

SEPTEMBER 2021

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!

Allllllll Things Market!

- **For those looking for fun fall activities...**check out page 5 for our tips on what to do this autumn in Central New York!
- **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
- Blackberries
- Blueberries
- Cantaloupes
- Grapes
- Peaches
- Pears
- Plums
- Prunes
- Raspberries
- Watermelon
- Beans
- Beets
- Beet Greens
- Broccoli
- Brussels Sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Collard Greens
- Corn
- Cucumbers
- Eggplant
- Garlic
- Herbs
- Kale
- Leeks
- Lettuce
- Mustard Greens
- Onions
- Peas
- Peppers
- Potatoes
- Pumpkins
- Radishes
- Spinach
- Summer Squash
- Winter Squash
- Swiss Chard
- Tomatoes
- Turnips
- Zucchini

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

FEATURED VENDORS & PUBLIC EVENTS

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



Jordan Doyle



Kim DeMascole



Randy Dickenson



Elaine Guppy



Gary Pepe



Elisabeth Wells

Public Events

- Thursday Farmers Market
 - Cornell Cooperative Extension will be joining us every Thursday, sharing their expertise in commercial and consumer agriculture and nutrition and health. The mission of Cooperative Extension is to enable people to improve their lives and communities through partnerships that put experience and research knowledge to work.
- September 21st: Job Fair
 - In partnership with Onondaga County, Galaxy Media Partners local businesses will set up between 1 and 6pm to connect with prospective employees.
- September 19th: Pawsitivitea Silent Auction
 - Help celebrate Pawsitivitea CNY's one year anniversary on opening with a silent auction benefitting Friends Forever Animal Rescue and our Pawsitivitea Rescue Committee from 12-4pm! They have a great lineup of items to bid and some pop-up shops, all while supporting small and local businesses!

RECIPES

Pumpkin Baked Ziti with Sage Sausage



Directions

1. Preheat the oven to 350
2. Brown the sausage in a skillet (preferably cast iron) over medium high heat until the fat is rendered and the sausage is no longer pink. Transfer to a bowl and reserve.
3. In the same skillet, add the onion, garlic, and bay leaf. Cook until the onion is translucent, about 3 minutes. Add the sage leaves, red pepper flakes, cinnamon, nutmeg, and salt / pepper to taste. Cook one more minute.
4. Add the wine and cook until reduced by half. The heat should remain to medium high. Add the stock and stir in the pumpkin puree. Mix until everything is incorporated. The pumpkin will thicken the sauce.
5. Stir in the sausage and transfer to a large bowl with the pasta. Mix until combined.
6. Transfer back to your cast iron skillet (or a baking dish) and top with Parmesan cheese. Bake for 25-35 minutes until bubbly.
7. Garnish with sage and parsley. Fried sage is good too! Enjoy this with a nice glass of white wine, preferably the one you used earlier .

Ingredients

- 4 cups potato, peeled and chopped
- ¾ cup onion
- 4 cups chicken broth
- ½ tablespoon salt
- ½ tablespoon pepper
- 4 tablespoons butter
- ¼ cup flour
- 1 ½ cups heavy cream
- ¼ cup sour cream
- shredded cheese, to taste
- bacon, to taste
- scallion, chopped

Ingredients

- 12 ounces ziti or rigatoni noodles, cooked to al dente
- 1 pound sage sausage (can substitute for sweet Italian)
- 1/2 onion, diced
- 2 cloves garlic, minced
- 1 bay leaf
- 4 sage leaves, chopped
- 1/2 teaspoon nutmeg
- 1/4 teaspoon red pepper flakes
- pinch of cinnamon
- 1/2 cup dry white wine (like chardonnay)
- 1 cup vegetable stock
- 15 oz can pumpkin puree
- salt and pepper to taste
- 1/4 cup finely grated Parmesan cheese

Loaded Potato Soup



Directions

1. Add the potatoes, onions, chicken broth, salt and pepper to the slow cooker.
2. Set it to low for 6 hours or high for 4 hours.
3. In a saucepan, combine the butter, flour, heavy cream and sour cream. Whisk until thickened.
4. When the slow cooker is done, pour in the thickened mix. Stir, cover and set the slow cooker to low for another 30 minutes.
5. Serve with shredded cheese, bacon and chopped scallions.
6. Enjoy!

Hello

FALL



Fall is here & so we're here to give you ideas on what to do during this beautiful season in Central New York! From apple picking to special events, we've got you covered when it comes to fun activities for everyone this autumn.

- **Visit your local Farmers Market on Thursdays and Saturdays from 7am-2pm** - Local markets are not only a great place to purchase fresh produce and handmade items, they're also a great experience! Meet farmers and artisans to learn from their incredible stories and knowledge, grab a bite to eat from one of the food sheds and enjoy the community atmosphere as you walk around.
- **Apple Picking** - This one's a must. CNY is known for its family owned and operated, local apple orchards and this staple activity is a great thing to do with the whole family. Afterwards check out the recipes on our website at www.cnyregionalmarket.com for ideas on what to do with all of those apples!
- **Find a deal at your local Flea Market on Sundays from 7am-2pm** - Shop for a bargain this September from household items to sweaters, candles, fall decor and more! Stroll through our Flea Market every Sunday to revamp your wardrobe, your home, or take in those autumn vibes.
- **EVENTS!** The Market is hosting a couple great events this month. Check out page 3 for more details.

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.