The 2021 Old Farmer’s Almanac Canadian Edition is calling for frigid and frosty temperatures throughout most of Canada this winter. The exception will be in Atlantic Canada and the Prairies, which may feel some relief from winter’s chill but—like the rest of the country—will see lots of rain, snow, and sleet. Areas from Alberta eastward to Quebec should brace for a virtually continual “Snow Train” that will be carrying a series of winter storms throughout the season.

Now in its 229th consecutive year (and its special Canadian Edition’s 39th!), The Old Farmer’s Almanac is, of course, so much more than just the weather. The 2021 edition is particularly timely in helping people to live better, stay healthy, and do more with less. Consider …

Small-Space Gardening 101: As people from all walks of life embrace the practicalities of growing their own food, the Almanac shows readers how easy it is to grow practically anything, almost anywhere. Advice includes the abundance to be had with raised beds, how to succeed at succession planting, the power of growing up, and which containers are best for gardening (hint: anything that holds dirt and has drain holes).

How to Pick a Pet: Who hasn’t had their mood instantly brightened by a puppy or kitten? Taking care of one is a completely different story. As more households add a furry, feathered, or finned friend to the family, the Almanac helps to match the care needs of each kind of pet.
to the busy lifestyles of prospective owners.

**From Sea to Rising Sea:** Since 1880, sea levels have risen 6.5 inches—and nearly half of this has been since 1950. This rise is unevenly distributed, but it’s happening almost everywhere and the problem is accelerating. Warming ocean temperatures, increasing population density, and other factors can be tied to the main cause: melting glacial ice. As record-breaking high temperatures continue to hit areas like Antarctica and Siberia, it’s clear that this problem isn’t going away. What if nothing is done? Coastal communities in both the U.S. and Canada could be destroyed—and not just in the obvious places: By the year 2100, one in six homes in Boston could be regularly flooded. See why sea level rise impacts everyone—even those who live far from a coast—through this strictly scientific look by the Almanac.

**Time-Tested Tips for Fighting Colds and Flu:** The best advice for staying healthy has remained the same for generations—eat a healthy diet, don’t skimp on sleep, stay home when sick, and avoid contact with public surfaces. The 2021 Old Farmer’s Almanac Canadian Edition digs deeper into the tried-and-true (including how and when to wash your hands) and also offers folklore advice that’s a bit less common but—according to some—no less effective!

**Farming for Good:** For anyone who has ever thought about trading in their modern life for rural simplicity, let this article be an inspiration! The 2021 Old Farmer’s Almanac shares the stories of farmers who work their dreams while making a difference, including the British Columbia operation that produces seedling tomato plants for almost half the West Coast greenhouses in Canada and the U.S., a family-owned Ontario farm that is looking to the past to change the future of rhubarb farming (and possibly craft brewing), and the teacher who turned 12 acres of hardscrabble land into a working North Carolina farm that is giving back to the community.

**ALL OF THIS, PLUS ...**
- food, garden, financial, and lifestyle trends for 2021
- love lessons from old Valentines
- the fascinating world of migrating birds
- the ups and downs of competitive stone-skipping
- do-it-yourself weather forecasting
- an unconventional method of chimney-sweeping
- award-winning appetizer recipes
... and many, many more articles and bits of valuable advice that continue The Old Farmer’s Almanac’s time-honored tradition of being “useful, with a pleasant degree of humor.” Good things do come in small packages!

**THE 2021 OLD FARMER’S ALMANAC CANADIAN EDITION IS AVAILABLE at Almanac.ca or wherever books and magazines are sold, including at brick-and-mortar locations of grocery, hardware, and home stores.** The Old Farmer’s Almanac encourages readers to buy from independent booksellers and retailers whenever possible. Find local retailers at Almanac.ca/Wheretobuy.

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**EDITOR’S NOTE:** To set up an interview or request a print edition of The 2021 Old Farmer’s Almanac, please contact Ginger Vaughan (ginger@quinnbrein.com) or Sam Jones (sam@quinnbrein.com) via email. You can also find press materials, cover art, and weather maps at Almanac.ca/Press.