

OCTOBER 2023



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# The Market Messenger

A monthly newsletter from the CNY Regional Market

## SHOPPING FRESH AT THE FARMERS MARKET

Open all year round!

Alllllll Things Market!

- **For those looking for fall inspired meals...**turn to page 4 for delicious recipes perfect for the 'BER' months!
- **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](mailto: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
- 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

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.



**Big Red's Greenhouses**



**Daratt Farms**



**Six Pints Farms**



**Hillside Farms**

## EVENTS

- Thursday 10/5 - Construction Day Event for High School Students in F-Shed 9am-1pm
- Sunday 10/8 - Rince Na Sons Irish Dance Competition in F-Shed (private event)
- Tuesday 10/10 - Community Living Advocates Senior Information Fair in E-Shed from 9am-1pm
- Saturday 10/28 - CNYRMA Spooky Halloween Farmers Market

# 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!

## *Butternut Squash Soup with Crisp Pancetta*



### Ingredients

- 4 medium butternut squash (6 pounds)
- 6 tablespoons unsalted butter, cut into 8 pieces
- salt
- Freshly ground black pepper
- 12 very thin slices of pancetta (3 ounces)
- 2 tablespoons extra-virgin olive oil, plus more for drizzling
- 1 large Spanish onion, chopped
- 6 thyme sprigs, divided
- 1 bay leaf
- 2 quarts chicken stock or low-sodium broth
- 2 tablespoons heavy cream
- Sugar (optional)

### Directions

1. Preheat the oven to 400°F. Halve the squash lengthwise and scoop out the seeds. Set the squash on a rimmed baking sheet, cut sides up. Put a piece of butter in each cavity and season generously with salt and pepper. Drape the squash halves with the pancetta slices. Roast the squash for 45 to 50 minutes, or until tender.
2. Transfer the pancetta to paper towels to drain. Crumble and set aside. Scoop the squash out of the skins into a bowl.
3. In a large, heavy stockpot, heat the 2 tablespoons of olive oil until shimmering. Add the onion, season with salt and pepper, and cook over moderately high heat, stirring, until softened but not browned, about 6 minutes. Add 3 of the thyme sprigs and the bay leaf. Stir in the squash and the stock and bring to a boil over high heat, stirring frequently. Reduce the heat and simmer the soup for 15 minutes, stirring occasionally.
4. Pick out and discard the thyme sprigs and bay leaf. Working in batches, transfer the soup to a blender or food processor and puree until thick and creamy-smooth, about 1 minute per batch. Transfer the soup to a clean saucepan. Stir in the heavy cream and season with salt and pepper (and sugar if desired).

### Directions

1. Place shrimp in a small bowl, and add broth. Let stand until shrimp are slightly softened and rehydrated, about 40 minutes.
2. Heat vegetable oil in a large nonstick skillet over medium-low. Add garlic, and cook, stirring often, until fragrant and softened, about 3 minutes.
3. Increase heat to medium-high, and add brussels sprouts, cut sides down, in an even layer. Cook, undisturbed, until charred and golden brown on cut sides, 4 to 5 minutes. Stir and flip sprouts, and cook, stirring occasionally, until outer leaves are softened and turn bright green and garlic is toasted, 2 to 3 minutes. Add soaked shrimp mixture and chicken bouillon cube, breaking up bouillon with a spoon or spatula. Simmer, stirring often, until sprouts are crisp-tender and shrimp sauce loosely glazes them, 3 to 4 minutes. Remove from heat, and season with salt to taste.

## *Brussels Sprouts with Shrimp Sauce*



### Ingredients

- 20 dried large shrimp (about 1/4 ounces)
- 1/2 cup hot chicken broth or hot water
- 1/4 cup vegetable oil
- 6 medium garlic cloves, chopped
- 1 pound brussels sprouts, trimmed and halved, larger ones cut into quarters
- 1/2 chicken bouillon cube
- Kosher salt, to taste



# Updates From the Market



## Host your next event at the Market!

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](mailto:cnyrma@gmail.com).

## Help The Market!

Learn how you can use your voice to help support the Market and our community as we seek opportunities. Check out our website below for more information.

[www.cnyregionalmarket.com](http://www.cnyregionalmarket.com)

## Own a Food Truck?

We are now accepting Food Truck vendors at our Market! Please email us at [cnyrma@gmail.com](mailto:cnyrma@gmail.com) or call our office at 315-422-8647 for more information!

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