

NOVEMBER 2021

# The Market Messenger



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Syracuse, NY 13208  
Phone: (315)-422-8647  
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A monthly newsletter from the CNY Regional Market

## SHOPPING FRESH AT THE FARMERS MARKET

Open all year round!

Alllllll Things Market!

- **For everyone ready to shop until you drop...**turn to page 5 for the details on our special Black Friday Market event!
- **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 educational and fun events expanding 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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## IN FALL'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

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

"YOUR CARBON FOOTPRINT IS LOWER BECAUSE THE PRODUCT IS TRAVELING A SHORTER DISTANCE. IT'S FRESHER THAN A CORPORATE GROCERY STORE BECAUSE WE LITERALLY PICKED THE STUFF YESTERDAY AND BROUGHT IT HERE TODAY. SO IT'S BEEN LESS THAN A DAY SINCE WE PICKED IT FROM THE FIELD AND BROUGHT IT TO YOU GUYS."  
-MELISSA TURNER, FARMER

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

## FEATURED VENDORS & EVENTS

Follow our social media to read about farm fresh products, customer recipes, and gain insight into the valuable expertise of our vendors.



Mike Weaver



The Bednarski's



Kelli Tassone



Matt Hoxie

## *Public Events*

- **November 26th: Black Friday Market 11am-6pm**
  - Stuff your totes with specialty Market finds! Shop at our Black Friday Market and support local businesses. Fresh food, crafts, candles, art, holiday decor, vintage products and more.
- **December 23rd: Holiday Market 11am-6pm**
  - Find all of the best handcrafted holiday gifts at our Holiday Market! Don't forget to pick up your produce, meat and baked goods for your holiday dinner as well.

# RECIPES

## *Pumpkin Tortellini*



### Directions

1. Heat the oven to 180°C/160°C fan/gas 4. Put the pumpkin on a large baking tray with the thyme sprigs and sprinkle with the olive oil. Season generously with sea salt and ground black pepper, then roast in the oven for 40 minutes or until tender and caramelised at the edges. Once cooked, keep warm.
2. Towards the end of the pumpkin cooking time, bring a large pan of water to the boil and season generously with salt. Once boiling, add the tortellini and cook until tender but still with some bite. Drain and reserve a cup of the starchy cooking water to use in the sauce.
3. While the pasta cooks, put a large heavy-based frying pan over a low-medium heat and add the butter. Add the hazelnuts to the pan, tossing to coat them evenly in the warm butter. Cook for 4-5 minutes until the hazelnuts have toasted. Stir in the sage leaves and allow to toast in the golden butter mix.
4. Toss the roasted pumpkin and tortellini into the pan, adding a splash of reserved pasta cooking water to loosen, if needed.
5. Serve the pasta on warmed plates. Crumble over some blue cheese along with a generous drizzle of the best quality extra virgin olive oil you have to hand. Finish with a sprinkle of salt and a grinding of black pepper.

### Ingredients

- 2 pears
- 80g full-fat yogurt
- 80ml vegetable oil
- 200g golden caster sugar
- 125g stewed apple (see tip)
- 2 medium free-range eggs
- 100ml dry cider
- 325g plain flour
- 1½ tsp baking powder
- 1 tsp ground ginger
- ½ tsp ground cinnamon
- 2 tbsp runny honey, English if you can find it (optional)

### Ingredients

- 1 small pumpkin, peeled, deseeded and sliced
- 3-4 fresh thyme sprigs
- 1 tbsp olive oil
- 500g spinach and ricotta tortellini
- 100g butter
- 75g blanched hazelnuts, roughly chopped
- 2 fresh sage sprigs, leaves picked
- 100g cashel blue to serve (see Know-how)
- Best quality extra-virgin olive oil to serve

## *Pear, Apple Cider Muffins*



### Directions

1. Heat the oven to 170°C/150°C fan/gas 3½. Quarter and core the pears, finely chop 1½ of them and finely slice the remaining ½ pear.
2. Put the yogurt, oil, sugar, apples and eggs in a large mixing bowl and whisk until smooth. Pour over the cider and whisk again.
3. Add the flour, baking powder, spices and chopped pears, then fold everything together until just combined, being careful not to overmix the batter as this can make the muffins dense and tough.
4. Divide the mixture evenly among the muffin cases, then top each with pear slices. Bake for 40-45 minutes until risen, golden and a skewer pushed into the middle of a muffin comes out clean.
5. Remove the muffins from the tin and brush the tops with runny honey, if using. Allow them to cool, then wrap as gifts or store in a sealed container until ready to eat.

# BLACK FRIDAY

Market



Everyone knows the day after Thanksgiving means SHOPPING! and here at the Market - we're giving you something to shop about. From artisan made items to fresh baked goods, the Market is your perfect one stop shop. Join us **Friday November 26th from 11am to 6pm** for our annual **Black Friday Market**. We will also be hosting a **Holiday Market, Thursday December 23rd from 11am to 6pm**

Don't forget to pick up your new tote in the Market office before you start your shopping! **\$5 each** for the perfect **reusable bag** to stuff all of your gifts into.



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



@CNYRMA



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