running around.

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 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!



*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.