

NOVEMBER 2022

The Market Messenger

A monthly newsletter from the CNY Regional Market



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SHOPPING FRESH AT THE FARMERS MARKET

Open all year round!

Alllllllll Things Market!

- **For those looking for holiday gifts, decor and treats...**turn to page 2 for more information on our special Black Friday & Holiday Markets!
- **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. These will continue to grow over the years as we collect more stories and photos of 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 events 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.

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AUTUMN'S BOUNTY

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

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.



Owens Orchards



Tassone Farms



Ithaca Organics



Turner Farms

EVENTS

Black Friday Market

Friday, November 25th 7am-2pm

Join us for our annual Black Friday Market to kick off your holiday shopping by supporting local. Find everything from homemade baked goods to artisan crafted gifts.

Holiday Market

Thursday, December 22nd 7am-2pm

Grab your holiday feast ingredients and enjoy some last minute shopping. Find fresh local produce, holiday decor, and hand-crafted gifts.

RECIPES

Welcome Fall 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!

Mashed New Potatoes with Chives



Directions

1. If the potatoes vary in size, cut the larger ones in half so they cook at the same rate. Combine the potatoes with 1 tablespoon salt and 1/2 gallon water in a medium pot (the pot should be small enough so that at least 1/2 inch of water covers the potatoes.) Bring to a boil and simmer until the potatoes can be pierced easily with a fork, about 30 minutes. Drain in a colander.
2. Return the potatoes to the pot. Add the butter and cream, then mash with a potato masher until the butter has melted and the potatoes are creamy and combined. Fold in the chives. Taste and stir in up to 1 teaspoon salt, as needed.

Ingredients

- 4 tablespoons unsalted butter
- 1 cup (200 grams) sugar
- 1 tablespoon fresh lemon juice
- 2 whole cardamom pods (optional)
- 2 cinnamon sticks
- 2 coins fresh ginger, peeled (optional)
- 1 star anise (optional)
- 5 large apples (Braeburn), peeled, halved, stemmed, and cored
- 10-inch circle of puff pastry, thawed and chilled

Ingredients

- 1 1/2 pounds small red potatoes, scrubbed
- Kosher salt
- 4 tablespoons unsalted butter
- 1/4 cup heavy cream
- 1 tablespoon sliced chives

Apple Tarte Tatin



Directions

1. Preheat the oven to 425 degrees F.
2. In an 8-inch cast-iron skillet, melt the butter over medium heat, then sprinkle the sugar over it. Cook until the sugar melts and caramelizes, stirring occasionally to make sure it doesn't burn, 6 to 8 minutes. Stir in the lemon juice. Drop the cardamom pods, cinnamon sticks, ginger, and star anise in the middle. Arrange the apples in a circular pattern, cut-sides up, in the caramel.
3. Cook slowly over low heat until the apples start to absorb the caramel and the juices are bubbling around them, 25 to 30 minutes, depending on the size of the apples. Turn the apples so they cook evenly.
4. Once the apples are coloring nicely and the caramel is bubbling, remove from the heat and drape the puff pastry over the top, tucking it around the apples along the edge of the skillet.
5. Bake for 20 to 25 minutes or until the pastry is golden brown. Remove from the oven and invert the skillet onto a serving platter that is large enough to catch the excess caramel.



Our valued
**MARKET
SUPPORTERS,**

As you may or may not be aware, despite being a New York State Authority, the Central New York Regional Market Authority (CNYRMA) has received no public funding since the restoration project that was completed prior to 2001. With that being said, we strive to keep rates low for farmers and small businesses to promote opportunities for agriculture and commerce here in Central New York. Keeping our vendors at an affordable rate, in combination with an aging facility, originally constructed in the 1930's, we have been facing many challenges in recent years. Not only due to the challenges brought on by the COVID-19 pandemic, but also due to failing and aging infrastructure on our premises. In order to keep our Market thriving and viable, it is dire that large investments are made on infrastructure repair and facility improvements. The Management and Board of Directors for the CNYRMA have great vision for the future of our Market, but aim to accomplish these goals and improvements without hurting or increasing the rates for the businesses that we serve, and while continuing to serve as an incubation site for new and small businesses. So, for the first time in over 20 years, we will be seeking out public funding. Recent funding has been distributed to rebuild and improve the Hunts Point Wholesale Produce Market in the Bronx, receiving funding from the City of New York in a total of \$100 million for the Market and \$50 million for the surrounding areas. Governor Kathy Hochul also recently announced a \$37 million investment by the State of New York in Buffalo's Broadway Market. **We ask that you please support us as we seek similar opportunities, by responding to this survey to help us evaluate and determine our Market's reach and impact on the communities that we serve, and on our local food systems.**

INFORMATION OBTAINED THROUGH THIS SURVEY WILL NOT BE USED IN ANY KIND OF REPORTING - ONLY FOR COMPILATION OF CNYRMA DEMOGRAPHICS AS A WHOLE

HOW CAN YOU HELP NOW??

Tell us a little more about the impact our market has made on you and your family, on your community, and on your business. You can talk to one of our team members about it so they can record your story, send it to us through DM on our social media, submit it in writing to our office, or email it to us at: cnyrma@gmail.com.

CNY REGIONAL MARKET AUTHORITY

2100 Park Street, Syracuse, NY 13208

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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

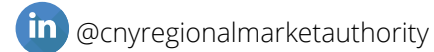
- \$1.00 each
- Never expire
- Can be returned with receipt
- No change can be given
- We accept EBT cards from all states

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, YouTube and TikTok to keep up to date with our markets and vendors! Submit Market photos & recipes to be featured on our social platforms!



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.