



# At Home

Making the Most of Living in a Cowboy  
Properties Community  
March 14, 2026

## Pot O' Flavor

Bring a little luck to your kitchen with these festive St. Patrick's Day recipes from comforting classics to fun green-themed treats.

[Irish Soda Bread](#)

[Chocolate Guinness Cake](#)

[Cake Mix St. Patrick's Day Cookies](#)

[Shamrock Shake Pie](#)

[Beef and Guinness Stew](#)

[Irish Mac and Cheese](#)

[Irish Apple Cake](#)

[Shamrock Cutout Pound Cake](#)

[Guinness Brownies](#)

[Slow Cooker Corned Beef and Cabbage](#)

[Guinness Beef Sliders](#)

[Baileys Cheesecake](#)

[Irish Stew Pie](#)

[Lucky Charms Treats](#)

[Vanilla Bean Shamrock Cookies](#)

[Irish Coffee](#)

[Bangers and Mash](#)

[Shepherd's Pie](#)

[Slow Cooker Guinness Short Ribs](#)

[Leek and Potato Soup](#)

## Cowboy Pledge Update

Thanks to everyone who joined Cowboy Pledge in February as we hosted a cookie decorating station at the Salt Lake County Parks & Recreation Valentine's Adaptive Saturday Night Dance. We had a great time helping attendees decorate cookies!

Join us in March as we collect hygiene supplies to benefit the Food and Care Coalition in Provo. Requested items include:

- |                       |                    |
|-----------------------|--------------------|
| Tylenol               | Nail Clippers      |
| Ibuprofen             | Foot Powder        |
| Shampoo & Conditioner | Body Wet Wipes     |
| Deodorant             | Liquid Hand Soap   |
| Lip Balm              | Adult Winter Coats |
| Razors                | Adult Blankets     |
| Q-Tips                | Sleeping Bags      |
| Laundry Detergent     | Socks              |
| Travel Shaving Cream  | Underwear          |
| Travel Size Lotion    |                    |
| Toothpaste            |                    |

Items must be new. Please drop items in your community's bin by March 17.

Join us on Thursday, March 19 at 6:00 PM at Liberty Center (35 N 300 W, Provo) as we sort and pack donated items. To volunteer, call Cowboy Properties at 801-424-4400 or email us at [cowboypledge@cowboyproperties.com](mailto:cowboypledge@cowboyproperties.com). Street parking is available.

## Events of the Week

[International Sportsmen's Expo](#)

Through March 15

Mountain America Expo Center (9575 State St., Sandy)

Shop exhibitors selling fishing, hunting, boating, offroading, overlanding and RVing experiences and services.

[Nostalgia Con](#)

March 13-14

Salt Palace Convention Center (100 S W Temple St., SLC)

Featuring the 90's to early 2000's guests and vendors.

## 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.

[Salt Lake City Tenant Resource Center](#)

[Power & Gas Assistance](#)

[Utah Department of Workforce Services Resources](#)

**General Assistance (Utilities, Food, Housing)**

[Utah Community Action](#) or call (801) 359-2444 [211utah.org/](http://211utah.org/) or call 211

<https://jobs.utah.gov/assistance/index.html>

**Food Resources, and Mobile Food Pantry Dates and Locations**

<https://www.utahfoodbank.org/programs/mobile-pantry/>  
[FeedUT.org](http://FeedUT.org)