A Siegel modular form, when restricted to a certain natural submanifold of Siegel's upper half space, is essentially a classical elliptic modular form in each of two variables. The behavior of this restricted Siegel form is not well-understood and there are many open questions. In the special case that the Siegel form is a Saito-Kurokawa lift, Ichino gave a formula which explicitly decomposes this restricted Siegel form into elliptic modular forms; the formula involves central values of Rankin-Selberg L-functions on $GL_3 \times GL_2$. I will talk about some recent results on the average behavior of these L-functions which give some information on how the restricted Siegel form usually behaves. This is joint work with Sheng-Chi Liu.