```sql
SELECT cat.name,
     COUNT(*) AS total_rows,
     AVG(od.quantity) AS average_quantity
FROM order_details AS od
INNER JOIN orders AS o ON od.order_id = o.id
INNER JOIN products AS p ON od.product_id = p.id
INNER JOIN categories AS cat ON p.category_id = cat.id
GROUP BY cat.name
HAVING AVG(od.quantity) > 21;
```