OU Housing and Food Services and the student organization OUr Earth have joined together to bring the Leafy Green Machine to campus. Housed in an upcycled shipping container, the Leafy Green Machine is the first hydroponic farm at a Big 12 University. Through state-of-the-art climate control technology, this 40’ x 8’ x 9.5’ container is equipped with the tools to harvest crops year-round. Produce grown will be served at on-campus locations. Environmental sensors balance temperature, humidity and CO2 levels to ensure a perfect growing environment. A nutrient-rich water solution is distributed directly to the roots of the produce from a closed-loop hydroponic system, which only uses 10 gallons of water a day. A high-efficiency LED lighting system mimics sunlight to stimulate photosynthesis. All of these elements come together to ensure an ideal growth environment no matter the weather conditions outside.

Adopt a Child

You can help meet the needs of patients at the Children's Medical Center and their families!

How to participate:

Step 1: Sign up at bit.ly/AdoptAChildOU to bring one or as many of the wish list items as you or your group would like.

Step 2: Purchase the item(s) and return them UNWRAPPED to the office of Leadership & Volunteerism in Oklahoma Memorial Union, Rooms 249-253, no later than noon, Friday, Dec. 2.

For questions or more information, please contact Vicky Bumgarner at vicky@ou.edu

Upcoming Events

Fitness Yoga
Noon, Dec. 7 & 14
OneU Store, Campus Corner

Gentle Yoga
7-7:45 a.m., Mondays & Wednesdays, Murray Case Sells Swim Complex

Tai Chi
8:30-9:20 a.m., Wednesdays
Sam Noble Museum

Pilates
8:30-9:20 a.m., Thursdays
Sam Noble Museum

Yoga
8:30-9:20 a.m., Fridays
Sam Noble Museum
Beat the Stress with Healthy Foods

Eat healthy this holiday and finals season by incorporating these foods:
- Fresh fruits and vegetables, especially berries and green leafy veggies, which contain stress-busting antioxidants
- Oatmeal with cinnamon and honey to bump up the feel-good hormone serotonin. It’s also packed with slow-to-digest fiber and won’t cause an inconsistent spike in blood sugar levels.
- Dark chocolate-covered almonds, which can reduce levels of stress hormones.

Recipe Continued . . .

- Pound chicken breast to 1/4” thickness and blot with towel
- Add olive oil to a non-stick skillet preheated for 3 minutes over medium heat
- Cook breasts 4-6 minutes on each side until golden brown
- The internal temperature should reach 165 °F
- Remove chicken from pan

- Turn heat down to low and add 1 tsp. oil along with grapes and shallots, cook until soft about 2 minutes
- Add thyme and cover for 1-2 minutes
- Remove lid and add balsamic vinegar and mustard
- Reduce glaze until thick, season to taste

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