

May 5, 2017

Spring Migration!



Flocks of birds are flying north, herds of cows are going out to pasture, and farmers at CNY Regional Market are moving to their growing season stalls!

Find us in **C shed** this Saturday, May 6, from 7 to 1. Look for our green flag hanging above our stalls.

Our end of C shed should be called "locavore lane", because there's delicious local food and drinks all around us from vendors like Flour City Pasta, Forty Weight Coffee, Griffin Hill Brewery, and Will-Sho Farms.

Find us at market every Saturday from 7 to 1. We're there bright and early, loaded with our fresh cheeses, curds, milk, yogurts, breads and cookies!

Or come straight to the source - our farm store is open 7 days a week, from 7 to 7.

Either way, hope to see you soon!

Your farmers,



Bruce, Meg & Hugh Schader