Here are some trivial R examples that will help to illustrate how knitr works:

```
z <- 1:10
mean(z)

## [1] 5.5

summary(z)

## Min. 1st Qu. Median Mean 3rd Qu. Max.
## 1.00 3.25 5.50 5.50 7.75 10.00

z[z > 5]

## [1] 6 7 8 9 10
```

The above text was a code block woven into my description. It gets evaluated and integrated into the output. Cool, eh?