



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

OCTOBER 2020

# The Market Messenger

A monthly newsletter from the CNY Regional Market

## SHOPPING AT THE FARMERS MARKET

Open all year round!

The leaves are changing and cold and flu season is just around the corner. Let's all do our part to keep each other healthy and safe during our beautiful fall 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: Nina from Food and Ferments

*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
- Beets
- Blackberries
- Broccoli
- Brussels Sprouts
- Cabbage
- Cauliflower
- Chicory
- Cranberries
- Dates
- Figs
- Grapes
- Leeks
- Okra
- Parsnips
- Pears
- peppers
- Pumpkins
- Star Fruit
- Shallots
- Sweet Potatoes
- Turnips
- Winter Squash
- Watercress

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

# RECIPES

## Apple Crisp



### Ingredients

- 6 golden delicious apples, peeled and chopped - (other varieties can be used)
- 2 Tbsp granulated sugar
- 1 3/4 tsp ground cinnamon, - divided
- 1 1/2 tsp lemon juice
- 1 cup light brown sugar
- 3/4 cup old fashioned oats
- 3/4 cup all-purpose flour
- 1/2 cup cold unsalted butter, diced into small cube
- pinch of kosher salt

### Directions

1. In a large pot or dutch oven, cook beef in oil over medium heat until brown. Dissolve bouillon in water and pour into pot. Stir in rosemary, parsley and pepper. Bring to a boil, then reduce heat, cover and simmer 1 hour.

2. Stir potatoes, carrots, celery, and onion into the pot. Dissolve cornstarch in 2 teaspoons cold water and stir into stew. Cover and simmer 1 hour more.

### Directions

1. Preheat oven to 350 F degrees. Butter an 8x8 baking dish, or spray with non-stick cooking spray.
2. In a mixing bowl, add chopped apples, granulated sugar, 3/4 tsp of the cinnamon and lemon juice. Stir to combine, then transfer to prepared baking dish.
3. In a separate mixing bowl, add topping ingredients (brown sugar, oats, flour, 1 tsp cinnamon, salt, and diced cold butter). Use a pastry cutter or fork to cut the butter into the oat mixture, using a slight downward twisting motion, until mixture resembled pea-sized crumbs.
4. Spread topping over apples in baking dish, and gently pat to even it out.
5. Bake 40-50 minutes, until golden brown and bubbly. Serve warm and enjoy!

## Beef Stew



### Ingredients

- 2 pounds cubed beef stew meat
- 3 tablespoons vegetable oil
- 4 cubes beef bouillon, crumbled
- 4 cups water
- 1 teaspoon dried rosemary
- 1 teaspoon dried parsley
- 1/2 teaspoon ground black pepper
- 3 large potatoes, peeled and cubed
- 4 medium carrots, cut into 1 inch pieces
- 4 stalks celery, cut into 1 inch pieces
- 1 large onion, chopped
- 2 teaspoons cornstarch
- 2 teaspoons cold water



Image credit: @miss\_ssapphire

## BECOMING THE HOSTESS WITH THE MOSTEST

### Everyone Loves a Charcuterie Board

Brainstorming how to celebrate October birthdays? Our customer Sarah & her friends gathered for a wine and cheese party. Complete with some of our Market's best treats. One of the many great things about a charcuterie board is the variety. You'll have something for everyone and your guests will leave happy and well fed. Get everything you need at the Market to make this crowd pleaser and expect not to have any left overs!

welcome  
to the Market!

PAWSITIVITEA CNY

2100 PARK ST. SPACE 309, SYRACUSE, NY



Image credit: @katandcorey

Help us in giving a warm furry welcome to our new neighbors, Pawsitivitea CNY! Syracuse's very first cat cafe opened September 19th. Partnering with local rescues and shelters, Pawsitivitea allows cats to feel at home in this modern cafe. Open Tuesday - Saturday 11am - 7pm & Sunday 11 am- 6pm.

We saved the best part for last - if you fall in love with one of their four legged friends, they can be adopted!

[pawsitiviteacny.wixsite.com/home](https://pawsitiviteacny.wixsite.com/home)

 @pawsitivitea.cny

 @pawsitiviteacny

# 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 Farmer's Market  
(May-November 19th) 7am-2pm

Saturday Farmer's 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.