

BIRD LEGS

If you're working out in the yard or garden into the evening, you will probably get a chance to hear and watch the birds prepare for bed. Into the trees and bushes they fly with great racket until they settle down. Finally, quiet and resting high above you, have you ever worried that you might get hit by relaxed birds falling from the branches? After a long, hard day of work and play, when we crawl into bed at night and relax, so do our muscles. When perching birds land on a branch, fence, etc. their legs flex and the flexor tendon automatically tightens and their toes close around and lock onto the support. To leave, the bird jumps up, its legs straighten, the tendons relax and the toes unlock releasing the grip. Therefore, they will not fall out of the tree as they drift off to sleep nor will most of them swing around and end up hanging upside down from the tree. Woodpeckers hook their feet into the bark of a tree while they sleep, appearing frozen in a climb. It is so easy to learn about something new every day. Read, explore, observe – use all of your senses to learn about our wonderful world. That is how not only our gardens do but we too **grow**.