

EST. 1938

THE MARKET MESSENGER

NOVEMBER 2018

HAPPY THANKSGIVING!

As Thanksgiving approaches and you start thinking about purchasing the perfect turkey for your hearty Thanksgiving dinner, finding the best turkey can be challenging if you don't know exactly where to look. At the Market, you can find some of the freshest local turkeys available from multiple vendors throughout our buildings. Along with fresh turkeys, you can find all of your other meal essentials that are locally grown or produced, at our farmers market. Check out page 2 for some recipes that are perfect for Thanksgiving and include many ingredients found at the Regional Market.

What you can expect to see at the Market this month:

- The beginning of the Saturday Holiday Market Season
- Vendors changing stalls
- Some new vendors
- Thursday farmers market ends after November 15
- A-F Shed are still open during our Saturday farmers market
- A-E Shed are still open during our Sunday flea market
 - Doors are down
 - Heating is turned on

Along with Thanksgiving, November will also bring chillier weather, extreme pie cravings, and Lights on the Lake. In order to stay warm while doing your favorite fall activities, you can visit the Regional Market for all your warm clothing necessities such as sweaters, socks, scarves, and more. The Market also has many arts and crafts vendors that provide you with the perfect fall decorations along with vital kitchen utensils. Vendors also bring a wide range of other goods so make sure to check out all the sheds in order to find as many treasures as our vendors have to offer.

THANKSGIVING PROGRAMS

Fabius-Pompey Outreach
7786 Main Street
Fabius, NY

Faith Lutheran Church Food Pantry
6142 Route 31
Cicero, NY

Human Concerns Center Food Pantry
85 East Fourth Street
Oswego, NY

Leo's Loaves Food Pantry
10 Onondaga Street
Tully, NY

Oswego County Catholic Charities Food Pantry
808 West Broadway
Fulton, NY

Rescue Mission Holiday Meals
148 Gifford Street
Syracuse, NY

River of Life Family Church Turkey Giveaway
750 James Street
Syracuse, NY

Salvation Army of Watertown Soup Kitchen
723 State Street
Watertown, NY

Salvation Army of Oswego County
73 West Second Street
Oswego, NY

Baldwinsville Volunteer Center
8 Mechanic Street
Baldwinsville, NY

For more information visit:
<https://211cny.com/taxsearch.php?tax=PH-2950.8500>

CRISPY GARLIC SMASHED BABY POTATOES

INGREDIENTS

- 1 lb (16 oz) baby potatoes
- 2 garlic cloves, minced
- 1 tsp dried rosemary
- 1 tsp dried thyme
- Salt and pepper
- 2 tbsp olive oil
- Optional: parsley for garnish

Active Time: 10 minutes
Total Time: 50 minutes
Servings: 2-4 as a side

INSTRUCTIONS

Preheat oven to 425°F.
 Boil potatoes in salted water until the potatoes are softened and a fork can easily poke into a potato, about 15-18 minutes, depending on the size of the potatoes.
 Drain and pat the potatoes dry using a paper towel.
 Place the potatoes on a baking sheet, (cover the baking sheet with aluminum foil for easy cleanup).
 Toss the potatoes with garlic, rosemary, thyme, salt, pepper, and oil.
 Take a fork and carefully press down on each potato until the potato is flattened, but still holds together.
 Space the potatoes on the baking sheet so they are not touching.
 Bake for 20-25 minutes, until the potatoes are crispy and lightly golden in appearance. Garnish with parsley if you like. Serve immediately.

<https://www.yayforfood.com/recipes/crispy-garlic-smashed-baby-potatoes>

CARAMELIZED-ONION GALETTE

INGREDIENTS

- 1/2 stick unsalted butter
- 3 lb. sweet onions
- 1 clove garlic
- 1/4 tsp. freshly ground pepper
- Kosher salt
- 1 1/2 tbsp. Dijon mustard
- 1 c. grated parmesan
- 1 large egg

Pie Crust

- 2 1/4 c. all-purpose flour
- tsp. kosher salt
- 1 1/2 stick cold butter
- 5 tbsp. ice water

PIE CRUST INSTRUCTIONS

In a large bowl, combine flour and salt. Add cold butter, cut into small pieces, using your fingers, cut in the butter until the mixture resembles grated Parmesan. Add ice water, a tablespoon at a time, while mixing with your fingers, until the dough holds together in a ball.
 Turn dough out onto a floured piece of wax paper. Sprinkle more flour onto the dough, cover with a second piece of wax paper, and place on a baking sheet.
 Refrigerate for at least 2 hours or up to overnight.
 When ready to use, remove dough from refrigerator and let sit, covered, at room temperature for 30 minutes.

INSTRUCTIONS

In a large skillet over low heat, melt butter. Add onions and stir to coat. Cook for 5 minutes, then add garlic. Cook, stirring occasionally, until onions are soft and golden brown, 30 to 35 more minutes. Add pepper and salt to taste. Stir in mustard.
 Preheat oven to 400° F. Meanwhile, with the dough still between the 2 pieces of wax paper, roll it out to a 14- by 10-inch rectangle. Remove wax paper and place dough on a baking sheet lined with parchment.
 Sprinkle the dough with 1/3 cup parmesan. Pile onions in the center of the dough, then spread them out, leaving a 2-inch perimeter. Fold the dough up and over the onions, pleating as necessary. Brush dough with egg.
 Bake on the bottom rack until the crust just begins to turn golden, 10 to 15 minutes; sprinkle the top with remaining Parmesan. Bake for 10 to 15 more minutes, then broil until crust is a deep brown, 3 to 5 minutes.

<https://www.countryliving.com/food-drinks/recipes/a4562/caramelized-onion-galette-recipe-ck1113/>

SALTED CARAMEL APPLE PIE BARS

INGREDIENTS

Shortbread Crust

- 1/2 cup unsalted butter, melted
- 1/4 cup granulated sugar
- 1 teaspoon vanilla extract
- 1/4 teaspoon salt
- 1 cup all-purpose flour

Apple Filling

- 2 large apples, peeled and thinly sliced (1/4 inch thick)
- 2 tablespoons all-purpose flour
- 2 tablespoons granulated sugar
- 1 teaspoon ground cinnamon
- 1/8 teaspoon ground nutmeg

Streusel

- 1/2 cup old-fashioned oats
- 1/3 cup light or dark brown sugar
- 1/4 teaspoon ground cinnamon
- 1/4 cup all-purpose flour
- 1/4 cup unsalted butter, cold, cubed
- Salted caramel sauce

INSTRUCTIONS

Preheat the oven to 300°F. Line the bottom and sides of an 8-inch square baking pan with aluminum foil or parchment paper, leaving enough overhang on all sides. Set aside.
 Make the crust: Stir the melted butter, granulated sugar, vanilla, and salt together in a bowl. Add the flour and stir until everything is combined. Press the mixture evenly into the prepared baking pan. Bake for 15 minutes while you prepare the filling and streusel.
 Make the apple filling: Combine the sliced apples, flour, granulated sugar, cinnamon, and nutmeg together in a large bowl until all of the apples are evenly coated. Set aside.
 Make the streusel: Whisk the oats, brown sugar, cinnamon, and flour together in a medium bowl. Cut in the chilled butter with a pastry blender or two forks (or even with your hands) until the mixture resembles coarse crumbs. Set aside.
 Remove the crust from the oven, and turn the oven up to 350°F. Evenly layer the apples on top of the warm crust. It will look like there are too many apple slices, so layer them tightly and press them down to fit. Sprinkle the apple layer with streusel and bake for 30-35 minutes or until the streusel is golden brown.
 Remove from the oven and allow to cool for at least 20 minutes at room temperature, then chill in the refrigerator for at least 2 hours (or overnight). Lift the foil or parchment out of the pan using the overhang on the sides and cut into bars. Once cut, drizzle some salted caramel sauce on top of each.

<https://sallysbakingaddiction.com/salted-caramel-apple-pie-bars/>

WHAT'S IN SEASON?



AVAILABLE YEAR ROUND



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

WELCOME CENTER

About

The Welcome Center is the main office during retail market hours and is located between the A Shed and the Commons.

Services

- Lost and found
- Token program
- Daily payments and license signing
- General inquiries

Debit/Credit Gold Tokens

- Never expire
- \$5.00 increments
- No additional fees
- Can be returned with receipt
- Vendors **only** give you cash change
- We accept Visa, Mastercard, Discover

EBT Silver Tokens

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

Market Hours

Thursday Farmers Market
May-November 15th, 7 a.m.-2 p.m.

Saturday Farmers Market
Year-round 7 a.m.-2 p.m.

Sunday Flea Market
Year-round 7 a.m.-2 p.m.

HOW TO BECOME A VENDOR



CNY Regional Market Authority

2100 Park Street
Syracuse, NY 13208
Phone: (315) 422-8647
Fax: (315) 422-6897
Email: staff@cnyrma.com
Office Hours:
Monday-Friday 8:00 a.m.-4:30 p.m.

cnyrma.com

Paperwork Required

In order to sell at the Market, you must have:

1. General Liability Insurance worth \$1,000,000 each occurrence with CNYRMA listed as an additional insured, Certificate Holder
 2. New York State Tax ID Certificate (if selling taxable items)
- Note: Depending on items sold, other paperwork may also be required, call our office for any clarifications.

Reserve a Spot

- Send all documents using email, fax, or mail
- Once we have all the required paperwork, you can reserve a spot by calling our office weekly between Monday and Thursday 8 a.m. to 4:30 p.m.
 - Vendors are notified with their stall locations on Friday
 - Payments are made before you set up, morning of
- Prices vary depending on season, what is being sold, and location
- Call our office for pricing details or about becoming a licensed vendor

THANKSGIVING TRIVIA

1. Thanksgiving is celebrated only in the United States.
(a) True (b) False
2. The Greek Goddess of Corn is:
(a) Demeter
(b) Cornucopia
(c) Ceres
(d) Grainophillia
3. The first department store to hold a Thanksgiving parade was:
(a) Montgomery Wards
(b) J.C. Penney's
(c) Gimbel's
(d) Macy's
(e) None of the above.
4. The term "Cornucopia" means what?
(a) Tall Corn
(b) Greek God of Corn
(c) Horn of Plenty
(d) A traditional New England relish
5. Cranberries are native to North America.
Which of the following fruits are also native to North America?
(a) Blueberries
(b) Concord Grapes
(c) Both of the above

Answers: 1.(B) 2.(A) 3.(C) 4.(C) 5.(C)
<https://www.brownielocks.com/thanksgivingtrivia.html>