

A Weekend Away from Baby + Foodie Fun Facts #6: Avocado

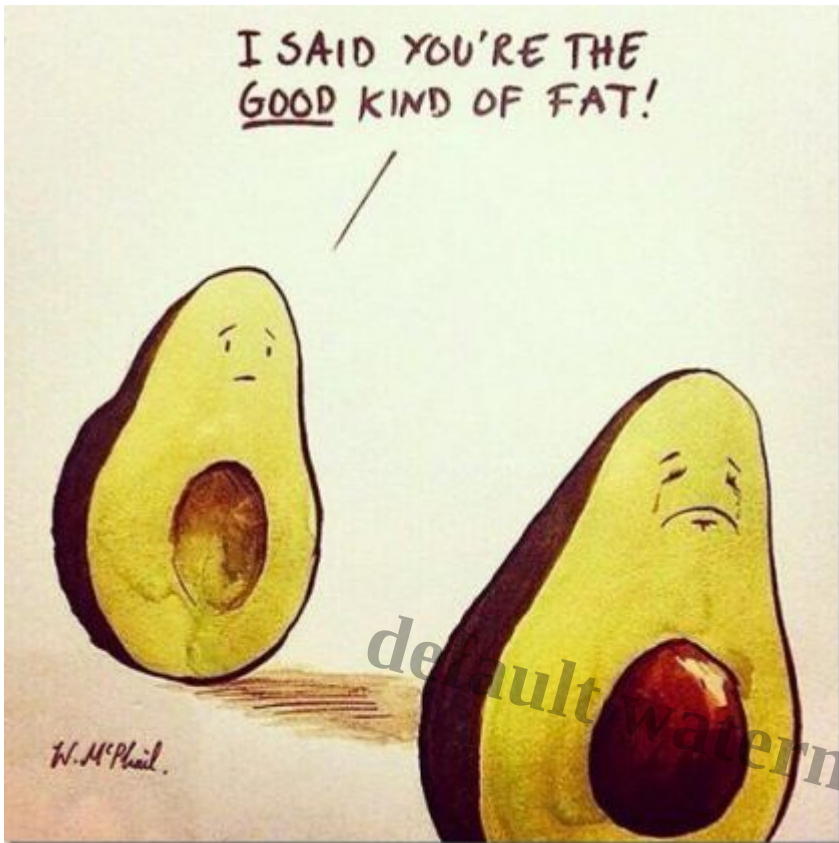
Description

Yes! Going Mom and I will be free for two whole days to celebrate our 7th wedding anniversary this weekend! All the places we can go, sights we can see, things we can do!..FREE! Thanks to G-Ma, my awesome mom, for agreeing to stay at our house and watch Avery! I wonder if this will be the first and last time!hmmmm.

So, where are we going? Just the Embassy Suites in Downtown Fort Worth which is only 20 minutes from our home. Okay, so it's nothing that exciting, but that's what we want; low key and relaxing. Plus, we need a room with a fridge since Kelley still needs to pump, and a microwave since we'll bring most of our own food.

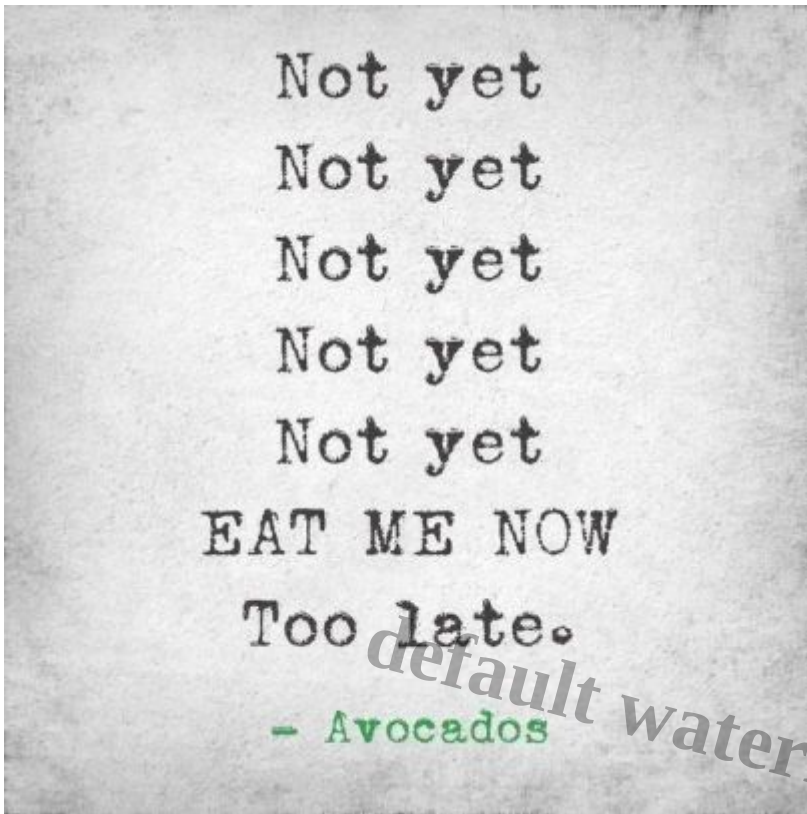
I know, we should be going out and living it up, not cooking food in the microwave from our hotel room, but that suits us just fine. Ideally, we'd have a full season of hit TV show to watch back to back just like we used to, but I'm sure we'll actually get out too. I'd like to go to the movies at least once as well. I'm all for the new Teenage Mutant Ninja Turtle movie (obviously), but understand if my lovely bride wants to see something else. Any suggestions?

Simply walking over to a nearby coffee shop will be luxury to us, and won't break the bank. I'll be sure to fill you in with all of our shenanigans early next week, but I still have some prep-work to tend to, so on to the Friday Foodie Fun Facts!



I dedicate these avocado fun facts to my mom since every time she comes over (usually once a week), sheâ€™ll have one or two avocados that are beyond ripe. Seriously, they feel like balloons filled with water since the skin will give so easily. But, I donâ€™t mind as I love have avocado chunks in my giant nightly salad.

Here are 5 things to think of as you enjoy your hard-as-a-rock or soft-as-a-pillow avocado; it seems you never have them just right, huh? I think this picture says it allâ€™!



- Avocados mature on the tree, but they only ripen once they are picked. Even more amazing is the fact that avocados can stay on a tree for as long as 18 months. It's as if the tree preserves them until you're ready to use them.
- They are one of the most inexpensive anti-aging tools for your skin! Rough outer covering aside, the inner smoothness and creaminess has what we need for youthful skin. With all of the nutrients, healthy fat and vitamins, an avocado tree could be the next fountain (tree) of youth!
- Avocado trees do not self-pollinate; they need another avocado tree close by to bear fruit. The avocado is an Aztec symbol of love and fertility, and they also grow in pairs on trees
- Avocados are a fruit, not a vegetable. They have the highest fiber content of any fruit and contain vitamin B6, vitamin C, vitamin E, potassium, magnesium, and folate.
- The avocado is also called an Alligator Pear because of its pear-like shape and its bumpy green skin.

I'm beginning to like avocados more and more, and even add them to sweet things like dessert dips and smoothies. They add a pleasant creaminess, and being a fruit, I think go perfectly with dessert.

Happy Friday!!

Do you like avocados? If so, do you prefer them alone or mashed into something like guacamole?

Have you ever enjoyed a weekend away from your kid or kids? What did you do?

Date Created
2014/08/15