

OCTOBER 2022

The Market Messenger

A monthly newsletter from the CNY Regional Market



2100 Park Street
Syracuse, NY 13208
Phone: (315)-422-8647
cnyrma@gmail.com

SHOPPING FRESH AT THE FARMERS MARKET

Open all year round!

Alllllll Things Market!

- **For those looking for comforting fall season recipes...**turn to page 4 or ask farmers at the Market what's fresh on their table. Also, find recipes on our blog and social media. All are tried and tested by our very own staff and valued customers.
- **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.

A GLIMPSE OF WHAT'S INSIDE:
Featured Vendors & Events - 2
What's In Season - 3
Recipes - 4
Help The Market- 5
Market Info - 6



FALL'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
- Beans
- Beets
- Blackberries
- Blueberries
- Broccoli
- Brussels Sprouts
- Cabbage
- Cauliflower
- Carrots
- Collard greens
- Corn
- Cucumbers
- Eggplant
- Garlic
- Grapes
- Green Beans
- Herbs
- Kale
- Leeks
- Lettuce
- Lima Beans
- Onions
- Parsnips
- Pears
- Plums
- Prunes
- Peas
- Peppers
- Potatoes
- Pumpkins
- Raspberries
- Spinach
- Summer Squash
- Winter Squash
- Swiss Chard
- Tomatoes
- Turnips
- Zucchini

"YOU CAN GET ANYTHING YOU WANT AT THE GROCERY STORE, BUT YOU DON'T KNOW WHERE IT'S COMING FROM. WHEN YOU COME TO THE MARKET YOU CAN TALK TO THE FARMERS FACE TO FACE. OR IF THEY'RE A DEALER, MEANING THEY BUY AND RESELL PRODUCE, THEY STILL KNOW WHERE THEIR PRODUCT IS COMING FROM. SO COME ON DOWN TO THE MARKET, THIS IS WHERE THE GOOD STUFF IS."
-JIM MARYINUK, 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.



Haas Farm



Six Pints Farm



Ingersoll Farms



Big Red's Greenhouses

EVENTS

HALLOWEEN MARKET

Saturday, October 29th 7am-2pm

Join us for a SPOOKY Farmers Market where you can enjoy Trick or Treating with vendors, a coloring station for kids, costume contests and more!

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!

Winter Squash & Lentil Stew



Directions

1. In pressure-cooker pot on medium, cook shallots and ginger in oil 5 minutes or until shallots are golden, stirring. Add coriander and cardamom; cook 1 minute, stirring. Add squash, lentils, broth and 1/4 teaspoon salt.
2. Cover, lock and bring up to pressure on high. Reduce heat to medium-low. Cook 12 minutes. Release pressure by using quick-release function.
3. Stir in spinach, vinegar and 1/2 teaspoon each of salt and pepper.

Ingredients

- 4 slices bacon, chopped
- 1 onion, chopped
- 2 tsp. caraway seeds
- 1 Gala apple, sliced
- 1/2 small red cabbage, cored and shredded
- 1/2 c. balsamic vinegar
- 4 small bone-in. pork chops (1-inch thick)
- 2 tsp. olive oil
- 1/2 c. flat-leaf parsley, roughly chopped
- 1 tsp. Kosher salt
- 3/4 tsp. pepper

Ingredients

- 2 medium shallots, thinly sliced
- 1 tbsp. finely chopped peeled fresh ginger
- 1 tbsp. vegetable oil
- 1 tsp. ground coriander
- 1/2 tsp. ground cardamom
- 1 small butternut squash, peeled, seeded and cut into 1 1/2" chunks
- 1 lb. green lentils, picked over
- 6 c. chicken or vegetable broth
- 5 c. packed baby spinach
- 1 tbsp. cider vinegar

Pork Chops with Balsamic-Braised Cabbage and Apples



Directions

1. Cook bacon in Dutch oven on medium heat until crisp. Use a slotted spoon to transfer to a paper towel.
2. Add onion and caraway seeds and cook, stirring occasionally for 6 mins. Stir in Gala apple (cut into 1/2-inch pieces) and cabbage, balsamic vinegar, 1/2 teaspoon kosher salt and 1/4 teaspoon pepper. Cook, covered, stirring occasionally until the cabbage is just tender, 6 to 8 minutes.
3. Meanwhile, season pork chops with 1/2 teaspoon each salt and pepper. Heat oil in large cast iron skillet on medium-high and cook pork until browned and just cooked through, 2 to 3 minutes per side.
4. Fold parsley and reserved bacon into cabbage and serve with pork.



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

Phone: (315) 422-8647

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!



@CNYRMA



@cnyregionalmarket



@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.