

# The Market Messenger

A monthly newsletter from the CNY Regional Market

## SHOPPING FRESH AT THE FARMERS MARKET

Open all year round!

Alllllllll 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).

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



## 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
- Cabbage
- Cantaloupe
- Carrots
- Collard
- Corn
- Cucumbers
- Eggplant
- Grapes
- Green Beans
- Herbs
- Kale
- Lettuce
- Lima Beans
- Nectarines
- Okra
- Onions
- Peaches
- Pears
- Plums
- Prunes
- Peas
- Peppers
- Potatoes
- Raspberries
- Spinach
- Watermelon

"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.



**Nathali Neal**



**Guppy's Berry Farm**



**Anna Farms**



**Hillside Farms**

## EVENTS

- Thursday 9/14 - Community Living Advocates Senior Fair in E-Shed 9am-1pm

# 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!

## *Broccoli Cheddar Soup*



### Directions

1. In a large pot over medium heat, melt butter. Add onion and celery and cook until soft, 5 minutes. Whisk in flour and let cook 1 minute. Slowly add chicken broth and season with salt and pepper.
2. Step 2 Stir in broccoli and carrots. Bring to a boil and reduce heat to low. Let simmer until vegetables are tender, 20 minutes.
3. Step 3 Slowly add milk and bring to a simmer, then stir in cheddar.
4. Step 4 Season with salt and pepper and top with more cheddar. Serve with baguette.

### Ingredients

- 1 1/2 cups all-purpose flour, sifted
- 1/2 cup packed light brown sugar
- 2 teaspoons baking powder
- 1 teaspoon ground cinnamon
- 1 teaspoon ground nutmeg
- 1 pinch salt
- 6 tablespoons cold unsalted butter
- 1/2 cup whole milk
- 1 large egg
- 1 teaspoon vanilla extract
- 1 cup chopped Honeycrisp apple
- 1 cup confectioners' sugar
- 2 tablespoons whole milk
- 1 teaspoon vanilla extract

### Ingredients

- 4 tbsp. butter
- 1 medium yellow onion, chopped
- 2 stalks celery, thinly sliced
- 1/4 c. all-purpose flour
- 3 c. low-sodium chicken broth
- Kosher salt
- Freshly ground black pepper
- 1 large head broccoli, finely chopped
- 1 large carrot, grated
- 2 c. whole milk
- 3 c. shredded cheddar, plus more for garnish

## *Baked Apple Fritters*



### Directions

1. Preheat the oven to 400 degrees F (200 degrees C). Line a baking sheet with parchment paper.
2. Whisk together all-purpose flour, brown sugar, baking powder, cinnamon, nutmeg, and salt in a large bowl. Cut in butter with a pastry blender until mixture resembles coarse crumbs.
3. Whisk milk, egg, and vanilla extract together in a cup. Stir into flour mixture just until combined; stir in chopped apple. Use a scoop or spoon to drop 1/4-cup mounds onto prepared baking sheet.
4. Bake in the preheated oven until a skewer inserted near the center of fritter comes out clean, 11 to 12 minutes. Remove to a wire rack.
5. Preheat the oven's broiler. Whisk together confectioner's sugar, milk, and vanilla extract. Brush a thin layer of glaze over fritters, and place under broiler.
6. Broil fritters until glaze is bubbly, about 2 minutes.



# 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

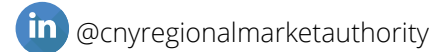
- \$1.00 each
- Never expire
- Can be returned with receipt
- No change can be given
- We accept EBT cards from all states

### 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!



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.