



At Home

*Making the Most of Living in a Cowboy
Properties Community
May 31, 2024*

Support Fresh and Local

Farmers Market season is back and we encourage you to shop fresh and shop local!

[Downtown Salt Lake](#) 8 AM - 2 PM
Saturday's
Pioneer Park, Salt Lake City

[Wheeler Farm Market](#) 9 AM - 1 PM
Sunday's
Wheeler Historic Farm, Murray

[Heber Market on Main](#) 5 PM - 9 PM
Thursday's
Main Street Park, Heber City

[South Jordan Farmers Market](#) 8 AM - 1 PM
Saturday's (starts Aug. 3)
1600 Towne Center Dr., South Jordan

[Draper Farmers Market](#) 5 PM - 9 PM
Tuesday's
Smith Fields Park, Draper

[Sandy City Farmers Market](#) 9 AM - 1 PM
Saturday's
Sandy Amphitheater, Sandy

[Farmers Market Ogden](#) 8 AM - 1 PM
Saturday's
Historic 25th Street, Ogden

[West Valley Farmers Market](#) 5 PM - 9 PM
Thursday's (starts June 20)
Centennial Park, West Valley City

[New Roots Farmers Market](#) 4:30 PM - 7 PM
Wednesday's
New Roots Redwood Farm, West Valley City

Spring Harvest Delights

Some of the produce in-season includes cherries, asparagus, strawberries, blueberries and rhubarb. Check out these recipes to make the most out of your farmers market haul.

[Strawberry Rhubarb Bars](#)

[Garlic Parmesan Roasted Asparagus](#)

[Cherry Cobbler](#)

[Blueberry Muffins](#)

[Spinach Strawberry Salad with Balsamic Poppy Seed Dressing](#)

[Cherry Cheesecake Dip](#)

[Best Rhubarb Dessert Ever](#)

[Park City](#) 11 AM - 5 PM
Wednesday's
Park City Mountain, Park City

[Park Silly](#) 10 AM - 5 PM
Sunday's
Historic Main Street, Park City

[Provo Farmers Market](#) 9 AM - 2 PM
Saturday's
Pioneer Park, Provo

[Murray Park Farmers Market](#) 8 AM - 1 PM
Friday's and Saturday's (starts July 26)
296 E Murray Park Way, Murray

Events of the Week

[Utah Price Parade and Festival](#)

June 1-2
Washington Square Park (451 S State St, Salt Lake City)
A variety of events over two days with the [parade](#) on June 2nd beginning at 10 AM.

[Multicultural Ethnic Dance Festival](#)

June 1, 4 - 9 PM
The Gateway Olympic Legacy Plaza (18 North Rio Grande St, Salt Lake City)
Featuring captivating performances, vibrant costumes, and rhythmic beats.

Assistance Resources

Please let us know if you are having difficulties keeping up with your rent.

We've partnered with [Flex](#) to give you flexibility in how you pay your rent.

General Assistance (Utilities, Food, Housing)

utahca.org/housing/ or call (801) 359-2444
211utah.org/ or call 211
<https://jobs.utah.gov/assistance/index.html>

Power & Gas Assistance

<https://www.utahca.org/heat/>

Utah Department of Workforce Services Resources

jobs.utah.gov/

Food Resources, and Mobile Food Pantry Dates and Locations

<https://www.utahfoodbank.org/programs/mobile-pantry/>
<https://www.utahca.org/nutrition/>