



THE MARKET MESSENGER

2100 Park Street
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Serving Central New York for 80 years!

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They raised us, held us when we cried, kissed away our bumps and bruises, supported us when we needed it the most, cooked us heartfelt meals, nurtured us when we were sick, and performed an endless amount of selfless acts that helped mold us into the individuals we are today.

In the United States, Mother's Day is a holiday that began during the twentieth century; however, it's acknowledged by many different cultures all around the world with varying traditions.

If you're looking for ways to celebrate all the wonderful mothers in your life, the market has everything you need in order to ensure a thoughtful and loving May 13th.

IDEAS AND GIFTS AVAILABLE FOR A DAY FULL OF APPRECIATION:

- Create a delicious dinner with the various pasta, meat, fish, and fresh vegetable options available
- Cutting boards and other wood crafts
- Ingredients to make a sweet treat
- Fresh baked goods and desserts
- Clothes and accessories
- Body creams/gels
- Flax seed pillows
- \$5.00 Credit/Debit tokens used in place of a gift card at the market
- Candles
- Flowers
- Soaps
- Coffee
- Wine
- And so much more!

FUN FACT:

According to the History Channel, more phone calls are made on Mother's Day than any other day of the year.

TACO RICE BOWL

INGREDIENTS

1 cup uncooked brown or white rice
1 tablespoon butter, optional
1 lb lean ground beef
1 teaspoon salt
½ teaspoon black pepper
1 tablespoon chili powder
2 teaspoon ground cumin
1 teaspoon paprika
½ teaspoon onion powder
½ teaspoon garlic powder
½ teaspoon oregano
¼-½ teaspoon cayenne pepper
1 cup frozen corn
1 cup black beans
Romaine leaves, washed and torn
Tomatoes, salsa, scallions, sour cream,
cheese, avocado, and hot sauce to serve



DIRECTIONS

Cook rice according to package directions then stir in butter, if using. Set aside.
Meanwhile, heat a large skillet over medium-high heat. When hot, add the beef and salt, cook, breaking the meat up, stirring often, until mostly cooked. Drain the fat from the pan then return to the stove. Add all of the seasonings and ½ cup water. Bring to a simmer, add the corn and black beans. Continue to cook, stirring often until most of the water is absorbed.
Fill bowls with romaine and diced tomato, top with rice, beef mixture and then toppings of choice.



CHOCOLATE STRAWBERRY CREPES

INGREDIENTS

2 cups (250 g) all-purpose flour
3 eggs
¼ cup (55 g) butter, melted
3 tablespoons granulated sugar
3 cups (720 mL) milk
½ cup (115 g) hazelnut spread
10 strawberries, sliced
Powdered sugar, to garnish

DIRECTIONS

In a large bowl, combine flour, eggs, butter, and sugar, stirring until ingredients are slightly mixed.
Add the milk ½ cup at a time, stirring vigorously, making sure the milk is completely incorporated into the batter and that the batter is smooth before adding more milk.
Repeat with the rest of the milk. The batter should be have no lumps.
In a pan over medium heat, pour ¼ cup of the batter in the center and swirl the batter around the edges of the pan until set.
To know when the crepe is ready to flip, lift up one of the edges about ¼ of the way.
The bottom side should be golden brown. Flip the crepe.
Cook until the edges are starting to slightly crisp.
Spread half of the chocolate hazelnut spread on half of the crepe.
Lay half of the strawberries on the chocolate spread.
Fold the other half of the crepe on top of the strawberries, then fold the crepe in half.

WHAT'S IN SEASON?



AVAILABLE YEAR ROUND



WELCOME CENTER

(Between the A Shed and Administration Building)

- ◇ Lost and Found
- ◇ Obtain Debit/Credit or EBT tokens
- ◇ License signing
- ◇ General inquiries
- ◇ For questions during non-market hours,
feel free to call (315) 422-8647 or visit cnyrma.com

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"THE MISSION OF THE AUTHORITY IS TO PROVIDE FACILITIES, PROGRAMS AND SERVICES TO PROMOTE OPPORTUNITIES FOR AGRICULTURE AND COMMERCE IN CENTRAL NEW YORK."

Lettuce



Interesting Facts:

The first cultivation of lettuce occurred around 2500 BCE and was done by the ancient Egyptians.

- The Egyptians originally used the seed of a weedy plant to produce a cooking oil; however, with the selections that were made over time by the inhabitants, that oilseed was speculated to have developed a thicker stem with a less bitter taste and it began to resemble the lettuce varieties we see today.

- As centuries went on, further selection prompted the growth of a romaine lettuce variety with a shorter stem and broader leaves.

- The Mediterranean Sea was the next region to encounter the lettuce followed by the Middle East.

- The original stem type then traveled eastward, reaching as far as China, followed by the Americas during the fifteenth century.

Lettuce contains vitamins, minerals, water, and fiber but primarily has no protein or fat.

- Lettuce is typically planted further apart so each head can receive as much sunlight as possible, leading to a stronger nutrient concentration and color on the leaves.

- Pale to white lettuce holds fewer nutrients and is commonly found in the center of iceberg lettuce.

Lettuce is one of the five largest fresh market crops in the United States.

- California and Arizona are responsible for over 90% of lettuce production in the country.

THE MARKET IS OPEN YEAR ROUND ON SATURDAYS AND SUNDAYS 7AM-2PM!