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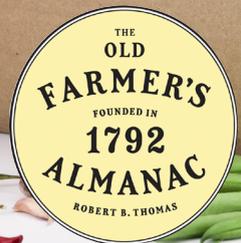
FROM THE OLD FARMER'S ALMANAC

**FARMERS' MARKET
RECIPES**

**WHY THE FIRST
DAY OF SUMMER
IS ALSO ALMOST
MIDSUMMER**

**TODAY'S HOME
ECONOMICS**

**HOOP, HOOP,
HURRAY!**



JUNE 2019

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EYE ON THE SKY

MOON PHASES

New Moon:

June 3, at
6:02 A.M. EDT

First Quarter:

June 10, at
1:59 A.M. EDT

Full Strawberry

Moon: June 17,
at 4:31 A.M. EDT

Last Quarter:

June 25, at
5:46 A.M. EDT



TAP FOR MORE
ABOUT MOON
PHASES



TAP FOR MORE
ABOUT JUNE'S
FULL MOON

ABOUT THIS MONTH

This month likely was named for the Roman goddess Juno, patroness of marriage and the well-being of women. Another interpretation says that the name came from the Latin *juvenis*, “young people,” who were celebrated at this time.

Birthstones: Pearl, Alexandrite, and Moonstone



Birth Month Flowers: Honeysuckle and Rose



HOLIDAY HAPPENINGS

June 5: World Environment Day
June 14: Flag Day
June 16: Father's Day
June 21: Summer Solstice
June 21: National Indigenous Peoples Day (Canada)



WACKY TIMES

June 17–23: National Pollinator Week
June 1: Say Something Nice Day
June 3: Chimborazo Day
June 6: National Yo-Yo Day
June 8: Upsy Daisy Day
June 21: Go Skateboarding Day
June 30: Asteroid Day



JUNE'S QUIZ

Which of the following is a traditional gift to give on a 19th wedding anniversary?

- A. aquamarine
- B. china
- C. coral
- D. lace

RHYME TIME

*Ah, happy day, refuse to go!
 Hang in the heavens forever so!
 Forever in midafternoon,
 Ah, happy day of happy June!*

—Harriet Elizabeth Prescott Spofford, American writer
 (1835–1921)

Answer: A.

B., 20th year; C., 35th year; D., 13th year.



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BEST DAYS TO DO THINGS

These June 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*

IN THE GARDEN

Destroy pests and weeds: 25, 26

Graft or pollinate: 4–6

Harvest aboveground crops: 9, 10

Harvest belowground crops: 1,
27–29

Mow to decrease growth: 25, 26

Mow to increase growth: 13, 14

Pick fruit: 9, 10

Plant aboveground crops: 5, 6, 13,
14

Plant belowground crops: 22, 23

Prune to discourage growth: 25, 26

Prune to encourage growth: 7, 8



PERSONAL

Advertise to sell: 13, 14
Ask for a loan: 20, 21
Begin diet to lose weight: 1, 24, 29
Begin diet to gain weight: 10, 14
Buy a home: 13, 14
Color hair: 1, 27–29
Cut hair to discourage growth:
22–24
Cut hair to encourage growth: 11, 12
Get married: 11, 12
Have dental care: 9, 10
Move (house/household): 2, 3
Perm hair: 20, 21
Quit smoking: 1, 24, 29
Straighten hair: 15, 16
Travel for pleasure: 7, 8
Wean children: 1, 24, 29

AROUND THE HOUSE

Bake: 4–6
Brew: 13, 14
Can, pickle, or make sauerkraut:
22–24
Demolish: 13, 14

Dry fruit/vegetables/meat: 25, 26
End projects: 2
Lay shingles: 7, 8
Make jams/jellies: 22–24
Paint: 11, 12
Start projects: 4
Wash floors: 22–24
Wash windows: 25, 26

OUTDOORS

Begin logging: 17–19
Go camping: 15, 16
Go fishing: 3–17
Set posts or pour concrete: 17–19

ON THE FARM

Breed animals: 13, 14
Castrate animals: 20, 21
Cut hay: 25, 26
Purchase animals: 4–6
Set eggs: 11, 12, 19, 20
Slaughter livestock: 13, 14
Wean animals: 1, 24, 29

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.

In 2019 to come, Mercury will be retrograde during **July 7–August 2**, and **October 31–November 20**.

—Celeste Longacre



GARDENING BY THE MOON'S SIGN

Use the June 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

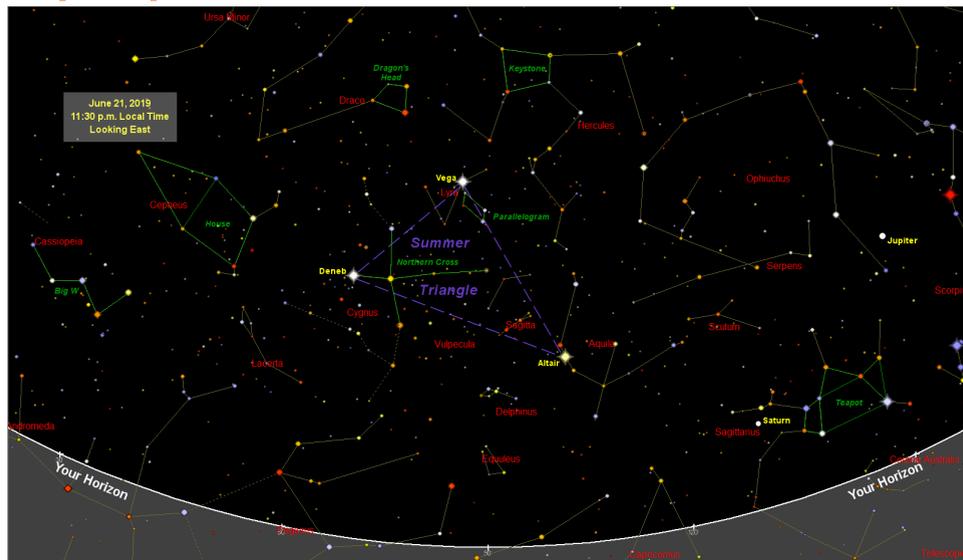
PRUNE: Aries, Leo, or Sagittarius. During a waxing Moon, pruning encourages growth; during a waning Moon, it discourages growth.

THE MOON'S ASTROLOGICAL PLACE IN JUNE

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

+ TAP FOR
MERCURY IN
RETROGRADE
DATES

▶ TAP FOR
JUNE MOON
PHASES



SUMMER SOLSTICE ASTERISMS

This month's sky map depicts the eastern sky on June 21, the first night of summer. Known as the summer solstice, this date affords us the fewest hours of darkness for the whole year, meaning that the sky doesn't get truly dark until well after 10:00 p.m.—and as late as 11:30 in some locations. Your reward for staying up late is a chance to view prominent star patterns that will be with us all summer long.

The night sky is divided into 88 constellations, areas of the sky formally defined by the International Astronomical Union (IAU) in 1928. The star patterns within constellations represent everything from ancient mythological heroes and creatures like Orion, the Hunter, and Pegasus, the Winged Horse, to scientific inventions such as Microscopium, the Microscope, to real animals such as Tucana, the Toucan.

More than half of the 88 constellations—48, to be exact—come down to us from the ancient Greco-Roman tradition.

 TAP TO GET
A PRINTABLE
JUNE SKY MAP

 TAP TO
FOLLOW
OHIOAN JEFF
DETRAY'S SKY
ADVENTURES



The remaining constellations were added in more modern times, some as recently as the 18th century.

While the 88 official constellations will always be our most essential guides to the night sky, both professional and amateur observers have long noted many other star patterns that help them to navigate the heavens. These popular but unofficial groupings of stars are called asterisms, and the sky of the Summer Solstice is loaded with them.

Looking due east and about halfway up the sky, you'll find a large triangle of three bright stars. In order of brightness, they are Vega in Lyra, the Lyre; Altair in Aquila, the Eagle; and Deneb in Cygnus, the Swan. Together, they make the Summer Triangle, a large asterism that points the way to other sights in the summer sky.

Just below Vega hangs the Parallelogram, an exquisite four-sided asterism. Deneb marks the apex of the much larger Northern Cross, which appears to be lying on its side from our point of view. Thus, the large Summer Triangle asterism is home to two smaller asterisms!

Now look above the Summer Triangle for two other shapes, each composed of four stars. The more prominent of the two is the Keystone asterism in the constellation Hercules, the Roman Hero. Sprawling Hercules is the fifth largest of all constellations; the Keystone represents only his lower body. To the left of the Keystone is the head of Draco, the Dragon. The four stars of the Dragon's Head asterism vary greatly in brightness, but from a dark location, you should be able to glimpse even the faintest of the four.

To the left of the Summer Triangle are two more shapes that are easily recognized. The first is the House asterism, which forms the main body of Cepheus, the mythical King of Aethiopia. It really does resemble a child's drawing of a house. Farther left is the Big W asterism in Cassiopeia, Aethiopia's Queen. The five stars of the Big W are notably brighter than those in the House.

Finally, if you're up for a longer excursion, look far to the right of the Summer Triangle for the Teapot asterism in Sagittarius, the Archer. The Teapot never ventures far from the horizon, so it is easily obscured by trees and buildings. If you find the Teapot, look to the left of its handle for the planet Saturn.

—Jeff DeTray



Farmers' Market Recipes

June 21 marks the first day of summer, and this means that farmers' markets will be popping up with fresh-from-the-garden favorites. Here are a few flavorful recipe ideas that are perfect for using summer's bounty.

+ TAP FOR
RECIPE

Tomato Jam

 SHARE
THIS
RECIPE

TOMATO JAM

- 4 cups ripe, fresh, Italian plum tomatoes, peeled and coarsely chopped
- 2 oranges, peeled, sliced thin, and seeded
- 2 limes, peeled, sliced thin, and seeded
- 4 cups sugar
- 3 tablespoons chopped fresh ginger
- 2 cinnamon sticks

In a large pot over low heat, combine all ingredients, stirring until sugar dissolves. Simmer until jam is thick and clear, about 1 to 1-1/2 hours. Toward the end of cooking time, stir often to prevent scorching. Remove cinnamon sticks and pour jam into hot, sterilized jars, leaving a 1/4-inch headspace. Seal and process for 10 minutes in boiling water bath.

Makes about 2 pints.

FOOD

Corn and Black Bean Pitas

 TAP FOR RECIPE

PHOTO: SAM JONES/QUINN BREIN

CORN AND BLACK BEAN PITAS

- 4 ears fresh corn, husked
- 3 cups or 2 cans (15 ounces each) cooked black beans, drained and rinsed
- 1 cup chopped red onion
- 1 cup diced celery
- 3 tablespoons balsamic vinegar
- 1 tablespoon olive oil
- 2 ounces feta cheese, crumbled
- pita bread
- cilantro, for garnish

SHARE
THIS
RECIPE

In a large pot, boil corn for 7 minutes or until tender. Cool, then cut kernels from cobs into a bowl. Add black beans, onions, celery, vinegar, oil, and feta.

Serve stuffed into pita bread or folded into it like a taco. Garnish with cilantro.

Makes 6 servings.



TAP FOR
RECIPE

Plum Crostata

PLUM CROSTATATA

your favorite pie pastry

1/4 cup sugar, plus extra for sprinkling

4 teaspoons cornstarch

3-1/2 cups pitted and sliced ripe plums

2 teaspoons fresh lemon juice

1-1/2 tablespoons fine yellow cornmeal or semolina

ground nutmeg, to taste
milk, for glaze

Lightly butter a large baking sheet. Roll pastry into a 12-1/2-inch circle and place on prepared baking sheet. Put into the refrigerator while you make the filling.

Preheat oven to 400°F.

In a bowl, combine sugar and cornstarch. Add plums and lemon juice and stir to coat.

Remove baking sheet with pastry from refrigerator. Imagine an 8-inch circle in the center of the rolled-out pastry. Sprinkle cornmeal evenly in that circle. Using a slotted spoon, lift plums out of juice (do not discard juice) and spread evenly over cornmeal. Lift pastry by sliding a spatula or dough scraper under the edge, then fold it up over the plums; you want about 2 inches of pastry overlapping the plums all around. (If pastry starts to break, it is still too cold. Wait a minute or two, then continue.) Work your way around the crostata; the folding will form pleats. Pour juice from the bowl over the exposed plums. Dust the top of the plums with a few pinches of nutmeg. Lightly brush pastry with milk and sprinkle with sugar.

Bake on the center oven rack for 20 minutes. Reduce heat to 375°F and bake for 30 to 35 minutes, or until plums are bubbly and thickened.

Thoroughly cool crostata on the baking sheet on a cooling rack. Serve warm or at room temperature.

Makes 6 to 8 servings.

SHARE
THIS
RECIPE

A Midsommar
celebration in
Stockholm, Sweden



Why the First Day of Summer Is Also Almost Midsummer

... and ways to celebrate the season

Most places across our continent have been enjoying more than 15 hours of daylight for a couple of weeks or more. These are all a prelude to the longest day and first day of summer, June 21, and the middle of summer (that's right!), June 24.

THE FIRST DAY OF SUMMER VS.

...

Astronomically speaking, summer begins on June 21 at 11:54 A.M. EDT. The moment defines the time in the Northern Hemisphere when the Sun reaches its highest and northernmost points in the sky and Earth's North Pole tilts directly toward the Sun. In fact, the Sun's path of declination appears to stop before reversing direction. "Solstice" is a combination of the Latin words *sol* for Sun and *stitium* for standing. (On December 21, the Sun appears to stand

still again, when we experience the winter solstice—the shortest day.)

... THE MIDDLE OF SUMMER

In terms of weather, farmers recognized this period as the height, or middle, of summer. Crops were well under way and promising, so growers celebrated their anticipated harvest at Midsummer festivals. At some point, Christian church authorities assigned June 24 as the birthday of St. John the Baptist, who foretold the birth of Christ (which would occur 6 months later in the calendar, during the darkest days). In this way, the period took on both secular and religious symbolism, giving everyone reasons to celebrate.

TAKE ON A TRADITION

For ancient pagan Celtic peoples, who inhabited the British Isles, and

modern Scandinavians, who experience almost continuous sunlight at this time of year (think "Land of the Midnight Sun"), the summer solstice is a magical time, one of new beginnings celebrated with bonfires, food, dancing, and festivals. In agricultural communities, fine weather on Midsummer Day portends a fruitful season. This year, start summer or mark its midpoint by adopting, or adapting, one or more of these practices.

- Between dancing and making merry, many **Scandinavians** mark the solstice by dining on pickled herring and new potatoes with sour cream. Enjoy new potatoes!
- In **Greece**, locals re-enact a 2,500-year solstice tradition: They hike to the peak of Mt. Olympus, with an elevation of 9,573 feet. Take a walk!
- In **Latvia**, folks feast



Stonehenge at sunset

on bacon pie and sweet beer, and, in the dark hours of the short night, search for a fern flower believed to be a lucky charm for lovers. Choose your lucky charm and organize a search party.

- In **Britain**, folks surround the ancient Stonehenge monument and dance and play drums to mark the Sun's solstice peek—and peaking appearance—between slivers of rock. Stop whatever you're doing while the Sun pauses overhead.

- In **Sweden**, Midsommar is a national holiday. Local people, many in costume, dance around a tall pole, as festivities

continue into the night. Make a maypole!

- In Kraków, **Poland**, girls make flower-and-herb wreaths and float them down the Wisła River. If a boy takes up a girl's garland, the belief is that they will marry. (If the wreath sinks, it is believed that the girl will die young!) Wreaths that connect while afloat symbolize two girls' lifelong friendship. Fashion a flower or vine wreath.

- **Italy** has regional midsummer traditions: In Rome, people eat snails. It is believed that these horned creatures will protect the consumer from devilry.

In northern Italy, cooks prepare dishes with aged balsamic vinegar; this is the time when the year's grapes are entering a critical stage of development. Sprinkle balsamic vinegar on a salad.

- On Midsummer Eve, **Danes** dine with family and friends, then celebrate with bonfires into which they throw effigies of witches made of hay. Light a candle.

Do something to mark these moments because soon after June 21, you will see shadows grow longer as the day length begins to decline . . . and you might wish that you had.

Hoop, Hoop, Hurray!

A farmer's experience of extending the season

GARDENING



I live on a 5-acre truck farm with my family in mid-Michigan and have been selling produce—including heirloom and uncommon varieties—at farmers' markets since I was a child. We have had a greenhouse heated with kerosene since the early 1980s. It shares a wall with the front barn, is close to the water pump, and is very much a part of the barnyard. There we start all of the seedlings that get transplanted into the market and household gardens, from early spring lettuce to winter squash. We love our

work, but we like our winters off, free from the pressure to grow produce for sale.

We have always canned, frozen, dehydrated, fermented, and root-cellarred much of the household garden harvest for our winter food. However, we realized about 7 years ago that we could significantly expand our food options in the dark winter months with a hoop house. Imagine: luscious, fresh, live greens every winter day! Our greenhouse had already taught us some of the benefits and challenges of

growing plants under a protective covering, but its usefulness is limited to March through May, when we are starting our garden transplants that are grown outside.

Our hoop house is completely different. At 14 feet wide by 20 feet long, it is like a giant row cover that you can walk into. We followed Eliot Coleman's design from his book *Four-Season Harvest* (Chelsea Green Publishing, 1999). From a local growers' supply store, we bought six 10-foot-tall metal hoops; these are attached to the hoop house frame on the long sides.

GARDENING

The house is covered in polyethylene plastic. The long sides have skid bases that rest on 2x8-foot pine boards that act as rails. These are placed on the ground on their narrow edges and attached to metal pipes driven into the ground with a sledgehammer (be sure to protect the boards' ends from the hammer blows).

This skid/rail design allows the hoop house to be moved forward and back over a 14x40-foot garden plot, covering one of two 14x20-foot plots at any one time.

Unlike a stationary hoop house, a mobile one increases the flexibility and variety of your planting schedule, and it puts more land into production. In an ambitious home plot, a smaller-scale hoop house would boost winter fare.

We further increased our production and cold weather immunity with cold frames inside the hoop house. (Any cold frame model will work.)

In September, when Michigan gardeners think about putting the garden to bed, we are direct-seeding and putting month-old transplants into the cold frames in the open (uncovered) plot.

crop of the year can be planted in the ground in March instead of May, with the protection of the cold frames. The hoop house remains in place. This way, while you are still harvesting lettuce from one plot,

HOOPS TAKE A HOLIDAY

Our cold frames are stored during the summer, when they are not needed, to protect them from the elements. The end doors of the hoop house are removed and stored as well. As we don't use our hoop house during the summer months, we cover it with tarps; protection from the sun and other elements helps to prolong the life of the plastic (hoop house plastic may have to be replaced if it becomes damaged or degraded).

When the seeds have germinated and put on good growth, we push the hoop house over the cold frames. With the end doors closed, the hoop house and cold frames together protect our plants from October through March, even in the coldest weather.

As it gets warmer, the cold frames are moved to the uncovered plot. There the first lettuce

you can be growing more lettuce in the other plot, avoiding any gap in your lettuce supply.

Through the summer we allow our hoop house to rest, as we don't want to have to supply it with water. This does not have to be the case for your hoop house. The soil under a hoop house can be used for food production in summer and be very productive,



as long as you water it.

Our hoop house has been a dietary and culinary joy. From early November to April, we make salads not just of lettuce, but with exciting mescluns, sweet baby kale, and tangy arugula, for example. We are also growing varieties of lettuce specifically bred for winter growing, such as ‘Winter Density’ Bibb romaine and ‘Winter Marvel’ butterhead. We have also been introduced to new greens, including intrepid claytonia (aka miner’s lettuce or winter purslane) and mâche

(aka corn salad or lamb’s lettuce), which thrive in the winter months—and year after year: If let go to seed before tilled under, they will keep on growing and reseeding themselves. We have also grown spinach, scallions, radishes, parsley, and dill in the hoop house—and too much more to mention.

A hoop house/cold frames system requires investment, yes, but also organization and planning; you have to reset the planting calendar and think of planting times in a

completely different way. Simply built, passively solar-powered, and reliant on only natural rain (thanks to its mobility), our hoop house has required minimal work—yet its returns have been plentiful. With no cold weather allowed!

—Leah Smith

Although **Leah Smith** has worked on her family’s organic farm and at their table at farmers’ markets since she was 4 years old, her workload has picked up since her return from Michigan State University with a bachelor’s degree in crop and soil sciences.

LIVING NATURALLY



Today's Home Economics

PHOTO: HALFPOINT/GETTY IMAGES

Today, our local paper featured a front-page story on the “end” of home economics courses (now called “family and consumer sciences”), which, it explained, were on the verge of elimination due to changes in the state’s minimum education standards.

Did you know that our very word “economy” comes from two Greek words that mean household and stewardship?

The field of inquiry, scholarship, and practice called “home economics” picked up a bad reputation as women moved out of the home into the workforce en masse during the late 1960s and 1970s.

Much of the unpaid work that had been the

province of the home for centuries—cooking, laundry, cleaning, caring for children and elders—gradually got outsourced to the market economy. Some economists say that this artificially inflated the “economic growth” of the era, as households began paying cash for what used to be done in the unpaid (and invisible) economy of the home.

I don’t yearn for the old days of “stitch and stir” in the girls-only home ec classrooms of yesteryear, and I’ve always felt cool to the concept of “consumer sciences.” But I do yearn for a society that accords deep respect and value to the unpaid labor and productivity of the American household. And I think we’re heading back in that direction.

VALUING UNPAID LABOR AS ESSENTIAL AND ECONOMIC

Households create other forms of essential economic value, too, that are more difficult to outsource. They teach children their native language, transmit culture and values, and shape a child’s understanding of the world and of human relationships.

Research reports have shown that women are the sole or primary breadwinners in 52 percent of United States households. They bear the children, still take on the lion’s share of the housework, and provide the childcare and eldercare. Families are stretched to their limits.

Women are the sole or primary breadwinners in 52 percent of United States households.

New households will be more in the market for tools and technologies that enable new forms of production.

THE RETURN OF HOME ECONOMICS

Demographers have predicted that the increasing caregiving roles in coming decades, combined with a loss of many traditional paying jobs, will transform the American family and the ways in which families interact with the marketplace.

They forecast more three-generation households, more in-home self-employment, more single-income households, more job-sharing, and more part-time work to accommodate the dual demands of childcare and eldercare.

They forecast more home economics! I'm defining home economics as the value of what individuals and

families, aided by various support networks, make or do for their own direct use.

These new households of necessity will have less money to spend on eating out, vacationing away from home, and new cars and appliances. But they will be more in the market for tools and technologies that enable new forms of household production.

The sort of home economics I envision wouldn't be so much taught as widely demonstrated and promoted. It would become a central feature of our private lives and public policies. It wouldn't be relegated to classrooms. It would intertwine with both the market and nonprofit economies in new and fascinating ways. It will

invite new scholarship and new forms of entrepreneurship.

And as the home economics of earlier times adopted sewing machines, electric stoves, and dishwashers and clothes dryers, the new home ec will employ and be supported by a variety of new technologies, as well as a large dose of community-wide collaborations.

EMERGING SIGNS OF THE NEW HOME EC

- *"Maker" culture* promises to transform public libraries, schools, museums, health promotion centers, academic research institutions, and especially homes, into centers of production rather than consumption. These

I think that we've already seen a sharp turn back toward classic forms of home production like cooking, sewing, food gardening, and carpentry—in some cases, dramatically changed by new tools and the advent of online collaborative learning.

collaborative learning environments, where people come together to share materials and learn new skills, promote the mind-set of community partnership, collaboration, and creation.

- *Repair cafés* are nonprofit, often volunteer-run spaces, outfitted with tools, where people can learn how to fix the broken items that they bring in.

- *Science shops* are small entities that carry out scientific research in a wide range of disciplines, responding to the local citizenry's needs for expertise and knowledge—usually free of charge. Burgeoning throughout Europe, the

idea has begun to grow throughout the world, including the U.S.

- *Fab labs* (fabrication laboratories) are small-scale workshops offering (personal) digital fabrication. Like makerspaces, repair cafés, and science shops, they offer collaborative learning environments where participants learn by making, inventing, and/or repairing at little or no cost.

Many fab labs feature access to 3-D printers. As these devices become more common and less expensive, designers say, they will become ubiquitous in homes, spawning a revolution in creating and making, just as home

computing devices have transformed learning and communicating.

- *Cooking, sewing, food gardening, carpentry?*

Oh, yes! I think that we've already seen a sharp turn back toward these classic forms of home production, in some cases dramatically changed by new tools and the advent of online collaborative learning.

These seem so ho-hum and old-fashioned, and you just don't hear very much about them in the daily news. But they're on the way back—not that they ever left to begin with! —Margaret Boyles



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



WEATHER FORECASTS

WHEN IT IS HOTTEST IN JUNE, IT WILL BE COLDEST ON THE SAME DAYS OF THE NEXT FEBRUARY.

HOW WE MAKE OUR PREDICTIONS

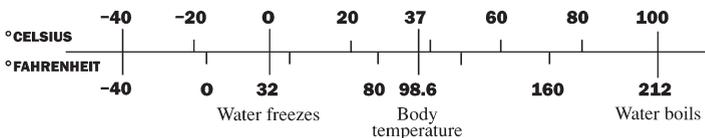
We derive our weather forecasts from a secret formula that was devised by the founder of this Almanac, Robert B. Thomas, in 1792. Thomas believed that weather on Earth was influenced by sunspots, which are magnetic storms on the surface of the Sun.

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



TAP TO FIND OUT THE WEATHER HISTORY OF THE DAY

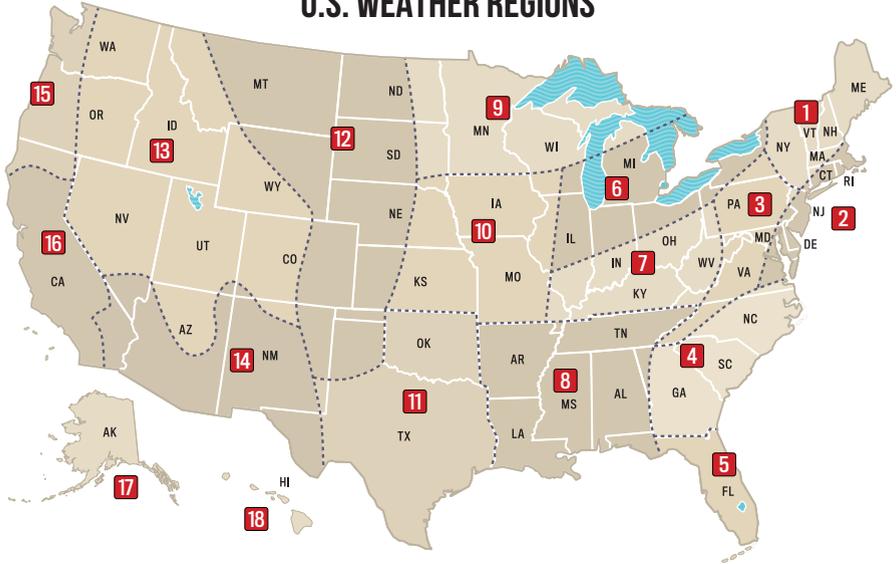


LOVE ALL THINGS WEATHER? TAP FOR THE WEATHER FOLKLORE OF THE DAY



WEATHER FORECASTS

U.S. WEATHER REGIONS



CANADIAN WEATHER REGIONS



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WEATHER
PREDICTIONS
FOR THE U.S.
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REGIONS



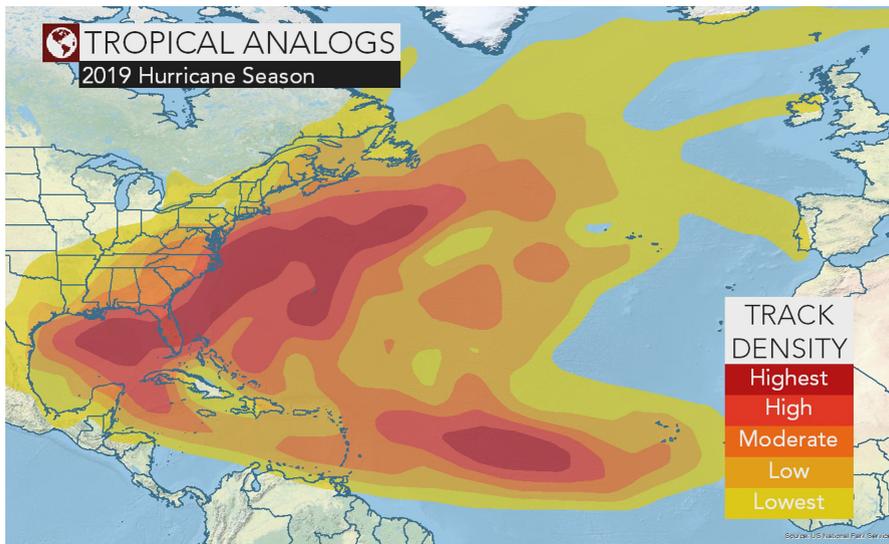


Figure 1. 2019 hurricane season tropical analogs

IT'S HURRICANE TIME!

The 2019 Atlantic/Gulf hurricane season, which runs from June 1 through November 30, is expected to have average or slightly above average activity, with 12 to 14 named storms, including 5 to 7 hurricanes. Of these storms, 2 to 4 are expected to make landfall in the United States.

The best chance for a major hurricane strike will be in early September in Louisiana or eastern Texas, with other major threats for tropical storms or hurricanes in Florida in September and early October.

The Tropical Analogs map (*see Figure 1*) shows the track density of all tropical storms and hurricanes that have made landfall over the U.S. during the most appropriate historical analog years. Analog years are based on the solar cycle and activity, the current weather pattern, and the projected weather pattern into and through the coming hurricane season.

Note that the chosen analog years show that the greatest frequency of impacts during these analog years occurred over Florida, which corresponds well with our forecast of heightened activity there in September and early October.

Based upon this information, we see that the greatest potential for direct



impacts from tropical storms and hurricanes will be in the western and northern Gulf of Mexico, all of Florida, and along the Carolinas coast. The analog years chosen suggest that if the current and projected weather patterns match up with those years, this could be an active year in Florida.

In addition to solar cycles, major factors that play a role in hurricane and tropical storm formation and tracks include:

- **The El Niño-Southern Oscillation (ENSO)**, which is a recurring climate pattern involving changes in the temperature of waters in the central and eastern tropical Pacific Ocean. Although based in the Pacific Ocean, this plays a significant role in controlling weather patterns around the world and is one of the most important indicators of Atlantic Basin tropical storm activity. We expect a weak El Niño to continue through most or all of this hurricane season, which would cause somewhat greater wind shear, weakened storms, and less activity than average.
- **Sea-surface temperatures** in the Atlantic, Caribbean, and Gulf of Mexico. These are significant because warmer temperatures create more heat and moisture in the lowest levels of the atmosphere, which helps tropical storm development and intensification. Sea-surface temperatures are expected to be above normal, especially during the most active part of the season, which is August through October. Additionally, there should be regions of deep warm water, which would be favorable for rapid intensification and hurricane development.
- **The Atlantic Multidecadal Oscillation (AMO)**, a measure of temperatures in this region. This should remain in its warm phase through the coming hurricane season. Warmer-than-normal water covers most of the Atlantic Basin at the current time, and climate models forecast this warm water to be in place for the entire season. So, even though the El Niño pattern might lower the number of storms, the warm water temperatures could still favor development of intense hurricanes.
- **Vertical wind shear**, which can inhibit the development of strong hurricanes by ripping them apart and preventing intensification. While high shear is forecast from the equator to about 20 degrees north latitude, low shear is expected from Florida to Louisiana and eastern Texas, which would coincide with our prediction of the most hurricane-prone areas.

Thus we see that although ENSO is not favorable for hurricane intensification, the other three factors above are, which is why we expect average or slightly above average activity this hurricane season, with Florida, Louisiana, and eastern Texas in greatest jeopardy. —Michael Steinberg, *Old Farmer's Almanac meteorologist*



HUMOR ME

GRINS AND GROANS FROM THE ALMANAC

TONGUE-TIED

A lady known for her talkativeness, having lost most of her teeth in her old age, asked a local wag how this could have come to pass.

“I can not tell,” said the man, “except to say that they may very well have been worn away by your tongue.”

COMPANY TALK

A celebrated lawyer was riding through a country town and stopped at a cottage to ask his way.

An old woman told him that he must keep on straight for some way and then turn right—but that she herself would be going in that direction in a short time, and if he could wait for a few



minutes while she got ready, she would be happy to show him where to turn.

“Well, well,” said he, “bad company is better than none—make haste.”

Off they eventually went, and after their horses had jogged for quite a while, the lawyer inquired as to whether they indeed had not yet come to the

turnoff.

“Oh, yes,” replied the woman. “We passed it 2 or 3 miles back, but I thought that bad company was better than none, so I kept you along with me.”

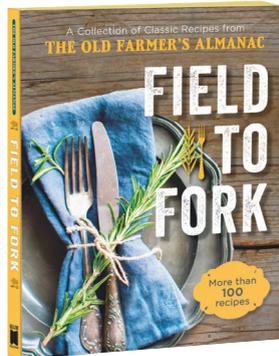
TIME TO LEAVE?

A farmer received a handsome sum of money through the death of one of his wife’s relatives, with which he commenced to speculating in land, stocks, and so forth. His aged father expressed to one of his son’s neighbors his fears that the son would “break” (go broke).

“No,” said the neighbor, “there’s more danger of him ‘splitting’ [with the money].”



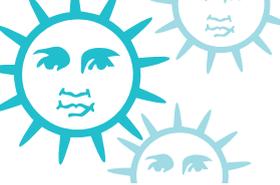
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July name origin, birthstone and -flowers, regular and weird holidays, Eye on the Sky, July trivia quiz, Rhyme Time



LIVING NATURALLY

Good Eats, Good Cooks



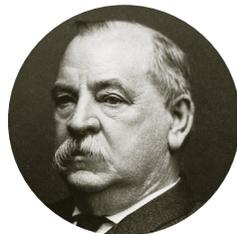
GARDENING

How to Get Ahead of Your Cabbage



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Fresh Blueberry Recipes



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