

My Wife is Leaving Us + Friday Foodie Fun Facts: Beets

Description

Now thatâ€™s a title with a mixed *vibe*, huh?

Thereâ€™s the dark and gloomy (sounding) revelation of my wife leaving, and then the seemingly cheerful â€œfun factsâ€• for beets. The two things have no place together, and yet, theyâ€™re there.

Well, no worries, my wife, Going Mom/Kelley, is not leaving in the divorce sense or even anything related to our relationship; itâ€™s for work. Still high on the suckage scale, but no where near what it would be if she were actually *leaving*.

Before the sun rises on Monday morning, sheâ€™ll head to the airport to fly way up North for business and will be away for 2 full nights and not returning until late on Wednesday. I think the term *Boo* pretty much sums up my feelings on this.

Kelley has only been away from Avery once when we had our [7 year anniversary](#) last month, and itâ€™s been several years since her and I have been apart! Not that being away from me is a concern, itâ€™s Avery sheâ€™s really going to miss. And who can blame her? I mean, just look at that sweet girl.



The majority of Averyâ€™s calories still come from breast milk, so Iâ€™ll be breaking into to our reserve supply in the freezer just as G-ma had to when she watched Avery for our 7 year anniversary. There didnâ€™t seem to be an issue then, so Iâ€™m hoping for no issues this time too!

I have no idea what itâ€™s like to have to pump, but I understand how much trouble it already is for my wife, and having to do it while traveling wonâ€™t help matters. Kelley, Iâ€™m sorry, dear, I wish I could

do more for you in that department. Just know what you do is highly appreciated and it gives our little girl the best source of nutrition! Of course, you already know this! ðŸ™,

I have a feeling Going Mom will be adamant about getting quality time in with Avery before leaving for what will seem like an eternity, but really only 2 nights. Saying "2 nights" sounds better than "3 days", don't you think? It's all about perspective.

While Kelley is gone, I'll be able to test my true stay-at-home dad skills and feel ready to take it on. Avery, like any baby, can be challenging, frustrating, and confusing, but she's also sweet, fairly active, and, well, still confusing. No matter what, I'll make sure to enjoy it and of course keep Mommy filled in with lots of pictures being sent her way.

Hopefully we'll both be so busy during the day that time will pass and she'll be back home to us before we know it. Hopefully!

In the meantime, Avery and I can try out the delicious organic red beets we received in our co-op delivery this week. Beets are one of my favorite veggies, and I was excited to have them sent to us. I'm the only beet lover in the house, so naturally I'll be the only consumer too. We will try giving them to Avery a little later when (hopefully) she reduces her tendency to throw food on the floor. That would make for a nice, red-stained rug in no time!

As I like to do with all of the food I eat, I looked up several fun facts on beets and wanted to share them here for Friday Foodie Fun Facts. All of these facts and more can be found [on this page](#).

- Beet juice, known to increase endurance, could boost libido, too. Its nitric oxide increases blood flow to the extremities.
- Betacyanin, the pigment that gives beetroot its color, is an antioxidant so the humble beetroot could be the key to beating your hangover! Betacyanin speeds up detoxification in your liver, which enables your body to turn the alcohol into a less harmful substance that can be excreted quicker than normal.
- One of the earliest known benefits of beetroot is its use as an aphrodisiac during the Roman times. It has been found to contain high amounts of boron, which is directly related to the production of human sex hormones. There's no proof it has the same effect as Viagra, but you can have fun trying!
- Beetroot contains betaine, a substance that relaxes the mind and is used in other forms to treat depression. It also contains tryptophan, and amino acid that helps promote a sense of well-being.
- The red pigment in beetroot is used to color strawberry jam as well as to improve the color of tomato paste, sauces and strawberry ice cream.
- Platina recommended taking beetroot with garlic to nullify the effects of "garlic-breath".
- You can use beetroot juice to measure acidity. When added to an acidic solution it turns pink, but when it is added to an alkali it turns yellow. If you consume a lot of beets/beet juice and your pee turns pink, you have low stomach acid, but if your pee is still clear or yellow, time to "turn up the beet"!
- The Oracle at Delphi claimed that beetroot was second only in mystical potency to horseradish, and that it was worth its weight in silver.
- In many cultures the belief persists that if a man and a woman eat from the same beetroot then they will fall in love.

- If you boil beetroots in water and then massage the water into your scalp each night, it works as an effective cure for dandruff.
- In 1975, during the Apollo-Soyuz Test Project, cosmonauts from the USSR's Soyuz 19 welcomed the Apollo 18 astronauts by preparing a banquet of borscht (beetroot soup) in zero gravity.
- Since the 16th century, beet juice has been used as a natural red dye. The Victorians used beetroot to dye their hair.
- Beetroot is a water-soluble dye, and hot water seems to "fix" the color stain more, so use lukewarm or cold water to avoid staining. To cure the inevitable "pink fingers", rub with lemon juice and salt before washing with soap and water. On fabrics, try rubbing a slice of raw pear on the stain before washing, or rinse in cold water before washing in a biological powder.
- The world's heaviest beetroot weighed 23.4kg (51.48lb) and was grown by Ian Neale from Somerset in 2001.
- Beetroot has one of the highest sugar contents of any vegetable. Up to 10 per cent of beetroot is sugar, but it is released slowly into the body rather than the sudden rush that results from eating chocolate.
- Catherine Zeta Jones is reported to have become addicted to beetroot after eating it while pregnant with her two children.

Now that's a lot of beet facts you can't "beet"! Yeah, pretty week, but once it's in my head, I can't stop myself. Please don't "beet" me. Oops!

Have a great weekend!

What's the longest you've been away from your baby and/or spouse?

Do you like beets? If so, how do you like them prepared? *I prefer raw or steamed the most.*

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