



THE MARKET MESSENGER

2100 Park Street
Syracuse, NY 13208

Serving Central New York for 80 years!

Phone: (315) 422-8647
Fax: (315) 422-6897

HAPPY
FATHER'S
Day

With the first official day of summer right around the corner, we typically start to see days filled with increasingly hotter temperatures. To ensure the safety of children and pets, make sure to be mindful of time spent in vehicles during the warm summer days; parking in a shaded area and leaving a window cracked open does not prevent loved ones from getting ill. Check out this chart showcasing an estimation of how quickly temperature can rise in a car.

Elapsed Time	Estimated Vehicle Interior Air Temperature v. Elapsed Time					
	Outside Air Temperature (F)					
	70	75	80	85	90	95
0 minutes	70	75	80	85	90	95
10 minutes	89	94	99	104	109	114
20 minutes	99	104	109	114	119	124
30 minutes	104	109	114	119	124	129
40 minutes	108	113	118	123	128	133
50 minutes	111	116	121	126	131	136
60 minutes	113	118	123	128	133	138
> 1 hour	115	120	125	130	135	140

Courtesy Jan Null, CCM; Department of Geosciences, San Francisco State University
<https://www.avma.org/public/PetCare/Pages/pets-in-vehicles.aspx>

The first day of summer will be June 21st but Father's Day, June 17th, is dedicated to the ones that always showed their support and helped mold us into who we are today. If you're looking for ways to celebrate all the wonderful fathers in your life, the market has everything you need in order to ensure a thoughtful and loving day.

Here are some suggestions:

- Make dad's favorite dinner with the various pasta, meat, fish, and fresh vegetable options available
 - Wood furniture and other wood crafts
 - Fresh baked goods and desserts
 - Wallets and accessories
 - Fermented goods
 - Flax seed pillows
 - Candles
- \$5.00 credit/debit tokens used in place of a gift card at the market
 - Whiskey and other spirits
 - A customized shirt
 - CDs and records
 - Coffee
 - Tools
 - And so much more!

SPRING PAD THAI

INGREDIENTS

- 8 oz. thin flat rice noodles
- 1/3 cup packed light brown sugar
- 1/4 cup fish sauce
- 2 tbsp. rice vinegar
- 2 tbsp. tamarind paste
- 1 tsp. crushed red chili flakes
- 2 tbsp. peanut oil
- 1/2 cup finely chopped green garlic
- 2 garlic cloves, minced
- 2 large eggs, lightly beaten
- 4 oz. asparagus, trimmed and cut into 1-inch pieces
- 1 cup fresh or frozen peas
- 3/4 cup roasted peanuts, roughly chopped
- 1/4 cup minced cilantro
- 2 radishes, trimmed and thinly sliced
- Lime wedges, for serving

DIRECTIONS

1. In a large bowl, cover the noodles with warm tap water and let stand until soft, about 20 minutes. Pour the noodles into a colander and let drain while you prepare the rest of the dish.
2. Meanwhile, in a small saucepan, combine the brown sugar with the fish sauce, vinegar, and tamarind paste. Bring to a simmer over medium-low, and cook, stirring, until the sugar dissolves, 2 to 3 minutes. Remove the sauce from the heat, and stir in chili flakes.
3. In a large wok or skillet, heat the oil over medium-high. Add both garlics, and cook until fragrant, 1 to 2 minutes. Pour in the eggs, and then stir to scramble them until nearly cooked, 2 minutes. Stir in the asparagus and peas, and cook, stirring, for 1 minute. Add the drained noodles and reserved sauce, and cook, tossing, until the liquid has been absorbed, 2 to 3 minutes.
4. Transfer to a large platter and sprinkle the peanuts, cilantro, and radishes over the top. Serve immediately with lime wedges.



CHOCOLATE STRAWBERRY COBBLER

INGREDIENTS

- 1 cup plus 2 tablespoons all-purpose flour
- 1/2 cup plus 4 tablespoons sugar
- 1 tablespoon unsalted butter, cut into cubes, chilled, plus 4 tablespoons melted and more for greasing
- 1/4 teaspoon baking powder
- 3 tablespoons cocoa powder
- 1/8 teaspoon salt
- 1/4 cup dry white wine
- 1/2 teaspoon pure vanilla extract
- 1 large egg, at room temperature
- 8 ounces fresh strawberries, chopped
- Vanilla ice cream, for serving

DIRECTIONS

1. To make crumb topping: In a food processor, combine 2 tablespoons of flour, 2 tablespoons of sugar, and 1 tablespoon of chilled cubed butter and process until mixture acquires a texture of coarse bread crumbs, about 10 seconds. Refrigerate for 30 minutes.
2. Heat oven to 350°F (about 180°C). Grease four (6 oz.) ramekins with butter and dust with flour; reserve.
3. In a medium bowl, whisk together remaining 1 cup flour, baking powder, cocoa powder, and salt; reserve.
4. In a large measuring cup, whisk together 4 tablespoons of melted butter and wine; set aside.
5. In a large bowl, whisk together the remaining 1/2 cup-plus-2 tablespoons of sugar, vanilla, and the egg until pale and thick (about 2 minutes); then, whisk in wine/butter mixture to egg until smooth. Whisk in flour mixture until just combined.
6. Split batter between the four ramekins and top each with the chopped strawberries.
7. Sprinkle reserved crumb topping evenly over the strawberries.
8. Place ramekins on a baking sheet lined with parchment paper and bake for about 50 minutes or until golden brown and bubbly. Transfer to a rack and let cool for 10-15 minutes.
9. Serve with scoops of vanilla ice cream on top.



WHAT'S IN SEASON?



Asparagus



Lettuce



Cabbage



Scallions



Spinach



Rhubarb



Radishes



Beets



Sweet Cherries



Strawberries



Swiss Chard



Peas



Mesclun



Turnip Greens



Broccoli

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

SOCIAL MEDIA

Follow us on Instagram
[@cnyregionalmarket](https://www.instagram.com/cnyregionalmarket)



Like us on Facebook
[@CNYRMA](https://www.facebook.com/CNYRMA)



Follow us on Twitter
[@CNYRMA](https://www.twitter.com/CNYRMA)



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

SUMMER LIFE HACKS



Freezer Hacks

- Use an ice cube tray to freeze freshly bought strawberries with yogurt for a healthy ice-cream alternative.
- Freeze coffee, lemonade, or drink of choice in an ice cube tray to prevent diluted beverages from occurring.
 - Use the trays to freeze Aloe Vera gel and keep it handy in the event of a sunburn.
 - Freeze grapes and add them to wine of choice.
- Cut watermelon into triangular pieces and freeze for a delicious summer snack.

Basic Hacks

- Use an empty sunblock bottle to contain money, keys, and other essentials in a safe place.
- Pour all condiments for backyard barbecues in a muffin tray to save space and minimize dish use.
 - Wrap popsicles with cupcake liners to prevent a sticky mess.
 - When at the beach, use baby powder to keep sand from sticking to skin.
- Waterproof shoes by covering them with beeswax then use a blow dryer to dry them.
 - Poke holes in the top of an old milk jug and use it as a watering can.

Coffee Body Scrub

½ cup coconut oil
1 cup fine to medium ground coffee
1 cup raw sugar
1 tbsp olive oil
1 whole vanilla bean pod

Melt the coconut oil in the microwave. Mix coconut oil with the coffee, sugar, and olive oil. Split the whole vanilla pod lengthwise and scrap out the beans into your sugar, coffee, and oil mixture. Combine well.

Rose Water Face and Body Mist

7 roses
Filtered water
6-8 Small spray bottles
Essential oil of your choice (optional)

Start by taking the petals off each rose. An easy way to do this is to hold the base of the petals and carefully tear the stem off.

Place petals in a large pot and cover with filtered water. Only add enough water to cover the roses.

Press gently on the rose petals to submerge them. Turn stove to medium heat and bring to a boil.

Cover the pot and let simmer for about 15 minutes, or until the petals have fully lost their color.

Place the strainer over a large bowl and pour rose water into the strainer. Cover rose water and let cool.

To assemble face mists, add 1 oz rose water for every 3 oz water to spray bottle. Add 2-3 drops of your favorite essential oil (optional) and screw on lid. Shake to mix the rose water, keep in refrigerator.

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