

OCTOBER 2021

The Market Messenger



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Syracuse, NY 13208
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A monthly newsletter from the CNY Regional Market



SHOPPING FRESH AT THE FARMERS MARKET

Open all year round!

Allllllll Things Market!

- **BOO!** Halloween is finally here and the Market has an incredible amount of fun festive items - check out page 5 for more details!
- **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 anyone whose garage needs a summer cleaning...**Sell your gently used items at our Community Garage Sale on Sundays. Any individual may vend at the Market for a maximum of 3 times per season and set up in D Shed. Join us any Sunday, May through October!
- **For those who are ready to gather...**as a beloved staple in New York State for 80+ years, we've hosted 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, wedding, film shoot, corporate party or training, meeting, happy hour, etc. Contact us for more information.

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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
- Grapes
- Pears
- Plums
- Raspberries
- Watermelon
- Beans
- Beets
- Broccoli
- Brussels Sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Collard Greens
- Corn
- Cucumbers
- Eggplant
- Garlic
- Herbs
- Kale
- Leeks
- Lettuce
- Mustard Greens
- Onions
- Parsnips
- Peas
- Peppers
- Potatoes
- Pumpkins

- Spinach
- Summer Squash
- Winter Squash
- Swiss Chard
- Tomatoes
- Turnips
- Zucchini

"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

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



Dave Schader



Doug Krupka



Marc Polchepek



Randy Daratt

RECIPES

Apple Cider Chicken



Directions

1. Heat 2 teaspoons of oil in a large skillet over medium high. Sprinkle the top of the chicken evenly with 1/2 teaspoon kosher salt and 1/4 teaspoon pepper. Once the oil is hot and shimmering, add the chicken to the pan, top-side down. Let cook 4 minutes, then flip and continue cooking until the meat is cooked through and reaches an internal temperature of 160 degrees, 3 to 4 additional minutes. Remove to a plate and cover with foil to keep warm.
2. In a small bowl or large measuring cup, stir together the apple cider and mustard. With a paper towel, carefully wipe the skillet clean. Add the remaining 2 teaspoons of oil to the pan over medium high. Once the oil is hot, add the apple slices, remaining 1/2 teaspoon salt and 1/4 teaspoon pepper, and rosemary. Cook for 5 minutes, until the apples are lightly tender and begin to turn golden. Return the chicken to the pan and pour the cider mixture over the top. Let cook for 4 to 5 minutes, until the liquid is reduced by half. Serve warm, sprinkled with additional chopped rosemary as desired.

Ingredients

FOR THE CAKE

- Cooking spray
- 1 c. granulated sugar
- 3/4 c. all-purpose flour
- 1/2 tsp. kosher salt
- 1 tsp. baking soda
- 1/2 tsp. pumpkin spice
- 3 large eggs
- 2/3 c. pumpkin puree
- Powdered sugar, for rolling

FOR FILLING

- 12 oz.
- cream cheese, softened
- 1 tbsp.
- butter, melted
- 1 tsp.
- pure vanilla extract
- 1 1/4 c.
- powdered sugar
- 1/2 tsp.
- kosher salt

Ingredients

- 4 teaspoons extra-virgin olive oil divided
- 1 1/2 pounds boneless skinless chicken thighs (about 8, depending on size)
- 1 teaspoon kosher salt divided
- 1/2 teaspoon freshly ground black pepper divided
- 1/2 cup fresh apple cider
- 2 teaspoons Dijon mustard
- 3 medium firm sweet apples, cored and cut into 1/2-inch slices (I used Gala)
- 2 teaspoons chopped fresh rosemary plus additional for serving

Pumpkin Roll



Directions

1. Preheat oven to 350°. Line a 15" x 10" jelly roll pan with parchment and grease with cooking spray. In a large bowl, combine sugar, flour, salt, baking soda, pumpkin spice, eggs, and pumpkin puree until just combined. Spread into prepared pan and bake until a toothpick inserted in center of cake comes out clean, 15 minutes.
2. Meanwhile, lay out a large kitchen towel on your counter (try to use one with little to no texture) and dust with powdered sugar. When cake is done baking, flip onto kitchen towel and gently peel off parchment paper.
3. Starting at a short end, gently but tightly roll cake into a log. Let cool completely.
4. Meanwhile, make filling: In a large bowl, combine cream cheese, melted butter, vanilla, powdered sugar, and salt. Using a hand mixer, whip until smooth.
5. When cake is cooled, gently unroll (it's ok if it remains slightly curled) and spread with cream cheese filling. Roll back up and dust with more powdered sugar. Slice and serve.

HALLOWEEN



SPOOKTACULAR SHOPPING

- Halloween is just around the corner and our spirited vendors have a variety of festive items available when you're shopping at the Market!
- Turn your grocery shopping into a fun fall experience this month from tiny pumpkins sprouting with flowers to festive dog collars - you can gear up for this spooktacular holiday with a one stop shop.
- Pick up an apple cider donut and coffee while you walk around our fall wonderland.
- Find signs and decor to prep your house for those trick-or-treaters.
- Too much to carry? We have new Market totes in the Welcome Center for just \$5.

NEW TOTES!



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, 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 for pricing details or about becoming a licensed vendor.