

# EXTRA!

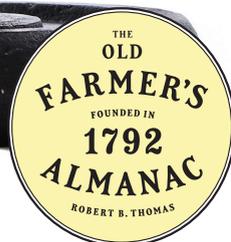
FROM THE OLD FARMER'S ALMANAC

BENEFIT FROM POWERHOUSE PLANTS

RECIPES USING OATMEAL

THE LIFE AND TIMES OF ROBERT B. THOMAS

FITNESS IS FRUGAL



JANUARY 2017

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**lightning bolt**  
**away** from an outage.



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Fitness Is Frugal

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Humor Me  
*Grins and groans from the Almanac*

### WHAT'S NEXT

See what we have in store for our February issue!



# THE MONTH OF JANUARY

## HOLIDAYS, HISTORY, AND FOLKLORE

### ALMANAC 225TH ANNIVERSARY TIME CAPSULE

The following excerpts are from the January Right-Hand Calendar Page of The 1793 [Old] Farmer's Almanac:

*The new year opens—old is past,  
Stern winter comes with its rough blast:  
See the farmer shivering with cold,  
Driving his flocks and herds to fold.*

January 14: Peace ratif. by Con. 1784

- Look to your barns and see that your cattle are well served.
- Cut timber, if you wish to have it last long, it being the best time in the year.



### Moon View

January's full Moon, **the Full Wolf Moon**, occurs on the 12th, at 6:34 A.M. EST.

### SEASONAL NOTE

On January 4, Earth is at perihelion, the point in its orbit at which it is closest to the Sun. The distance between the two orbs will be 91,404,401 miles.



TAP FOR MORE MOON PHASES



TAP FOR MORE ABOUT THE FULL WOLF MOON

### JANUARY'S BIRTHSTONE:

### GARNET

- The word "garnet" is derived from a term that means "seed," because the gem resembles the color and shape of a pomegranate seed.

- Although often seen in shades of red, garnets appear in several other colors, including pink, orange, brown, yellow, green, purple, and black.



- The garnet symbolizes constancy, truth, and faith and was thought to keep the wearer safe during travel.



TAP TO LEARN MORE ABOUT JANUARY'S BIRTHSTONE

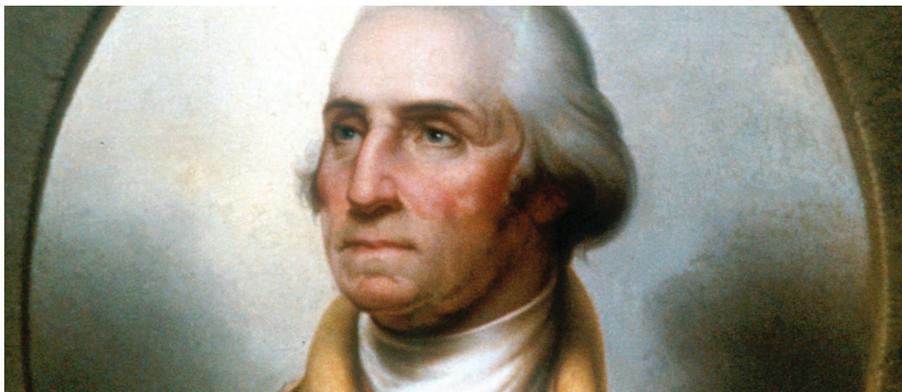
### Folklore Fun

*A summerish January, a winterish spring.*





# THIS MONTH IN HISTORY



## JANUARY 8: “MR. SPEAKER, THE PRESIDENT OF THE UNITED STATES!”

On this day in 1790, President George Washington delivered the first State of the Union address, at Federal Hall in New York City. Required by the Constitution, it was known as “the annual message” until 1946. At 1,089 words, Washington’s speech was the shortest such message ever spoken.

Washington called on Congress for more military spending, new rules for naturalizing citizens, more uniform currency and weights and measures, and the promotion of science and literature.

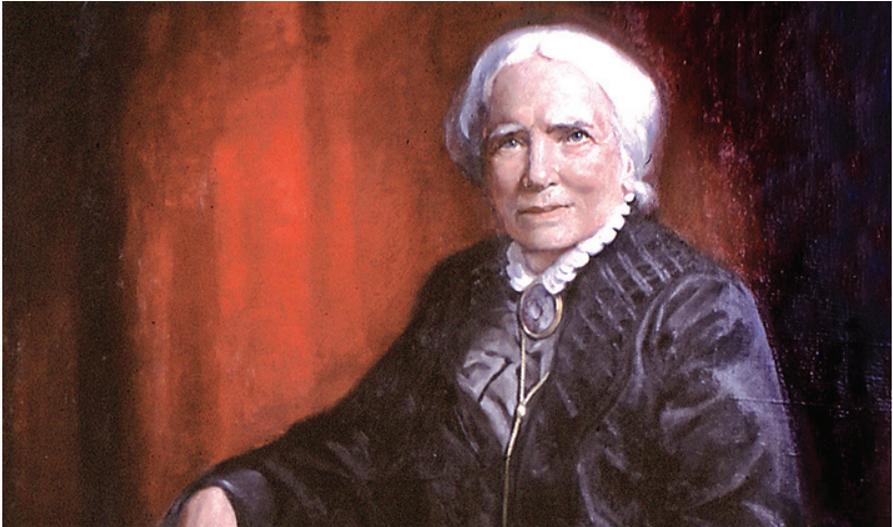
Thomas Jefferson (3rd U.S. president) decided that giving a speech to Congress smacked of monarchy, so he delivered his message in writing, a tradition that lasted until 1913. Franklin Roosevelt (32nd U.S. president) was the first to use the phrase “State of the Union.” Neither William Henry Harrison (9th U.S. president) nor James Garfield (20th U.S. president) lived long enough after election to write the annual message.

**Q:** WHICH U.S. PRESIDENT DELIVERED THE LONGEST SPOKEN STATE OF THE UNION ADDRESS? TAP FOR ANSWER



**Q:** Which U.S. president delivered the longest spoken State of the Union address?

**A:** Bill Clinton (42nd president), at 9,190 words



## JANUARY 23: NO JOKE

On this day in 1849, Elizabeth Blackwell received her degree in medicine from New York's Geneva Medical College (now Hobart and William Smith College). She was the first woman in America to earn her M.D.

Born in England on February 3, 1821 (her family moved to America when she was 11 years old), she was at first far from eager to become a doctor. "The very thought of dwelling on the physical structure of the body and its various ailments filled me with disgust," she wrote in 1895. However, after a close friend who was dying said that she would have been spared her worst suffering had she been treated by a woman, Blackwell began searching for a medical college that would admit her. Every school turned her down because she was a woman. But at Geneva Medical College, the faculty put it to the students, and they, believing the question a joke, voted unanimously to admit her. At graduation, she finished first in her class.

Finding a position in a hospital was just as hard, so Blackwell opened her own dispensary in New York City in 1853. The one-room clinic eventually became the New York Infirmary for Woman and Children (1857), which provided training for women doctors and affordable care for the poor.



## BEST DAYS TO DO THINGS

These January dates, deemed to be propitious in astrology, are based on the astrological passage of the Moon. However, consider all indicators before making any major decisions. —*Celeste Longacre*

### PERSONAL

Begin diet to lose weight: 16, 21  
 Begin diet to gain weight: 3, 7, 30  
 Cut hair to encourage growth: 2, 3, 30, 31  
 Cut hair to discourage growth: 17–19  
 Have dental care: 15, 16  
 Quit smoking: 16, 21  
 Wean children: 16, 21

### AROUND THE HOUSE

Can, pickle, or make sauerkraut: 20, 21  
 End projects: 27  
 Start projects: 29

### OUTDOORS

Begin logging: 25, 26  
 Go camping: 22–24  
 Go fishing: 1–12, 27–31  
 Set posts or pour concrete: 25, 26

### IN THE GARDEN

Destroy pests and weeds: 4–6  
 Graft or pollinate: 11, 12  
 Prune to encourage growth: 4–6  
 Prune to discourage growth: 22–24  
 Plant aboveground crops: 2, 3, 30, 31  
 Plant belowground crops: 20, 21  
 Harvest aboveground crops: 7, 8  
 Harvest belowground crops: 15, 16

### ON THE FARM

Breed animals: 20, 21  
 Castrate animals: 27, 28  
 Cut hay: 4–6  
 Set eggs: 8–10, 17, 18  
 Slaughter livestock: 20, 21  
 Wean animals: 16, 21



## GARDENING BY THE MOON'S SIGN

Use the January dates shown in the Moon's Astrological Place calendar below to find the best days for the following garden tasks:

**PLANT, TRANSPLANT, AND GRAFT:** Cancer, Scorpio, Pisces, or Taurus

**HARVEST:** Aries, Leo, Sagittarius, Gemini, or Aquarius

**BUILD/FIX FENCES OR GARDEN BEDS:** Capricorn

**CONTROL INSECT PESTS, PLOW, AND WEED:** Aries, Gemini, Leo, Sagittarius, or Aquarius

**PRUNE:** Aries, Leo, or Sagittarius. During a waxing Moon, pruning encourages growth; during a waning Moon, it discourages growth.

### THE MOON'S ASTROLOGICAL PLACE IN JANUARY

<b>1</b> Aquarius	<b>9</b> Gemini	<b>17</b> Libra	<b>25</b> Capricorn
<b>2</b> Pisces	<b>10</b> Gemini	<b>18</b> Libra	<b>26</b> Capricorn
<b>3</b> Pisces	<b>11</b> Cancer	<b>19</b> Libra	<b>27</b> Aquarius
<b>4</b> Aries	<b>12</b> Cancer	<b>20</b> Scorpio	<b>28</b> Aquarius
<b>5</b> Aries	<b>13</b> Leo	<b>21</b> Scorpio	<b>29</b> Pisces
<b>6</b> Aries	<b>14</b> Leo	<b>22</b> Sagittarius	<b>30</b> Pisces
<b>7</b> Taurus	<b>15</b> Virgo	<b>23</b> Sagittarius	<b>31</b> Pisces
<b>8</b> Taurus	<b>16</b> Virgo	<b>24</b> Sagittarius	



TAP FOR  
MERCURY IN  
RETROGRADE  
DATES



**APP EXTRA!**  
TAP FOR  
JANUARY  
MOON PHASES

## MERCURY IN RETROGRADE

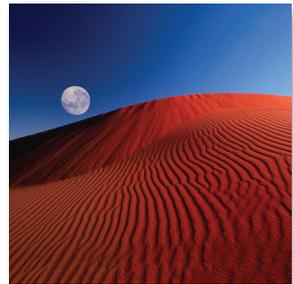
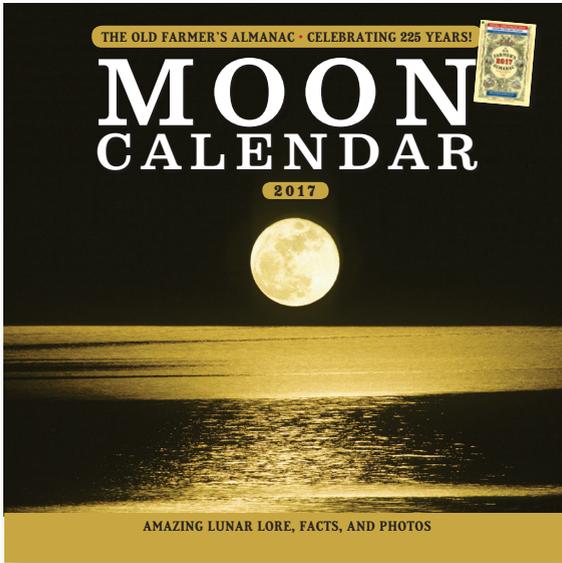
Sometimes the other planets appear to be traveling backward through the zodiac; this is an illusion. We call this illusion retrograde motion.

Mercury's retrograde periods can cause our plans to go awry. However, this is an excellent time to reflect on the past. Intuition is high during these periods, and coincidences can be extraordinary.

When Mercury is retrograde, remain flexible, allow extra time for travel, and avoid signing contracts. Review projects and plans at these times, but wait until Mercury is direct again to make any final decisions.

**Mercury will be retrograde from January 1–9, April 9–May 3, August 13–September 5, and December 3–23.** –*Celeste Longacre*

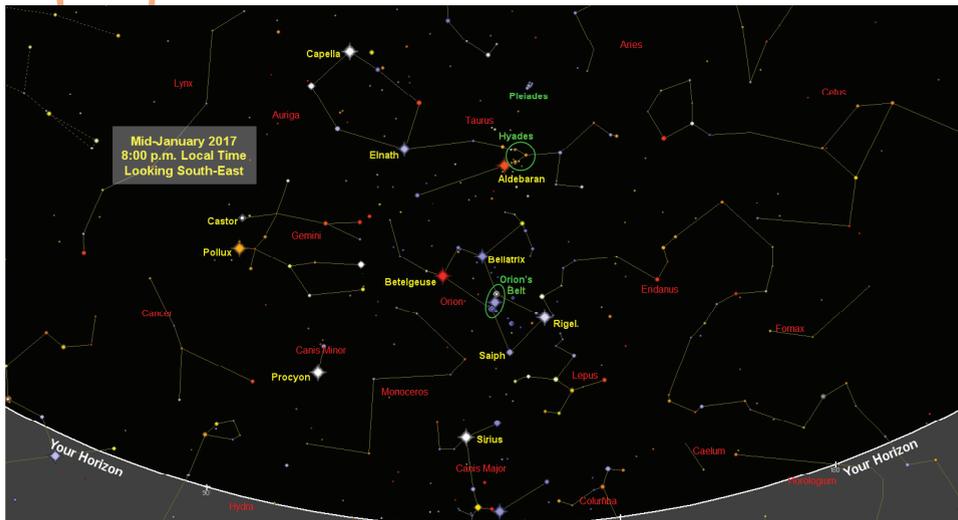
# AMAZING LUNAR LORE, FACTS, AND PHOTOS!



## The 2017 Old Farmer's Almanac Moon Calendar

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## THE BRIGHTEST SKY OF THE YEAR

The combination of crisp, clear winter nights and a southeast sky filled with celestial wonders makes it well worth bundling up, going outside, and scanning the heavens in January.

Orion, the Hunter, is not the largest constellation, but it is unquestionably the brightest. It's home to a pair of the sky's top 10 brightest stars—ruddy Betelgeuse and blue-white Rigel. Star colors are notoriously difficult to discern, but on a clear night, the differing hues of Betelgeuse and Rigel are plain to see at Orion's right shoulder (to our left) when facing us and left knee (to our right), respectively.

Somewhat less luminous are Bellatrix at the Hunter's left shoulder (to our right) and the trio Mintaka, Alnilam, and Alnitak that comprise Orion's Belt. Saiph, at his right knee (to our left), would be a noteworthy star in any other celestial neighborhood, but it doesn't even crack the top five in mighty Orion.

**APP EXTRA!**  
TAP TO GET  
A PRINTABLE  
JANUARY  
SKY MAP

**APP EXTRA!**  
TAP TO  
FOLLOW  
OHIOAN JEFF  
DETRAY'S SKY  
ADVENTURES



Above Orion stands Taurus, the Bull, his long horns jutting to the left and one baleful eye represented by the reddish star Aldebaran. Nearby lies a group of stars that make up the Hyades star cluster. The members of the Hyades lie fairly close together in space, but despite its apparent proximity, Aldebaran is not part of the cluster. It is much closer to us than the Hyades (one reason that it appears brighter) and just happens to lie along the same line of sight. This is one of countless examples where celestial objects appear to us to be close to each other when in fact they are far apart.

**A**bove the Hyades are the Pleiades, also known as the Seven Sisters, among the most famous of star clusters. The cluster is so distinctive and its location so prominent that dozens of ancient cultures found a place in their mythologies for the Pleiades. Most people with good vision can spy five stars when they gaze at the Pleiades. However, if your eyesight is especially acute and the sky is wonderfully clear, you may see seven or even more. If you do, you have “the eyes of a warrior.”

Off to the left is the five-sided figure of Auriga, the Charioteer. The star Elnath is shared between Auriga and Taurus, making it one of the few stars that belongs to two constellations.

**S**winging downward, we find Gemini, the reclining Twins. The twins' names are Castor and Pollux, and eponymous stars represent their heads. They lie holding hands, their legs and feet stretched out toward Orion.

Continuing counterclockwise around the sky, we reach Canis Minor, the Lesser Dog. Its only bright star is Procyon, a name meaning “before the dog.” This refers to the fact that on any given night, Procyon rises above the horizon a few minutes before the bright star Sirius, aka “the Dog Star.” Thus, Procyon rises “before the dog.”

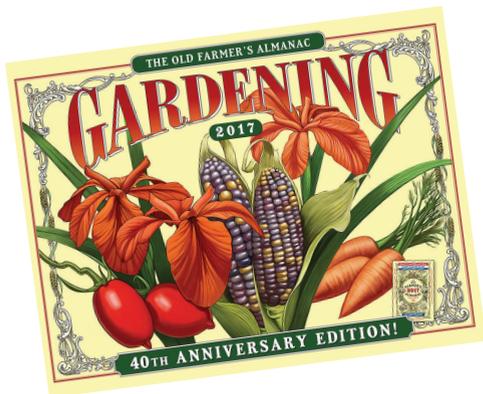
**W**e'll skip over the dim constellation Monoceros to reach Canis Major, the Greater Dog. It is home to the aforementioned Sirius, the brightest star in the night sky; it is almost twice as bright as any other star because it is extremely luminous and relatively nearby.

Get out and enjoy the January sky, the brightest of the year!

—Jeff DeTray



# WINTER WONDERS!



## THE 2017 OLD FARMER'S ALMANAC GARDENING CALENDAR

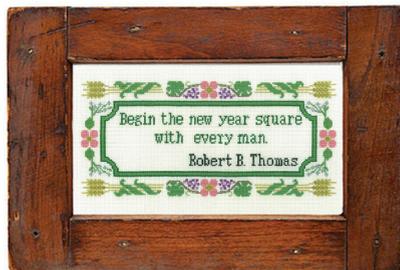
Now in its 40th year, this distinctive calendar is clearly a perennial favorite. Each month brings an original full-color illustration of seasonal flora and fauna, with timely gardening advice, fun facts, and charming lore. **\$9.99**

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These American-made mats stay in place, are easy to clean, and defy weather and wear. **\$59.95**

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## ALMANAC NEW YEAR CROSS STITCH KIT

“Begin the new year square with every man” (i.e., pay your debts!) is an original quote from Robert B. Thomas (1766–1846), founder of *The Old Farmer's Almanac*. **\$12.99**

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# FITNESS IS FRUGAL

If your doctor gave you a prescription that she said would improve your emotional resilience, keep you mentally sharp, help you lose or maintain a healthy weight, reduce your risk of disease and injury, help you manage your chronic disease, improve your sex life, increase your energy, extend your life span, and cost little to

nothing, you'd probably say, Come again?

Well, a huge and growing body of medical research confirms that such a prescription is immediately available—and you don't need a doctor to write it for you. It's exercise!

Of course, unlike when you take a pill, you actually have to exert yourself and keep at it.

But you don't have the time. Nobody in your circle of friends does it. You have a bad back (knee, shoulder, hip).

You can't afford the gym membership. You don't look good in Spandex. You don't have a shower at work. You fell off the exercise wagon, and you can't find the motivation to start over. You hate exercise. You just don't want to do it.

Do people really need to exercise?

Not really. Just give regular workouts to those muscles and tendons you

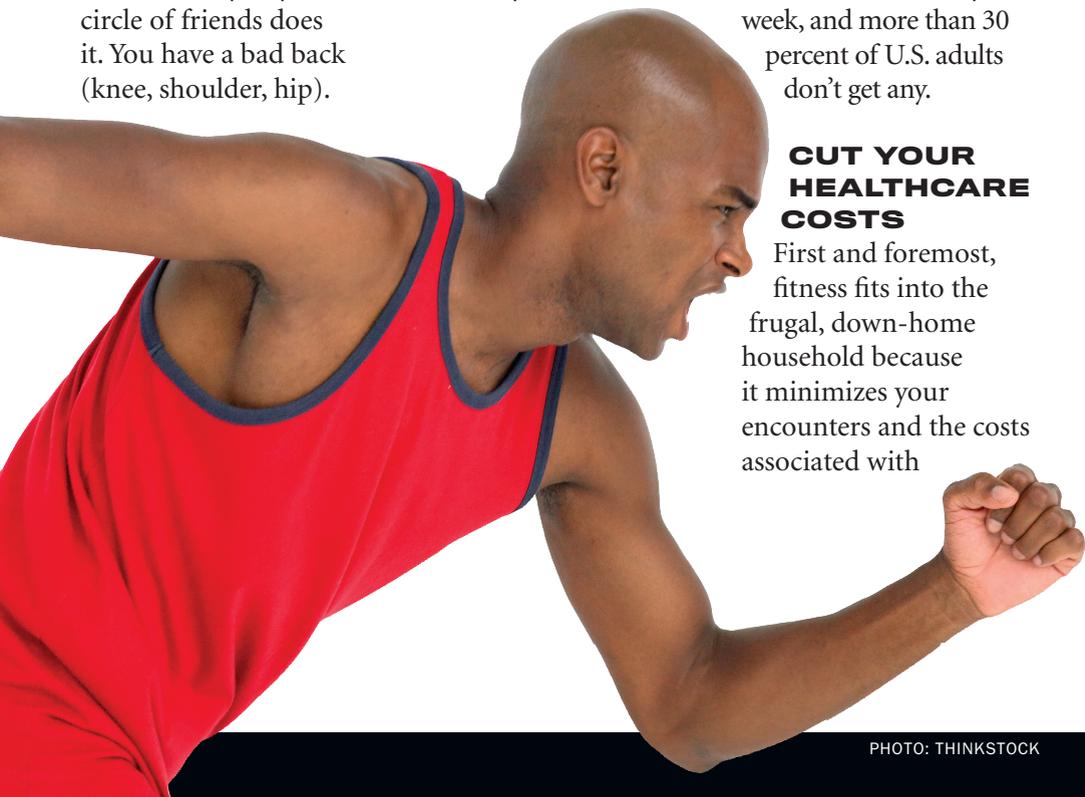
plan to keep using. Because the “use it or lose it” principle really does govern how your body works.

New research suggests that just 15 minutes of exercise a day can add 3 years to your life. Half an hour or an hour or even more, and the many confirmed benefits noted above soar.

Yet just under half of Americans get half an hour of exercise 3 days a week, and more than 30 percent of U.S. adults don't get any.

### **CUT YOUR HEALTHCARE COSTS**

First and foremost, fitness fits into the frugal, down-home household because it minimizes your encounters and the costs associated with



## LIVING NATURALLY

the professional healthcare system by cutting your risk of injury and illness and boosting your emotional health.

If you're pregnant or nursing an injury or if you have a serious disability or a chronic health condition, by all means see your healthcare practitioner before you start an exercise program. He or she can help you find exercises that will work around your limitations but still deliver the benefits of becoming more active.

If not, get up and get moving. Do it today.

### **SELF-START TIPS**

- No excuses. Just do it.
- Start slowly and work up. Increase your speed, duration, and strength gradually.
- The experts tell you to find something that you enjoy. I say don't worry about enjoyment. We're not talking about the same sort of enjoyment that comes from eating a triple-fudge sundae with whipped cream. Most committed exercisers I know almost never want to pull on their duds and get moving. You don't have to want to. You don't have to enjoy it. You only have to do it. Today.
- Find a training partner or partners. The only requirements: Find someone at about your level of fitness and someone who'll always show up. When you find one, he or she will likely become your best friend.



- Read/learn everything you can about how your body works and responds to exercise.
- Learn to stretch and stay flexible to stave off injury.
- Stay indoors on bad

air-quality days.

- Participate in “citizen” sports. Most footraces encourage walkers. Most multisport events encourage teams (e.g., for triathlons, a swimmer, a biker, and a runner). Many big races and charity events feature participant training programs that welcome all comers and tune you up under the supervision of an experienced coach.

### **THE BEST EXERCISE**

What’s the *best* exercise? Walking? Walking the dog? Jogging? Running? Splitting and stacking

firewood? Brisk raking? Shoveling snow or compost? Mowing the lawn with a push mower? Snowshoeing? Swimming? Hiking? Up-and-down-stairs repeats? Jumping rope? Dancing to the radio in your living room? Maybe hula-hooping?

None of the above.

The best exercise is the one you do today. It’s the only one that counts.

—Margaret Boyles



TAP TO READ MORE OF MARGARET BOYLES'S POSTS IN HER “LIVING NATURALLY” BLOG



“Everything you need to plan your vegetable garden”

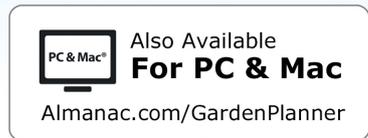


## Plan Your Garden the Easy Way

Draw your ideal garden layout

Access detailed growing advice for each plant

View your personalized planting calendar  
& receive planting reminders by email



# RECIPES USING OATMEAL

Each year in *The Old Farmer's Almanac*, we invite readers to enter our Reader Recipe Contest. We name a topic; in recent years, it has been savory pies, layer cakes, pumpkin, peanut butter, apples, casseroles, and many more. Each contest produces mouthwatering results, and the winners receive cash prizes (up to \$250!).

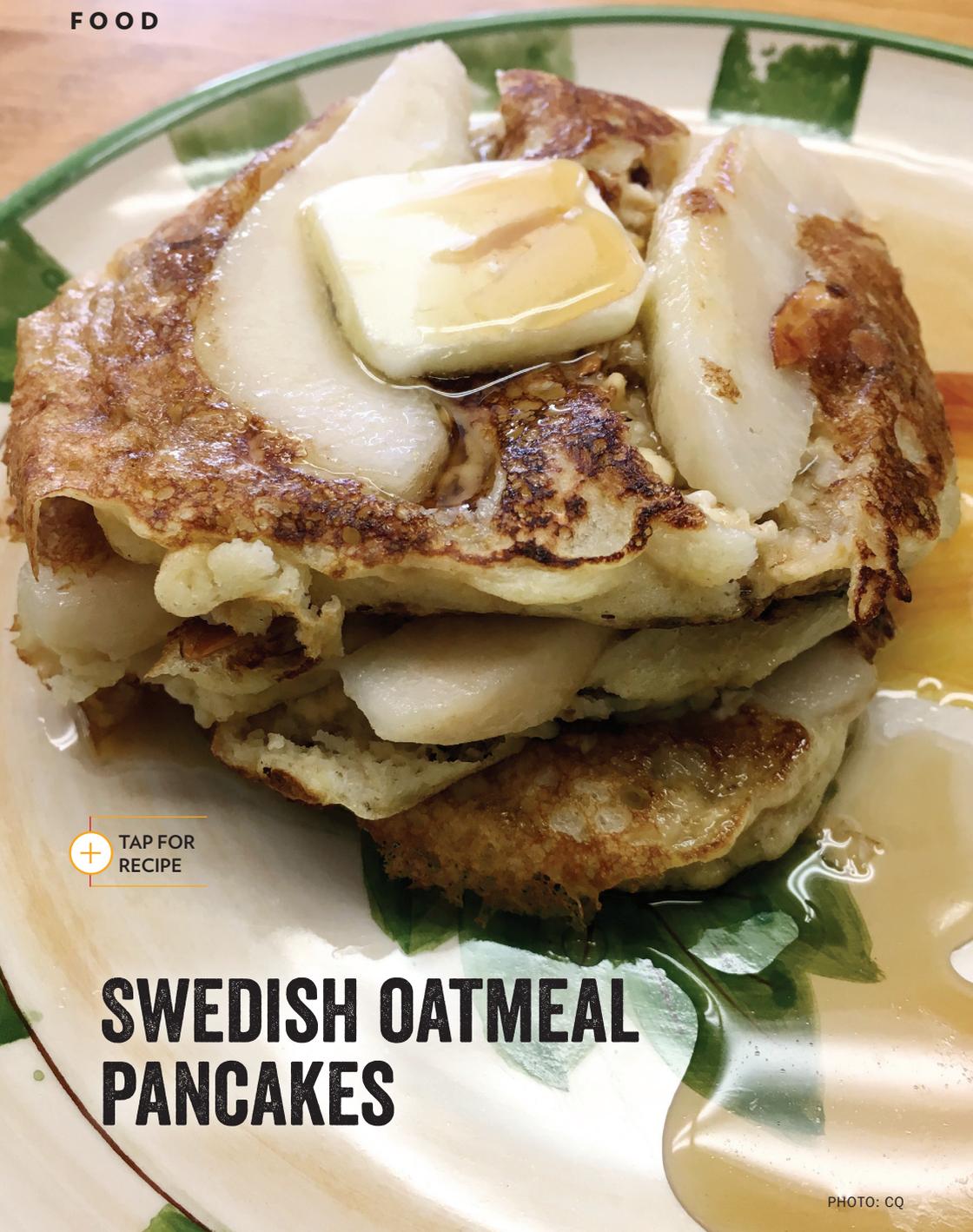
Here you'll find the winners from our 2005 oatmeal recipe contest—just a sampling of the delicious recipes shared in the Almanac and at [Almanac.com](http://Almanac.com).

TAP TO LEARN  
MORE ABOUT  
THIS YEAR'S  
READER RECIPE  
CONTEST

## READER RECIPE CONTEST

*The 2017 Old Farmer's Almanac* Reader Recipe Contest topic is sweet potatoes. Send us your favorite original recipe using sweet potatoes. Entries must be yours, original, and unpublished. Amateur cooks only, please. One recipe per person. The deadline for entries is Friday, January 27, 2017. Enter at [Almanac.com/RecipeContest](http://Almanac.com/RecipeContest). Cash prizes will be awarded for first (\$250), second (\$150), and third (\$100) place. Winners will be printed in the 2018 edition of *The Old Farmer's Almanac* and appear on [Almanac.com](http://Almanac.com).

FOOD



TAP FOR  
RECIPE

# SWEDISH OATMEAL PANCAKES

PHOTO: CQ

**FIRST PRIZE:****SWEDISH OATMEAL PANCAKES**

2 cups old-fashioned rolled oats

2 cups buttermilk, plus more as needed

1/2 cup flour

2 tablespoons sugar

1 teaspoon baking powder

1 teaspoon baking soda

2 large eggs, lightly beaten

4 tablespoons (1/2 stick) unsalted butter, melted  
canola oil, for pan

1 large pear, cored, peeled, and thinly sliced

1/4 cup lightly toasted sliced almonds

In a bowl, combine oats and 2 cups buttermilk. Soak for at least 30 minutes.

In another bowl, combine flour, sugar, baking powder, and baking soda. Stir into oat mixture. Add eggs and butter and stir to blend. Batter should be thick; add 1 to 2 tablespoons buttermilk if batter is too thick to pour.

Place a nonstick or well-seasoned griddle over medium heat. Coat with canola oil. Pour batter in 1/4-cup portions. Place a few pear slices and almonds on each pancake. Cook for 2 to 3 minutes or until browned on bottom. Flip and cook for 2 to 3 minutes more. Serve with butter and maple syrup.

**Makes 4 to 6 servings.**

*—Diane H., Corpus Christi, Texas*

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RECIPE

FOOD

 TAP FOR  
RECIPE

# SPICY GLAZED MEATBALLS

PHOTO: URSULA FERRARA/SHUTTERSTOCK

**SECOND PRIZE:  
SPICY GLAZED MEATBALLS****MEATBALLS:**

- 1 pound lean ground beef
- 1/2 cup old-fashioned rolled oats
- 1/2 teaspoon seasoned salt
- 1/2 teaspoon freshly ground black pepper
- 2 tablespoons minced onion
- 2 teaspoons Worcestershire sauce
- 1/4 cup milk

**GLAZE:**

- 1 cup raspberry jam
- 1 tablespoon white vinegar
- 1/3 cup yellow mustard

Preheat oven to 400°F.

*For meatballs:* In a bowl, mix all meatball ingredients together until well combined. Shape into 1-inch balls.

Coat a large skillet with nonstick cooking spray. Cook meatballs in a single layer over medium heat for 10 to 15 minutes, turning occasionally to brown on all sides. Drain well and place in a single layer in a 13x9-inch baking dish.

*For glaze:* In a food processor or blender, purée jam and vinegar together until smooth. Place jam mixture and mustard in a microwave-safe bowl, stir to blend, and microwave on high for 2 to 3 minutes, or until jam is melted. Spoon the mixture over meatballs. Bake for 15 minutes. Serve warm.

**Makes 4 to 6 servings.**

—Mary S., Ada, Oklahoma

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THIS  
RECIPE

# STUFFED CHICKEN BREASTS



 TAP FOR RECIPE

### THIRD PRIZE: STUFFED CHICKEN BREASTS

#### VINAIGRETTE:

- 5 tablespoons chopped fresh parsley
- 3 tablespoons chopped fresh tarragon
- 1 teaspoon chopped fresh thyme
- 1/2 cup red-wine or rice vinegar
- 1/4 cup extra-virgin olive oil
- 1 clove garlic, minced

#### CHICKEN:

- 4 tablespoons (1/2 stick) butter, softened
- 1/2 cup quick-cooking oatmeal
- 1/2 cup pine nuts, toasted
- 1 sweet onion, minced
- 2 cloves garlic, minced
- salt and pepper, to taste
- 4 boneless chicken breast halves, skin on
- 1/4 cup canola oil

*For vinaigrette:* Combine all vinaigrette ingredients in a bottle or a bowl. Shake or whisk to combine. Set aside.

*For chicken:* In a bowl, mix butter, oatmeal, pine nuts, onion, garlic, salt, and pepper. Set aside.

Lay chicken breasts on their sides and, with a small paring knife, slice through each, making a pocket. Do not cut through the bottom or top of the breast. Stuff each pocket with oatmeal mixture. Wrap each breast with string, stretching the chicken skin over the pocket opening to hold the stuffing in place. Tie to secure. Season with salt and pepper.

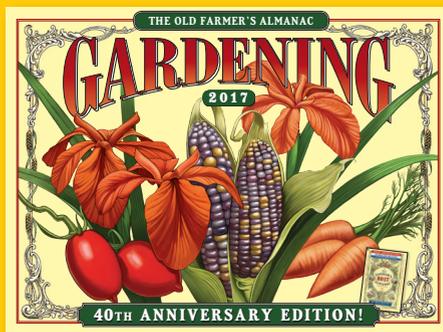
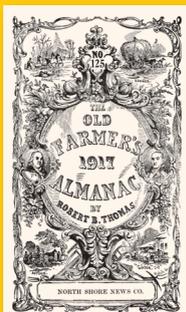
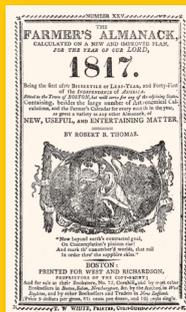
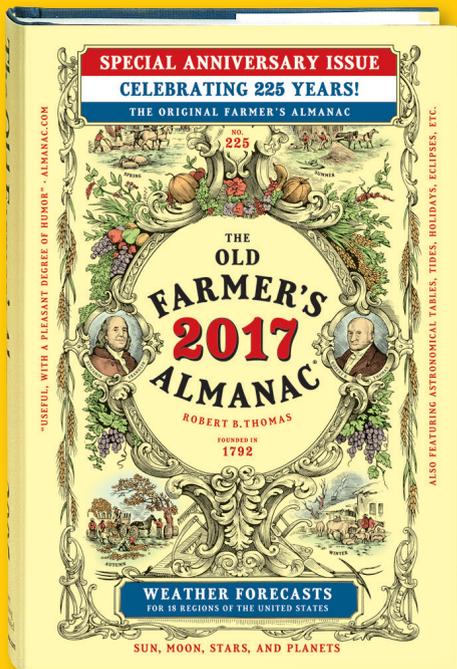
In a skillet over medium-high heat, warm the oil. Add chicken, skin side down. Cover pan and cook for 10 to 12 minutes. Turn breasts over, cover pan, and cook for 10 minutes more. Chicken is done when it is pierced and the juices run clear. Remove chicken from skillet and place on a platter. Remove string. Immediately drizzle with herb vinaigrette, reserving some to pass at the table.

**Makes 4 servings.**

—Ginger M., Rancho Palo Verdes, California

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RECIPE

# SPECIAL ANNIVERSARY ISSUE



## Celebrating 225 Years! THE 2017 OLD FARMER'S ALMANAC

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GARDENING

# Benefit from POWERHOUSE PLANTS

*Plan a nutrient-dense garden for optimal health.*



**W**hen it comes to growing our own food, we often think in terms of yields—how much, how big, how often. Fair enough, but what about the nutritional value of homegrown fruit and vegetables? Putting nutrition at the fore of a planting plan makes good sense; after all, healthful foods are the goal.

A garden rich in nutrients is chock-full of “powerhouse” (the

latest buzzword) fruit and vegetables, with watercress, cabbage, and beet greens topping the list. Ideally, such a garden includes one-third leafy greens; one-third colored vegetables, such as carrots and sweet potatoes; and one-third sulfur-rich vegetables, like brassicas and alliums.

Sometimes referred to as a “superfoods garden,” this is one in which you will find produce that provides the ultimate combination of nutrients. There are 17 critical nutrients for optimal health; potassium, calcium folate, and

vitamins B<sub>12</sub>, A, and D are tops among them.

A sample garden might consist of two parallel raised beds, divided into eight sections (numbered below) to accommodate the following planting plan:

- 1.** Early spinach, followed by cauliflower (after spinach has been harvested)
- 2.** Leeks planted with carrots
- 3.** Endive planted with cabbage
- 4.** Onions, followed by turnips (after the onions have been harvested)
- 5.** Broccoli planted with kale

**+** TAP TO LEARN MORE ABOUT SUPERFOODS' NUTRITIONAL VALUES

## GARDENING

6. Bok choy planted with Swiss chard
7. Beets followed by butternut squash (after the beets have been harvested)
8. Watercress followed by a second crop of spinach

Bear in mind that there is variation in the vitamin and mineral content of produce, depending on the conditions under which it has been grown. Healthy soil is essential for the production of wholesome foods. Nutrients work in concert with soil life; poor soil fertility means less nutritionally valuable crops. This is why eliminating pesticides and herbicides is important—if the soil contains contaminants, then microorganisms, plants, and ultimately humans will absorb these toxins. Conversely, mineral-rich soil is full of active microbes that support healthful yields.

Remember, too, that bigger carrots aren't always better carrots. Relying too heavily on fertilizers—which can deplete the



TAP TO LEARN MORE ABOUT  
AMENDING YOUR SOIL

## GARDENING

soil of major elements, trace minerals, and organic matter—can result in produce that is impressive in size but lacking in nutrients.

When planning a nutritionally focused garden, begin by sending a soil sample to your local cooperative extension office. They will determine the type of soil that you have and make recommendations for any amendments that may be needed.

Choose at least 10 space-efficient, calorie-rich staple crops that return high yields and keep well. Find alternatives to toxic applications and practices—you want to protect (and hopefully enhance) beneficial microbial activity. Adding compost is a good first step.

Once your garden has been planted, spend time observing it to identify any stressors. Keep an eye out for things like wilting foliage; diseases, such as rust or powdery mildew; insect damage, in the form of chewed

leaves; or signs of visiting critters rooting around your crops. By monitoring your garden daily, you will discover any issues early on—when remedying the problem is usually easier and most effective.

Now is the time to plan your garden. As you begin perusing seed catalogs, think about not only the plants that you will harvest but also the nutritional value that they will add to the meals you make.

Cheers to this season's healthy gardens *and* healthy gardeners!



TAP FOR A GREATER SELECTION OF NUTRIENT-DENSE VEGGIES AND FRUIT FOR YOUR GARDEN



## SUPERFOOD NUTRITION

Superfoods are high in nutrients, fiber, and antioxidants—all of which are imperative for optimal health.

Nutrients found in superfoods include vitamins A and C, the B vitamin folate, magnesium, and potassium. Some also contain healthy carbohydrates, proteins, and beneficial fats, such as omega-3 and gamma-linolenic acid (GLA).

The fiber in superfoods is an important digestive aid; it helps in the absorption of nutrients, increases the effectiveness of insulin, and lowers the risk of some diseases.

Foods rich in antioxidants strengthen the immune system and build healthy muscles, bones, and skin.

## NUTRIENT-DENSE VEGETABLES AND FRUIT

beets (roots and greens)	kale	winter squashes
bok choy	mustard	blackberries
broccoli	pumpkins	blueberries
carrots	spinach	grapefruit
cauliflower	sweet potatoes	lemons
chard	tomatoes	limes
Chinese cabbage	turnips (roots and greens)	oranges
endive	watercress	strawberries

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Colorful and comprehensive, our 2017 *Garden Guide* covers it all—from veggies, fruit, and herbs to flowers and unique landscaping.



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A little know-how goes a long way. Learn to grow . . .

- tasty tiny tomatoes
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Go out on a limb and try growing something different, such as . . .

- domesticated wildflowers
- bygone-era biennials

## IN YOUR OWN BACKYARD

There's a world of wonder right outside your door. With the right plants and tools, you can . . .

- attract pollinating bumblebees
- weave a wattle fence
- build a Hügelskultur bed

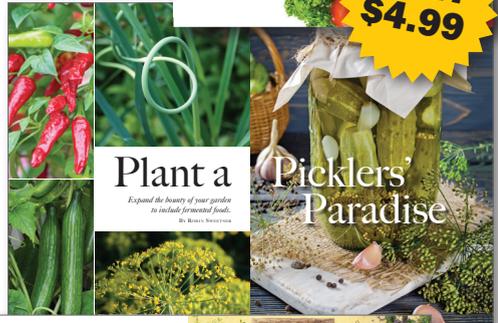
## CALLING ALL COOKS!

Check out our great dishes straight from the garden . . .

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- kraut and kimchi
- winning apple recipes

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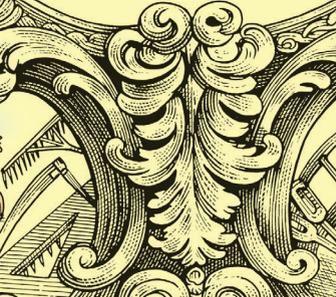


**Available wherever books and magazines are sold**

ANNIVERSARY

# THE LIFE AND TIMES OF ROBERT B. THOMAS

In the 1833 Almanac, founder Robert Bailey Thomas began this *"Concise Memoir of the Author and Editor of The (Old) Farmer's Almanac,"* installments of which were published over a span of 5 years. These follow, in part.



## ANNIVERSARY

In 1764, my father bought a small farm in Shrewsbury, Massachusetts. In 1765, he married Azubah Goodale, of Grafton, at whose house the subject of these memoirs was born, April 24, 1766.

I removed with my parents from Grafton to the farm in Shrewsbury, now West Boylston. I had one brother only, born June 1768, named Aaron. In our youth, we were brought up to farming. Our father, quite a scholar for those days, instructed us at home and sent us to the winter school.

In the winter of 1783–4, my father sent me to Spencer to improve my penmanship with Dr. I. Allen. The succeeding winter, I studied arithmetic, under my father's inspection.

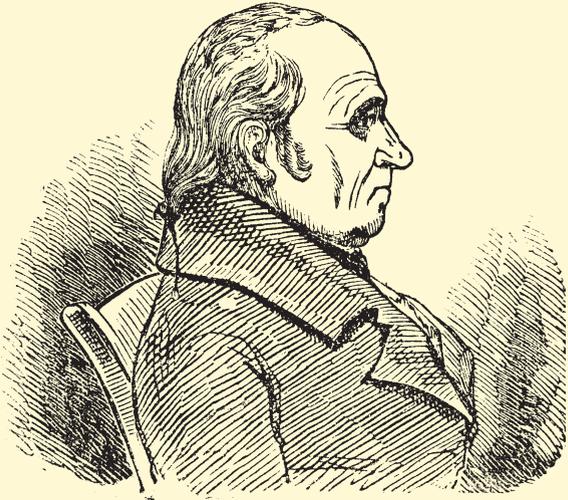
My father possessed a larger library than

usually found in a country town. Among many scientific works, no one engrossed more of my attention than *Ferguson's Astronomy*. From this work, I first acquired the idea of calculating an Almanack [sic].

school in Sterling.

In April 1789, I returned to my father's and pursued my favorite study of astronomy, occasionally laboring on the farm, and busying myself with bookbinding.

I wanted practical



ROBERT B. THOMAS.

In the fall of 1787, I had an invitation to keep school in Princeton. This I continued until the first of April 1788, when I continued on my father's farm through the summer. In the fall, I kept

knowledge of the calculations of an Almanack. In September, I journeyed into Vermont to see the then-famous Dr. S. Sternes, who for many years calculated Isaiah Thomas's Almanack,

but failed to see him.

The next winter, I agreed to keep school in Sterling.

**I** pursued my avocations through the summer. There being few books in the country, I found good sales to the storekeepers, schoolmasters, etc.

In the fall, I called on Isaiah Thomas of Worcester (no relation) to purchase 100 of his Almanacks in sheets, but he refused to let me have them. I was mortified and came home with a determination to have an Almanack of my own. I knew that there were many things in his that were not generally approved of and which I knew I could remedy.

In the spring of 1791, I returned home to my father's and pursued bookbinding, except when I assisted in hay-

making. On January 1, 1792, I commenced keeping school.

After finishing my school, I returned to my father's, with a full determination never to resume it again. I made up my mind to follow the binding business. Still I could not relinquish the idea of publishing an Almanack.

The last of June or the first of July 1792, I went to Boston and arranged with Osgood Carlton, a teacher of mathematics, to instruct me in astronomy as related to calculating an Almanack. This he readily consented to do.

By the latter part of August, I had made all the calculations for an Almanack for 1793. Before I left town, I disposed of my copy to two young printers for a certain percentage on all those that should be sold. —R.B.T.

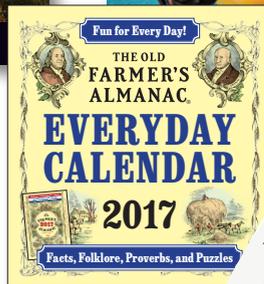
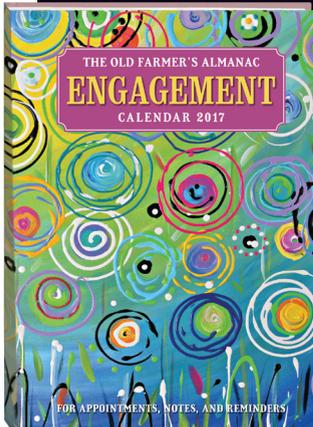
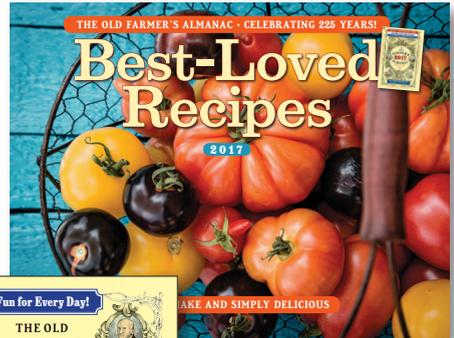
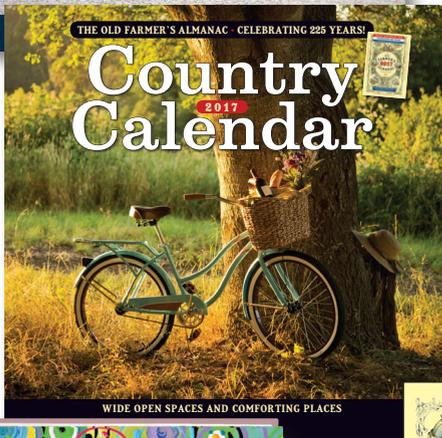
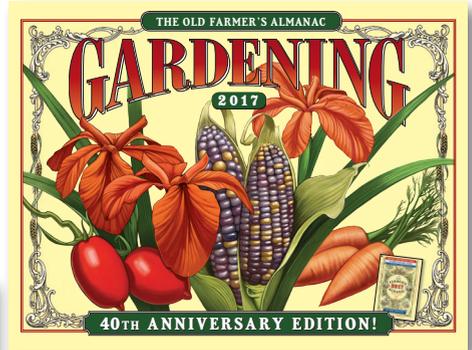
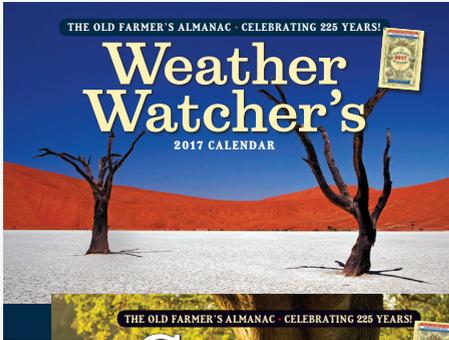
## EPILOGUE

*The Farmer's Almanac*, first published in 1792 by Robert B. Thomas, was an immediate success. Circulation of its second edition tripled from 3,000 to 9,000 copies. Thomas remained the editor until his death at age 80 in 1846, supposedly while reading proofs for the 1847 edition. By then, his was the oldest almanac in the country. This fact inspired Thomas's successor, John H. Jenks, to add the word "Old" to the title, forever distinguishing this publication from common forms of the genre. Today, *The Old Farmer's Almanac* stands as the oldest continuously published periodical in North America.



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# WEATHER FORECASTS

THE LAST 12 DAYS OF JANUARY RULE THE WEATHER FOR THE WHOLE YEAR.



TAP TO FIND OUT THE WEATHER HISTORY OF THE DAY



LOVE ALL THINGS WEATHER? TAP FOR THE WEATHER FOLKLORE OF THE DAY

## HOW WE MAKE OUR PREDICTIONS

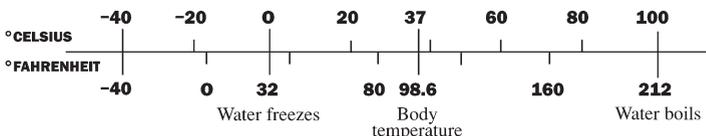
We derive our weather forecasts from a secret formula that was devised by the founder of this Almanac, Robert B. Thomas, in 1792. Thomas believed that weather on Earth was influenced by sunspots, which are magnetic storms on the surface of the Sun.

Over the years, we have refined and enhanced this formula with state-of-the-art technology and modern scientific calculations. We employ three scientific disciplines to make our long-range predictions: solar science, the study of sunspots and other solar activity; climatology, the study of prevailing weather patterns; and meteorology, the study of the atmosphere. We predict weather trends and events by comparing solar patterns and historical weather conditions with current solar activity.

Our forecasts emphasize temperature and precipitation deviations from averages, or normals. These are based on 30-year statistical averages prepared by government meteorological agencies and updated every 10 years. Most-recent tabulations span the period 1981 through 2010.

We believe that nothing in the universe happens haphazardly, that there is a cause-and-effect pattern to all phenomena. However, although neither we nor any other forecasters have as yet gained sufficient insight into the mysteries of the universe to predict the weather with total accuracy, our results are almost always very close to our traditional claim of 80 percent.

### CELSIUS-FAHRENHEIT TABLE

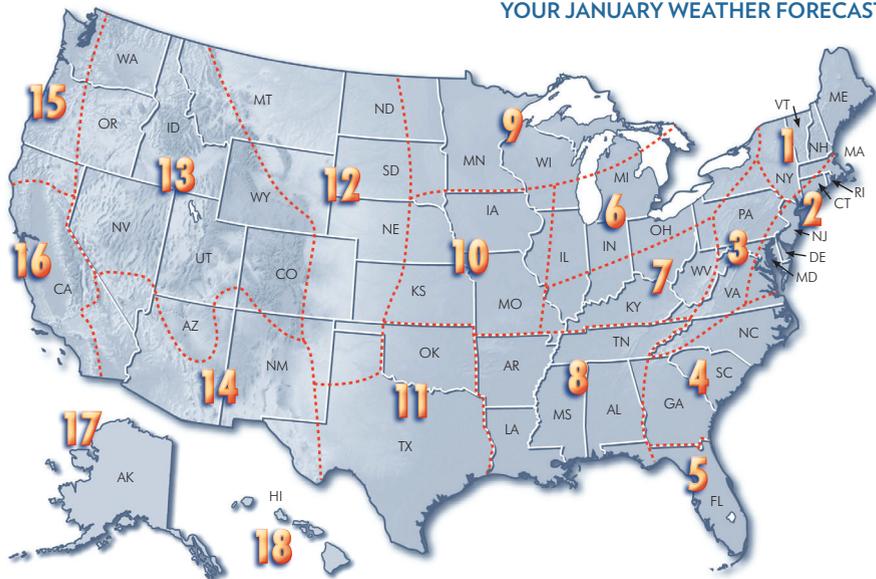




# WEATHER FORECASTS

## MAP OF U.S. WEATHER REGIONS

CHECK YOUR REGION TO SEE YOUR JANUARY WEATHER FORECAST.



## MAP OF CANADIAN WEATHER REGIONS





## WEATHER FORECASTS

THE LAST 12 DAYS OF JANUARY RULE THE WEATHER FOR THE WHOLE YEAR.

### U.S. FORECASTS JANUARY 2017

#### REGION 1: **NORTHEAST**

---

Temp. 25° (2° above avg.); precip. 2" (1" below avg.). 1–7 Sprinkles, quite mild. 8–10 Flurries, cold. 11–12 Sunny, mild. 13–18 Snow, then showers, mild. 19–25 Snow showers, cold. 26–31 Snow, then flurries, cold.

#### REGION 2: **ATLANTIC CORRIDOR**

---

Temp. 38° (3° above avg.); precip. 2.5" (1" below avg.). 1–7 Rainy periods, turning warm. 8–10 Sunny, very cold. 11–18 Showers, mild. 19–25 Snow, then sunny, cold. 26–31 Periods of rain and snow.

#### REGION 3: **APPALACHIANS**

---

Temp. 33° (3° above avg.); precip. 3" (avg.). 1–2 Sunny, cold. 3–6 Rainy periods, mild. 7–10 Snow showers, then sunny, cold. 11–18 Rainy periods, mild. 19–25 Snow showers, cold. 26–31 Snow, then flurries, cold.

#### REGION 4: **SOUTHEAST**

---

Temp. 47° (4° above avg.); precip. 6" (avg. north, 3" above south). 1–7 Showers, mild. 8–13 Sunny; cold, then mild. 14–21 A few showers, mild. 22–27 Showers, some ice and wet snow inland; cold. 28–31 Sunny.

#### REGION 5: **FLORIDA**

---

Temp. 65° (5° above avg.); precip. 3.5" (1" above avg.). 1–3 Sunny, turning warm. 4–7 T-storms, warm. 8–11 Scattered showers, cool. 12–22 Isolated t-storms, warm. 23–27 T-storms, mild. 28–31 Sunny, chilly.



## WEATHER FORECASTS

### REGION 6: LOWER LAKES

---

Temp. 26.5° (2° above avg. east, 3° below west); precip. 2" (0.5" below avg.). 1–5 Lake snows, cold east; sunny, mild west. 6–9 Rain to snow, turning bitterly cold. 10–17 Rain and snow showers, mild. 18–24 Lake snows, very cold. 25–31 Rain to snow, then lake snows, very cold.

### REGION 7: OHIO VALLEY

---

Temp. 34° (1° above avg.); precip. 2.5" (0.5" below avg.). 1–5 Rain, then sunny, mild. 6–10 Rain to snow, then sunny, bitter cold. 11–18 Rainy periods, mild. 19–25 Snow showers, cold. 26–31 Rain, then snowy periods, cold.

### REGION 8: DEEP SOUTH

---

Temp. 50° (5° above avg.); precip. 5.5" (1" below avg. north, 2" above south). 1–6 Rainy periods, mild. 7–10 Sunny, cold. 11–17 Showers, warm. 18–22 Rainy periods; colder north, warm south. 23–31 Periods of rain and snow north, showers south; cold.

### REGION 9: UPPER MIDWEST

---

Temp. 8° (5° below avg.); precip. 1" (0.5" below avg. east, 0.5" above west). 1–3 Sunny, mild. 4–8 Snow showers, turning bitterly cold. 9–11 Snow, then sunny, mild. 12–17 Snowy periods, cold. 18–22 Snow showers, frigid. 23–26 Flurries, cold. 27–31 Snow, then flurries, frigid.

### REGION 10: HEARTLAND

---

Temp. 27° (4° below avg. north, avg. south); precip. 0.5" (0.5" below avg.). 1–4 Sunny, mild. 5–9 Rain to snow, then sunny, very cold. 10–15 Sunny, mild. 16–23 Snow, then flurries, very cold. 24–26 Snowy periods north, showers south. 27–31 Snow showers, very cold.



## WEATHER FORECASTS

### REGION 11: TEXAS-OKLAHOMA

---

Temp. 51° (1° below avg. north, 5° above south); precip. 1" (1" below avg.). 1–5 Sunny, mild. 6–9 Flurries north, showers south, then sunny, cold. 10–17 Sunny, turning warm. 18–26 Periods of rain and snow north, rain south; turning cold. 27–31 Sunny, cool.

### REGION 12: HIGH PLAINS

---

Temp. 24° (8° below avg. north, avg. south); precip. 0.5" (avg.). 1–8 Flurries, then sunny, frigid. 9–16 Flurries north; sunny, mild south. 17–26 Snow showers, turning bitterly cold. 27–31 Flurries, milder.

### REGION 13: INTERMOUNTAIN

---

Temp. 34° (2° above avg.); precip. 1" (0.5" below avg.). 1–4 Snow showers, cold north; sunny, mild south. 5–10 Snow showers north, sunny south. 11–15 Rainy periods north, sunny south; quite mild. 16–18 Snowstorm north, flurries south. 19–27 Flurries, turning bitterly cold. 28–31 Flurries, mild.

### REGION 14: DESERT SOUTHWEST

---

Temp. 47.5° (2° above avg. east, 3° below west); precip. 0.2" (0.3" below avg.). 1–4 Sunny, cool. 5–22 Sunny; mild east, cold west. 23–31 Snow, then sunny east; sunny west; cold.

### REGION 15: PACIFIC NORTHWEST

---

Temp. 40° (3° below avg.); precip. 9" (3" above avg.). 1–4 Stormy, rain and wet snow. 5–8 Sprinkles, cool. 9–15 Rain, some heavy; turning mild. 16–23 Rain to snow, then sunny, very cold. 24–28 Rain and snow showers, cold. 29–31 Rainy, mild.

### REGION 16: PACIFIC SOUTHWEST

---

Temp. 51° (3° below avg.); precip. 1" (2" below avg.). 1–12 Sunny, cool. 13–20 Rainy periods, cool. 21–26 Sunny, cool. 27–31 Rainy, mild.



## CANADIAN WEATHER FORECASTS

### REGION 17: ALASKA

---

Temp.  $-9^{\circ}$  N,  $32^{\circ}$  S ( $3^{\circ}$  above avg.); precip. 0.2" N, 5" S (avg.). 1–9 Flurries, very cold. 10–17 Partly cloudy, cold. 18–24 Snowy periods, quite mild. 25–31 Flurries, turning colder N+C; snowy periods, mild S.

**KEY:** Panhandle (P), Aleutians (A), north (N), central (C), south (S), west-central (WC), east-central (EC), south-central (SC), elsewhere (EW)

### REGION 18: HAWAII

---

Temp.  $72^{\circ}$  ( $1^{\circ}$  below avg.); precip. 3.2" (avg. E+W,  $2^{\circ}$  above C). 1–9 Scattered showers, cool. 10–14 Showers E, a few sprinkles C+W; cool. 15–17 Heavy rain and t-storms. 18–27 Isolated showers, cool. 28–31 Rainy periods, seasonable.

**KEY:** east (E), central (C), west (W)

UNDER THE SNOW THE VEGETABLES PURR,  
LIKE AN OL' MAN 'NEATH A MANTLE OF FUR.

## CANADIAN FORECASTS JANUARY 2017

### REGION 1: ATLANTIC CANADA

---

Temp.  $-4^{\circ}$ C (avg.); precip. 60mm (40mm below avg.). 1–3 Flurries, cold. 4–8 Rainy periods, mild. 9–14 Snowstorm, then flurries, mild. 15–19 Snow, then rainy, mild. 20–28 Snow showers, very cold. 29–31 Rain to snow.

### REGION 2: SOUTHERN QUEBEC

---

Temp.  $-7.5^{\circ}$ C ( $3^{\circ}$ C above avg.); precip. 75mm (avg.). 1–7 Snow showers, mild. 8–11 Rain to snow, then flurries, very cold. 12–13 Rain and snow, mild. 14–18 Snow showers, mild. 19–27 Rain to snow, then flurries, cold. 28–31 Blizzard, then flurries, very cold.



## CANADIAN WEATHER FORECASTS

### RÉGION 2: QUÉBEC DU SUD

---

Temp.  $-7,5^{\circ}\text{C}$  ( $3^{\circ}\text{C}$  au-dessus de la moy.); précip. 75mm (moy.). 1–7 Chutes de neige, doux. 8–11 Pluie voire neige, puis rafales, très froid. 12–13 Pluie et neige, doux. 14–18 Chutes de neige, doux. 19–27 Pluie voire neige, puis rafales, froid. 28–31 Blizzard, puis rafales, très froid.

### REGION 3: SOUTHERN ONTARIO

---

Temp.  $-10^{\circ}\text{C}$  ( $1^{\circ}\text{C}$  above avg. east,  $3^{\circ}\text{C}$  below west); precip. 50mm (10mm above avg.). 1–5 Snow, then flurries, milder. 6–9 Snow, then flurries, very cold. 10–19 Periods of rain and snow, mild east; snowy, cold west. 20–26 Snow showers, cold. 27–31 Snowy periods east, sunny west; cold.

### REGION 4: THE PRAIRIES

---

Temp.  $-19^{\circ}\text{C}$  ( $6^{\circ}\text{C}$  below avg.); precip. 25mm (5mm above avg.). 1–9 Snowy periods, bitter cold. 10–20 Snow showers, mild, then bitter cold. 21–31 Snow showers, mild, then very cold.

### REGION 5: SOUTHERN BRITISH COLUMBIA

---

Temp.  $-3^{\circ}\text{C}$  ( $5^{\circ}\text{C}$  below avg.); precip. 130mm (avg. east, 40mm below west). 1–3 Snow showers, turning cold. 4–8 Snowy periods, cold. 9–11 Rainy periods coast, snow inland; mild. 12–16 Snowstorm north, snow to rain south. 17–29 Snow flurries, cold. 30–31 Snow coast, flurries inland.

### REGION 6: YUKON

---

Temp.  $-29^{\circ}\text{C}$  ( $5^{\circ}\text{C}$  below avg.); precip. 23mm (2mm below avg.). 1–3 Snowy periods, mild. 4–7 Clear, very cold. 8–11 Snow showers, mild. 12–20 Clear, very cold. 21–27 Snow showers, turning mild. 28–31 Flurries, cold.

### REGION 7: NORTHWEST TERRITORIES

---

Temp.  $-30^{\circ}\text{C}$  ( $2^{\circ}\text{C}$  below avg.); precip. 7mm (5mm below avg.). 1–8 Flurries, very cold. 9–16 Snow showers, milder. 17–21 Clear, cold. 22–26 Snow showers, milder. 27–31 Clear, cold.



On March 24, 2016, Arctic sea ice was at a record low wintertime maximum extent for the second straight year. At 5.607 million square miles, it was at its lowest maximum extent in the satellite record, and 431,000 square miles below the 1981–2010 average maximum extent.

## SIGNS OF COMING COLD

**A**s I write this in late November 2016, extremely unusual weather has dominated the northern climes for more than a month: Temperatures at and around the North Pole have been rising above freezing, while Siberia shivers through record cold.

The north polar region has been experiencing temperatures some 30 to 50 degrees F above normal, which has kept sea ice formation at record low levels. Meanwhile, temperatures in Siberia have plummeted to  $-30^{\circ}$  to  $-50^{\circ}$  F, shattering their daily cold records by 10 to 20 degrees.



This all ties in with a recent study published in *Nature Climate Change* by researchers at China's Lanzhou University, who found that a loss of sea ice in the Arctic regions due to rising temperatures in the Barents–Kara seas, along with an increase in snow cover over Europe and Asia, has caused the polar vortex to weaken.

**Y**ou may recall that the polar vortex was associated with cold air in eastern North America a couple of winters ago. The weakening and shifting of the vortex suggested by the Lanzhou study would block high pressure systems from dominating Earth's high latitudes, sending them southward and bringing cold temperatures into the eastern and north-central United States.

Other studies have shown that increases in Eurasian and Siberian snow cover in the fall can have similar effects on the polar vortex, bringing cold and snowy weather into the northeastern quarter of the United States.

These studies combine to suggest that the coming winter will be much colder than the past one in the eastern and central portions of North America.

**A**ll of this is consistent with the change from last winter's strong El Niño to a weak La Niña this fall and winter. Along with the other factors that control our winter weather, this means that nearly all of the country will be colder than last winter, although most places will still have above-normal temperatures when averaged across the entire winter season. Snowfall will be above normal from southern New England and western New York southwestward through the Appalachians; from eastern Minnesota eastward to the U.P. (Upper Peninsula) of Michigan and southward to St. Louis, Missouri; and from central North Dakota westward to the Pacific coast, with below-normal snowfall in most other places that normally receive snow. Rainfall and precipitation will again be below normal in most of California, which could result in higher food prices next spring and summer.

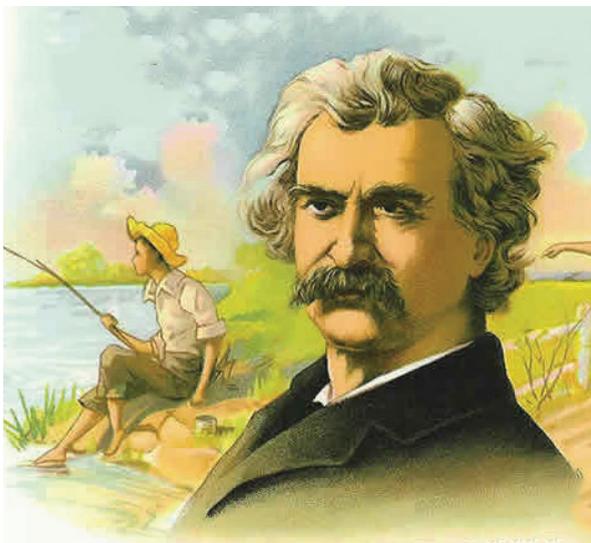
—Michael Steinberg, *Old Farmer's Almanac meteorologist*



# HUMOR ME

## GRINS AND GROANS FROM THE ALMANAC

### Vermont Reticence



The eminent humorist Samuel Clemens, who spoke and wrote under the name Mark Twain, at one time appeared before a gathering of

Vermont natives in the town of Brattleboro, Vermont. During his allotted time on the platform, he told story after story that,

before other audiences, had brought gales of laughter.

These Vermonters, however, never cracked a smile.

Afterward, Clemens decided that he would mingle with the crowd to try to learn why the reaction had been so unfavorable. Standing nearby a carriage into which a man from the audience was lifting his wife, Clemens heard him say:

“Mabel, you know, that speaker was real good. It was all I could do to keep from laughing.”

---

**A PHILOSOPHER, BEING ASKED WHETHER LIFE IS WORTH LIVING,  
ANSWERED: “THAT DEPENDS ON THE LIVER.”**



## A FINE JOB HE DID

While speaking of a rival in the same trade, a painter friend of ours remarked, “Yes, John did a fine job of whitening the ceiling. He put on three coats. One for the ceiling, one for himself, and one for the floor.”



## The Truth Comes Out

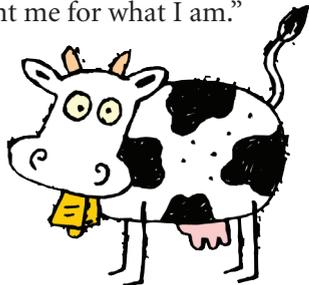
*Salesman Jack:* “I made two calls this afternoon, and I must have left my umbrella at the last place I called.”

*Tom:* “But how do you know you didn’t leave it at the first place?”

*Salesman Jack:* “Because that’s where I got it.”

## JUST BETWEEN US COWS

Says the bright young Black Angus calf [a beef cow] to her friend, the Jersey [a milk cow]: “The difference between a milk cow and a beef cow is that they’ll only want you for what they can get out of you, while they’ll want me for what I am.”



19TH-CENTURY NONSENSE:

## BROWN TOAST

For many years, the late, celebrated Dr. Brown gave his attentions to a lady, however unsuccessfully, and whenever called upon to make a toast to a lady, took care to always propose her good health.

One evening, it was noticed that he had forgotten to toast his favorite lady.

“Indeed,” said the good doctor, “I find it all in vain. I have toasted her so many years and have not been able to make her Brown, so I am determined to toast her no longer.”

## WORDS OF WISDOM

A widowed mother had raised five very successful sons and was given a recognition banquet by her hometown folks. In introducing her, the emcee suggested that she explain her secret for raising five fine, industrious sons.

The proud woman stood up and said, “The secret lies in an occasional pat on the back. It gets positive results if administered young enough, often enough, and low enough.”

“Curtains of white  
and green light draped  
over us. It seemed  
like we could reach up  
and touch the folds.”

—Nancy V., Ventura, CA,  
about a Bob Berman trip

## See the Northern Lights with *The Old Farmer's Almanac!*

Join us in Alaska to see the aurora borealis from February 26–March 3, 2017.  
Led by the Almanac's astronomy editor, Bob Berman,  
this 6-day, 5-night adventure promises to be the trip of a lifetime.

**By night, behold the blazing and magical curtains of light. By day, tour Alaska!**

Highlights include:

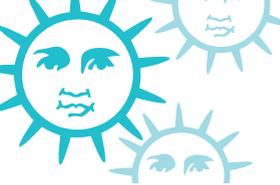
- accommodations, most meals
- luxury bus transport in Alaska
- Museum of the North,  
University of Alaska Fairbanks
- World Ice Art Championships
- dog sledding
- hot springs pool
- astronomy lectures
- photography tutorial
- optional train tour
- and much, much more!



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**LEARN MORE**

Ice Sculpture photo: FairbanksMike

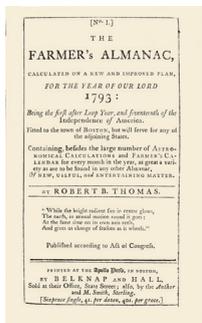


# WHAT'S NEXT



## GARDENING

All about roses



## ANNIVERSARY

Almanacs in American history



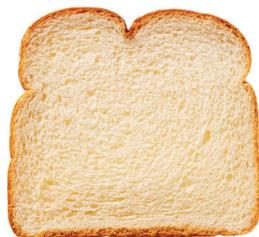
## CALENDAR

Full Snow Moon, two eclipses, birthstone amethyst, the real Robinson Crusoe, presidential succession, 1793 Almanac tidbits



## FOOD

Good-bye, fast food—hello, scrumptious slow cooker recipes



## LIVING NATURALLY

Household uses for stale bread



## ASTRONOMY

Explore with our Sky Map

**PLUS:** Weather Update • U.S. and Canadian weather forecasts • Best Days to Do Things • Gardening by the Moon's Sign • Humor • and much more in the February *EXTRA!*

**CELEBRATING THE ALMANAC'S 225TH YEAR!**