

# Blue Zones & Basic Needs Cooking Demo: Okra Stew



Join us for a live cooking demonstration highlighting Okra Stew, a dish with deep cultural roots and nourishing ingredients aligned with Blue Zones principles.

**Free Food Samples:** Enjoy complimentary samples of okra stew while supplies last.

**Raffle Prizes:** Participate for a chance to win fun and wellness-focused prizes.

**February 12, 2026, 12:00 pm-1:30 pm,  
Marysville Campus, Flavors**

BLACK HISTORY MONTH

100  
YEARS

A Century of Black  
History Commemorations

Yuba  
College