



THE MARKET MESSENGER

2100 Park Street
Syracuse, NY 13208

Serving Central New York for 80 years!

Phone: (315) 422-8647

Fax: (315) 422-6897



Tuesday, July 3

Auburn/Owasco

Emerson Park,
East Lake Road, Owasco
Fireworks, 9:45 p.m.
Rain Date 7/8/18.

Brewerton

Between Route 81
and Route 11 bridges
Fireworks, 9:45 p.m.

Cortland

Dwyer Memorial Park
Fireworks, 10 p.m.

Ithaca

Stewart Park
Fireworks, dusk.
Rain date 7/5/18.

Sodus Point

Sodus Bay Lighthouse
Fireworks, 10 p.m.

Watertown

Thompson Park
American Pops at 8 p.m.;
fireworks to follow.

How Much Do You Know About the Fourth of July?

What historical event do Americans celebrate on the Fourth of July?

- A. Official signing of the Declaration of Independence
- B. George Washington's birthday
- C. The first shots of the American Revolution
- D. Formal adoption of the Declaration of Independence

Which newspaper first printed the Declaration of Independence?

- A. The Philadelphia Eagle
- B. The New York Times
- C. The Pennsylvania Evening Post
- D. The National Enquirer

Which two U.S. presidents died on July 4 in the same year?

- A. Thomas Jefferson and John Adams
- B. James Monroe and Martin Van Buren
- C. Millard Fillmore and Andrew Johnson
- D. William Howard Taft and Warren G. Harding

Which of the following was not one of the original 13 American Colonies?

- A. Vermont
- B. Georgia
- C. Massachusetts
- D. North Carolina

When did the Fourth of July become a federal holiday?

- A. 1777
- B. 1870
- C. 1876
- D. It's a state holiday, not a federal holiday.

<https://www.aarp.org/politics-society/history/info-07-2012/fourth-of-july-history-quiz.html#quest1>
Answers: D C A A B

Wednesday, July 4

Alexandria Bay

Over Boldt Castle
Fireworks, 9:45 p.m.

Auburn

Casey Park
Fireworks follow Doubledays game.

Cicero

Lakeshore Country Club
Fireworks, dusk.

Manlius

Village Center, Route 92
Fireworks, dusk.

Onondaga County/Syracuse

Lakeview Amphitheatre
\$10 a person; fireworks at 9:45 p.m.

Sackets Harbor

Sackets Harbor State Historic Site
Fireworks, dusk.

Syracuse

NBT Bank Stadium
Fireworks follow the game.

Vernon

Vernon Downs Casino & Hotel
Fireworks follow the races.

GREEK PITTA POCKETS

INGREDIENTS

- 1 lb. chicken breast cutlets
- Juice of 1/2 lemon (2 tbsp.)
- 6 tbsp. extra-virgin olive oil, divided
- 1 tsp. dried oregano
- 3 small garlic cloves, minced, divided
- Kosher salt
- Black pepper
- 1 cucumber, seeded, quartered, and thinly sliced
- 1/2 pt. yellow grape tomatoes, halved lengthwise (3/4 cup)
- 1/2 pt. red grape tomatoes, halved lengthwise (3/4 cup)
- 1/2 red onion, thinly sliced into half moons (3/4 cup)
- 1/2 c. crumbled feta
- 1/4 c. chopped fresh mint (or parsley)
- 1/4 c. pitted Kalamata olives, halved (optional)
- 2 tbsp. red wine vinegar
- 4 whole-wheat pitas, halved and lightly toasted

DIRECTIONS

Place chicken cutlets in a shallow baking dish. In a small bowl, whisk together lemon juice, 2 tablespoons olive oil, oregano, and 2 cloves garlic. Pour mixture over chicken cutlets and let marinate 10 minutes.

Heat grill pan over high heat. Remove cutlets from marinade and season on both sides with salt and pepper. Grill until cooked through, 3 minutes per side. Let rest 5 minutes, then thinly slice.

In a large bowl, toss together cucumber, tomatoes, red onion, feta, and mint (and olives, if using). In a small bowl, whisk together red wine vinegar and remaining garlic clove.

Slowly add remaining 4 tablespoons olive oil in steady stream, whisking constantly. Season with salt and pepper. Drizzle vinaigrette over salad and toss gently to combine.

Stuff each pita pocket half with grilled chicken and top with Greek salad.



PEACH ROSES

INGREDIENTS

- Cooking spray
- 1 box puff pastry, thawed at room temperature and cut into strips
- 1/3 cup peach jam (recipe on page 4)
- 3 ripe peaches, thinly sliced into half moons
- Powdered sugar, for dusting

DIRECTIONS

Preheat oven to 375° and spray a muffin tin with cooking spray.

Spread puff pastry strips with jam.

Layer peaches on top half of puff pastry like rainbows so that they're slightly overlapping and the top half of the peach slices are off the pastry.

Fold up bottom half of puff pastry and tightly roll.

Transfer to prepared muffin tin.

Repeat with remaining peaches and puff pastry.

Bake until golden, 25 minutes.

Dust with powdered sugar and serve.



WHAT'S IN SEASON?

 String Beans	 Lettuce	 Cabbage	 Scallions	 Spinach
 Rhubarb	 Radishes	 Beets	 Tomatoes	 Peppers
 Swiss Chard	 Peas	 Mesclun	 Turnip Greens	 Broccoli
 Corn	 Carrots	 Garlic	 Potatoes	 Summer Squash
 Cucumbers	 Collard Greens	 Zucchini	 Blueberries	 Apples
 Strawberries	 Cherries	 Peaches	 Raspberries	 Plums

AVAILABLE YEAR ROUND

 Baked Goods	 Spices	 Wine and Spirits	 Maple Syrup	 Seafood and Meats
 Dairy Products	 Arts and Crafts	 Kitchen Supplies	 Antiques	 Electronics

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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PEACH JAM

Ingredients

11 lbs peaches rinsed
4 cups white sugar
Juice of 1 medium lemon
What you will need:
5-6 pint-sized jars with lids.

Instructions

Blanching the Peaches:

1. Fill 2/3 of a large soup pot with water. Bring to a boil.
Add peaches for 30-45 seconds, then remove with slotted spoon and drain the pot.
Remove peaches immediately to a large bowl of cold water.
2. Peel the skin, cut the peaches into quarters and remove pits.

Cooking the Preserves:

1. Place all peeled peaches in a large soup pot and squeeze in juice of 1 lemon.
Drizzle well with 2 cups sugar, toss and drizzle again with the remaining 1.5-2 cups so the sugar reaches all the peaches.
If peaches are very sweet, you may only need 3 1/2 cups of sugar total. Add more sugar to taste while its cooking.
2. Let peaches sit at room temp with the sugar for about 30 min-1 hour, or until sugar is dissolved.
3. Place the pot over the stove uncovered and bring to a light boil, stirring to prevent scorching.
Once the whole pot is at a light boil, simmer for 10 minutes and turn off the heat.
Let the pot stand uncovered until it is just warm to the touch or reaches room temp.
4. As soon as it cools, repeat step 3. You will bring it to a light boil a total of 5 times.

Preserves have plenty of sugar so they won't spoil at room temp if you leave it on the counter overnight.
If you want the preserves to have an even thicker consistency, you can boil it 6 times if you wish.
Note: the fifth time you boil, bring it to a boil over a little lower heat and stir a few extra times to prevent scorching.
Also, it thickens more as it cools.

5. The last time you bring it to a boil you will want to transfer it to sterilized jars while it's boiling hot.

Sterilize the Jars:

To sterilize the jars, wash them and let them dry in the oven at 215°F for about 20 min or until completely dry.
Boil the lids 5 min. Transfer your boiling hot preserves to the jars using a glass measuring cup and a funnel (least messy method) leaving about 1/2" space.
Screw the lids on enough to keep a tight seal in place but don't over-tighten them since air bubbles need to be able to escape and place in the oven at 350°F for 15 min. Carefully remove from oven (don't tighten the lid more or you might disturb the seal that has formed), flip upside down and let cool to room temperature.

Recipe Notes

Current safety standards say that it's best to put the jars in a boiling water bath with 1-2" water covering the lid (instead of the baking method) for ten minutes after tightening the lids to preserve shelf life and kill any potential bacteria.

THE MARKET IS OPEN YEAR ROUND ON SATURDAYS AND SUNDAYS 7AM-2PM!
THURSDAY FARMERS MARKET RUNS FROM MAY 3RD TO NOVEMBER 15TH 7AM-2PM!