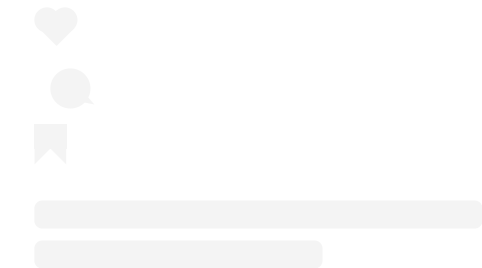
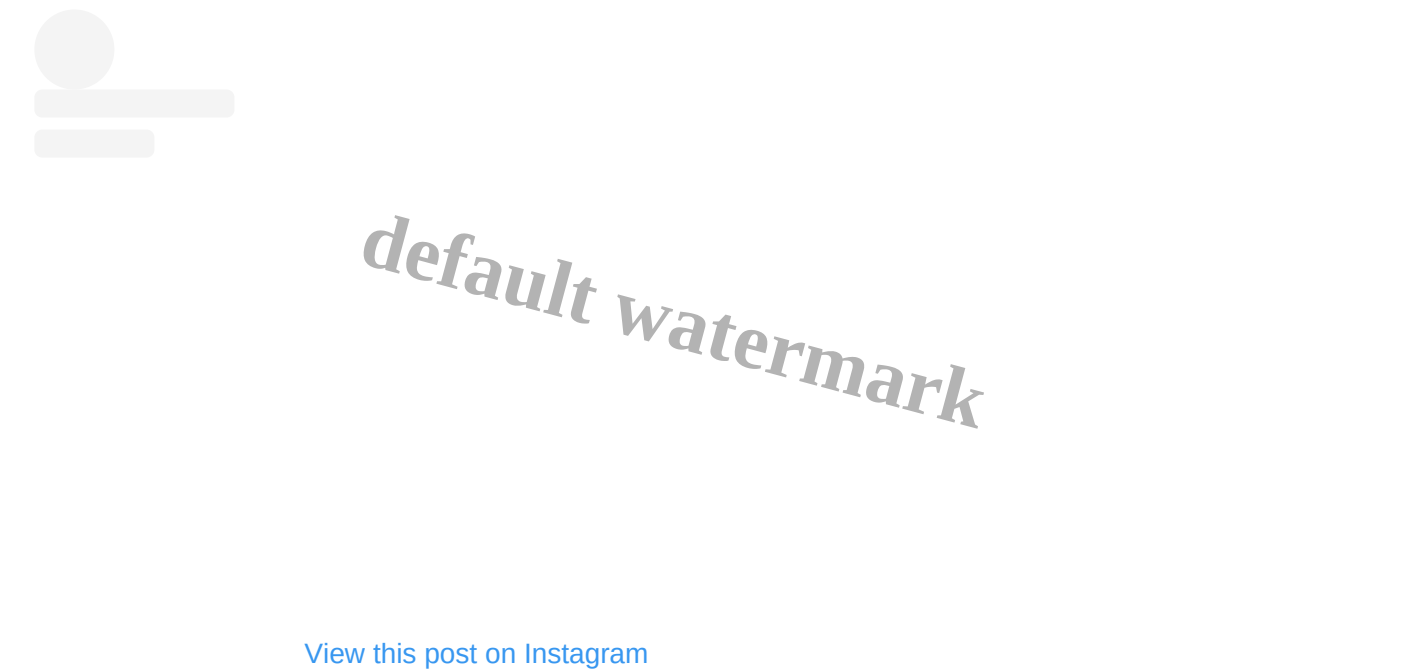


Learning to Walk and Butt Spins + Friday Foodie Fun Facts: Pears

Description

Only 3 days left until my “bet” that Avery would be walking by 10 months will expire. Of course, technically, this counts as walking, right?



She’s getting very close, just needs to let go and realize she doesn’t need support to stand on her own. It’s hard, but we are trying not to rush it as that will make the task of keeping up with her

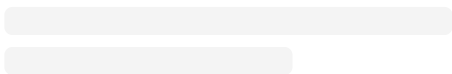
all that more difficult! A crawling baby is hard enough as it is!!

Although, she does give us a break every now and then just to spin on her buttâ€¦.



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This is pretty new and took me a while to actually capture on video, but now she does it multiple times a day. Her Aunt Lindsay, Going Momâ€™s sister, said she just likes a panoramic view, and I fully agree!

But I donâ€™t think sheâ€™ll be â€œgroundedâ€• much longer. Iâ€™ve been catching her working on her leg strength with squats to prepare for her momentous first steps.



What do you think? Before 11 months for sure or would say even longer? I feel pretty confident sheâ€™ll make those steps before her 11 month mark, but only time will tell for sure.

Maybe sheâ€™ll be motivated as we start going to meetups with the [Dallas Dads Group](#) another stay-at-home dad, [David Kepley](#), and I just started with a lot of help from some great guys at [City Dads Group](#).

Our first official meeting is tomorrow, at nice park with a miniature train to ride! How do you think an almost 10 month old will handle a train ride? I think sheâ€™ll love it.

Now, being Friday, that means I have a few fun food facts to share. Weâ€™ve been receiving organic, local produce each week from a co-op we just joined, and Iâ€™ll start giving facts about one of the items we receive. Today, itâ€™s pears.

I love pears and havenâ€™t had them in a while, so it was a nice treat to see them in our last box. Being organic, I just grabbed one and ate it as is, no need to wash since even organic soil has nutrients. It was delightfully tasty and left me eager to learn more about this sweet treat. Turns out, thereâ€™s a lot to know; hereâ€™s a few thingsâ€¦



- Before tobacco was introduced in Europe, pear leaves were smoked.
- Pears are often recommended for weaning babies because they are low in acid and aren't too harsh on a baby's digestive system.
- Pears have more nutrients per calorie than calories per nutrient which is surprising since they are so sweet. They are a good source of dietary fiber, vitamin C, copper & vitamin K.
- Pears don't float.
- Most pears ripen from the inside out, and if left on the tree to ripen, many varieties will turn brown and rot in the middle.
- The skin of pears contain at least three to four times as many phytonutrients as the flesh. These phytonutrients include antioxidant, anti-inflammatory flavonoids, and potentially anti-cancer phytonutrients like cinnamic acids. The skin of the pear has also been show to contain about half of the pear's total dietary fiber.

Wow, I'd say when put against these bell-shaped treats, other fruits just can't com-pear!

Happy Friday!

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