



Liberty Bend (Sandy)

At Home

News and Tips for Residents of Cowboy
Properties Communities
June 11, 2021

Support Fresh and Local

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

[Downtown Salt Lake](#) 8 AM - 1 PM
Saturday's
Pioneer Park, Salt Lake City

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

[Liberty Park Market](#) 4 PM - Dusk
Friday's
Liberty Park, Salt Lake City

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

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

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

Instant Pot Giveaway!

We're giving away an Instant Pot! The Instant Pot is an electric pressure cooker, slow cooker, yogurt maker, steamer, saute pan and food warmer all in one. [Click here to answer a few questions to enter our giveaway.](#) Already own an Instant Pot? Check out this recipe.

Instant Pot Cilantro Lime Chicken

Ingredients

2 boneless skinless chicken breasts (frozen is fine)
1 cup chicken broth
1/2 tsp garlic powder
1/2 tsp cumin
1/2 tsp chili powder
1 1/2 Tbsp lime juice
3 Tbsp mayonnaise
4 Tbsp chopped fresh cilantro
Salt and pepper

Directions

Place chicken in bottom of Instant Pot. Pour broth over chicken. Cover and secure the lid. Make sure valve is set to sealing. Set the manual/pressure cook button to 15 minutes on high pressure. Once the time is up let the pot count up to 5-10 minutes and then move the valve to venting. Shred the chicken and place it in a bowl. Stir in the garlic powder, cumin, chili powder, lime juice, mayonnaise and cilantro. Serve as sandwiches, sliders, with rice and beans, with pita bread or a tortilla, or cold with a salad.

Covid-19 Update

[Click for the latest resources on vaccine eligibility and distribution.](#) Everyone ages 16 and up is eligible for the vaccine in Utah.

The CDC has [updated their international travel recommendations](#). You are encouraged to be fully vaccinated before doing any international travel.

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.

Housing Assistance
rentrelief.utah.gov

General Assistance (Utilities, Food, Housing)

utahca.org/housing-case-management/ or call (801) 359-2444
211utah.org/ or call 211

Utah Department of Workforce Services Resources

jobs.utah.gov/covid19/
jobs.utah.gov/docs/hotjobs.html

Food Resources, and Mobile Food Pantry Dates and Locations

slc.gov/sustainability/food-covid/
utahfoodbank.org/programs/mobile-pantry/