

EXTRA!

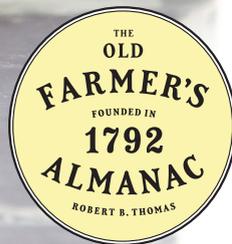
FROM THE OLD FARMER'S ALMANAC

APPLE RECIPES

THE EASIEST PERENNIALS

THE BEST DAYS TO DO THINGS

SALT FOR PREVENTIVE HEALTH



SEPTEMBER 2016



FEATURES

LIVING NATURALLY

Salt for Preventive Health

GARDENING

The Easiest Perennials

FOOD

Apple Recipes

FOLKLORE

Cocks, Cockcrows, and Weathercocks



WEATHER FORECASTS

How We Make Our Predictions

September U.S. and Canadian Weather Forecasts

Weather Update

WIT

Humor Me
Grins and groans from the Almanac

ASTRONOMY

Sky Map for September
Visually navigate the night sky from your own backyard.

WHAT'S NEXT

See what we have in store for our October issue!

DEPARTMENTS

CALENDAR

Moon View, This Month in History, Calendar Q&A

ASTROLOGY

Best Days to Do Things

Gardening by the Moon's Sign

HOT PRODUCTS

New Arrivals!



THE MONTH OF SEPTEMBER

HOLIDAYS, HISTORY, AND FOLKLORE



MOON VIEW

September's full Moon, the **Full Harvest Moon**, occurs on the 16th, at 3:05 P.M. EDT.

 TAP FOR MORE MOON PHASES

 TAP FOR MORE ABOUT THE FULL HARVEST MOON



SEPTEMBER'S ZODIAC SIGNS

Virgo: August 23–September 22
Libra: September 23–October 22

SAY HAPPY BIRTHDAY!

We must not allow the clock and the calendar to blind us to the fact that each moment of life is a miracle and mystery.

—H. G. Wells,
English writer
(b. September 21,
1866; d. August 13,
1946)



FOLKLORE FUN

*Fair on September 1st,
fair for the month.*

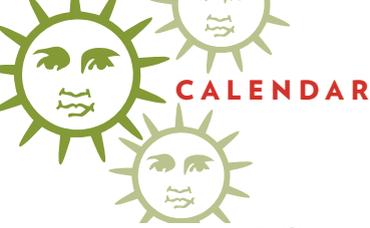


SEPTEMBER'S BIRTH FLOWER:

Aster or Morning Glory

- The aster signifies powerful love. China aster expresses variety or afterthought in the language of flowers.
- The morning glory symbolizes affection. It can also mean coquetry, affectation, or bonds in the language of flowers.

 TAP FOR MORE ABOUT THE LANGUAGE OF FLOWERS



THIS MONTH IN HISTORY



SEPTEMBER 8: STRANGE NEW WORLDS

On this day in 1966, Gene Roddenberry's original *Star Trek* sci-fi television series premiered. NBC canceled the program after three seasons (79 episodes) due to poor ratings. In the 1970s, however, when the show was broadcast in syndication, it reached a larger audience and became a cult classic. *Star Trek* spawned spin-off TV series, films, animations, books, games, toys, fan clubs, and conventions, making it one of the most successful franchises in television history.



SEPTEMBER 14: GUIDING LIGHT

On this day in 1716, Boston Light, the first lighthouse built in North America, was lit. Situated in the Massachusetts Bay Colony, on Little Brewster Island at the entrance to Boston Harbor, the 60-foot tower employed candles and later oil to keep the beacon shining. In June 1776, during the Revolutionary War, the British blew up the tower; a replacement wasn't built until 1783.

George Worthylake was Boston Light's first keeper, serving from September 1716 until November 1718, when he drowned in the harbor after his boat capsized. His wife, one daughter, and three others also lost their lives. His temporary replacement, Robert Sanders, drowned just days after taking on his duties.

The lighthouse was the last to be automated (April 16, 1998), and it is the only lighthouse in the United States that is still manned by an official keeper. The current keeper (70th) is Sally Snowman, who began her duties in September 2003; she is the first woman lighthouse keeper in Boston Light's history.

+ TAP FOR MORE
LIGHTHOUSE
TRIVIA

LIGHTHOUSE TRIVIA

Benjamin Franklin, at the age of 12, wrote a poem about the death of George Worthylake and his wife and daughter. It was titled “The Light House Tragedy” and sold many copies in Boston. He later described the work as “wretched stuff.”



CALENDAR Q&A

Q: Why were 11 days dropped from the year 1752?

A: Back in 1582, several European countries switched from the Julian calendar to the more accurate Gregorian. Over the years, more and more countries made the change. Britain and its colonies, including America, however, held out until the mid-18th century; consequently, there was confusion about how to date documents. Added to this was the fact that the British government officially started the year on March 25, but many other countries, as well as much of the general public, began it on January 1.

The British “Calendar (New Style) Act 1750” fixed these inconveniences by adopting the Gregorian calendar and smoothing out a few bumps in the calendar system. Among other items, the law decreed that:

- January 1 would be considered the beginning of 1752. The year 1751, therefore, was short: March 25, 1751, to December 31, 1751.
- September 2, 1752, would be followed by September 14, 1752. Eleven days were dropped in order to synchronize the calendar with the solar year.

When reviewing dates on historical documents, the Julian calendar, used prior to 1752, may be called the Old Style (O.S.), and the Gregorian calendar, which many of us use today, may be referred to as the New Style (N.S.). Old Style and New Style may also refer to the combination of the change to the calendar system (Julian to Gregorian) and the start of the year (March 25 to January 1).



TAP FOR
CALENDAR
TRIVIA

CALENDAR TRIVIA

George Washington was born on February 11, 1732, according to the Julian calendar then in use. When the Gregorian calendar was adopted in 1752, Washington decided to celebrate his birthday on February 22, which was the equivalent birth date in the new calendar system.



BEST DAYS

These September 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: 20, 24, 29
 Begin diet to gain weight: 6, 16
 Cut hair to encourage growth: 3, 4
 Cut hair to discourage growth: 19, 20
 Have dental care: 1, 2, 28, 29
 Quit smoking: 20, 24, 29
 Wean children: 20, 24, 29

AROUND THE HOUSE

Can, pickle, or make sauerkraut: 23, 24
 End projects: 30
 Start projects: 2

OUTDOORS

Begin logging: 10–12
 Go camping: 8, 9
 Go fishing: 1–16, 30
 Set posts or pour concrete: 10–12

IN THE GARDEN

Destroy pests and weeds: 17, 18
 Graft or pollinate: 23, 24
 Prune to encourage growth: 8, 9
 Prune to discourage growth: 25–27
 Plant aboveground crops: 6, 7
 Plant belowground crops: 23, 24
 Harvest aboveground crops: 1, 2
 Harvest belowground crops: 19, 20, 28, 29

ON THE FARM

Breed animals: 5–7
 Castrate animals: 13, 14
 Cut hay: 17, 18
 Set eggs: 12, 13, 21, 22
 Slaughter livestock: 5–7
 Wean animals: 20, 24, 29



GARDENING BY THE MOON'S SIGN

Use the September 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, or Pisces

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 SEPTEMBER

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

TAP FOR
MERCURY IN
RETROGRADE
DATES

APP EXTRA!
TAP FOR
SEPTEMBER
MOON PHASES

MERCURY IN RETROGRADE

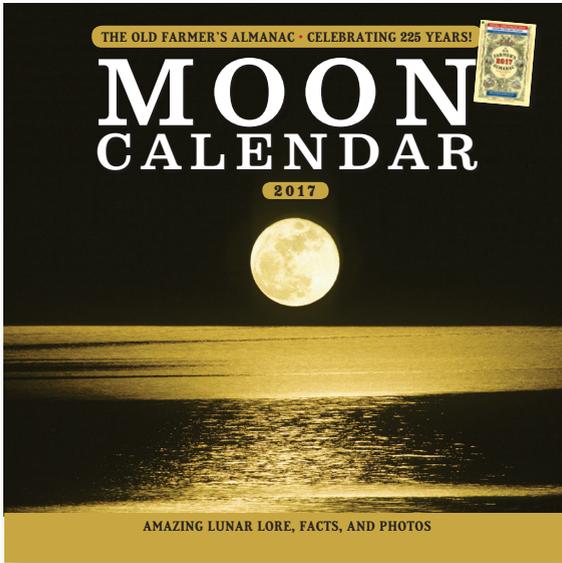
Sometimes the other planets appear to be traveling backward through the zodiac; this is an illusion. We call this illusion retrograde motion.

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 August 30–September 22, and December 19–January 9, 2017.**

—Celeste Longacre

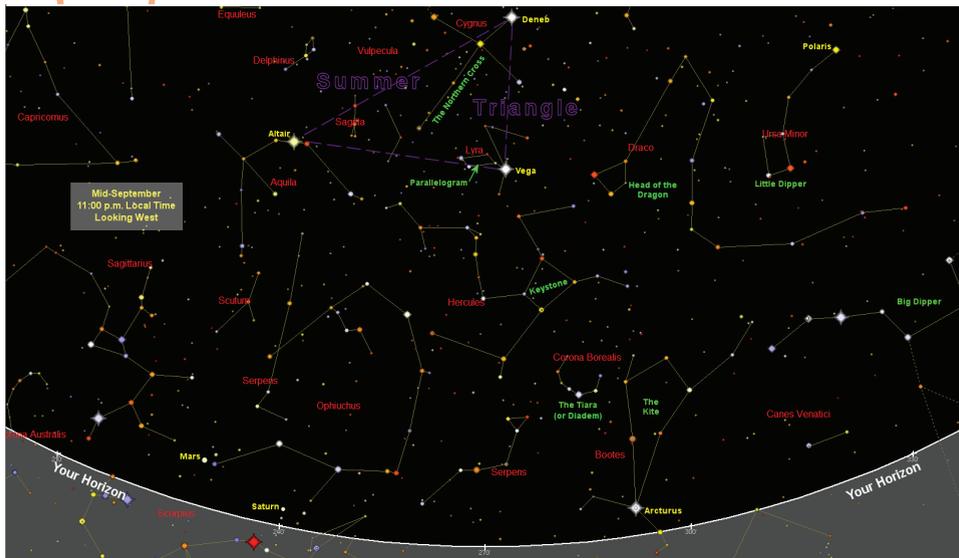
OUR FIRST-EVER MOON CALENDAR!



Amazing Lunar Lore, Facts, and Photos
The 2017 Old Farmer's Almanac Moon Calendar

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Mid-September
11:00 p.m. Local Time
Looking West

DISCOVER THE SUMMER TRIANGLE

Although the calendar says that we are only a few weeks from the beginning of autumn, it's still summertime in the night sky. The distinctive Summer Triangle can help you to navigate the heavens on warm September nights.

When you face westward at this time of year, the night sky is dominated by three bright stars: Altair, Vega, and Deneb. These three form the Summer Triangle, as illustrated in purple on this month's sky map.

Look nearly straight up to find the bright star Deneb, which sits at the top of the Northern Cross asterism (unofficial star pattern), itself a part of the large constellation Cygnus, the Swan. The Northern Cross is one of those asterisms that, once seen, is easily recognized in the future.

Directly below Deneb you'll find the even brighter star Vega, in the constellation Lyra, the Lyre. Moviegoers were introduced to Vega by the 1997 film *Contact*, starring Jodie

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A PRINTABLE
SEPTEMBER
SKY MAP

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TAP TO
FOLLOW
OHIOAN JEFF
DETRAY'S SKY
ADVENTURES



Foster. In the movie, a planet orbiting Vega was home to the first alien civilization to contact Earth. To the left of Vega is a small group of four stars that form the Lyre, a delicate, near-perfect parallelogram.

Look to the left to find Altair, the third member of the Summer Triangle, in the constellation Aquila, the Eagle. Altair is midway in brightness between Deneb and Vega. Its name derives from an Arabic phrase that translates as “the flying eagle.” So, both the star and its constellation have roughly the same name. As interstellar distances go, Altair is a close neighbor—a mere 17 light-years (99.9 trillion miles) from us!

The three stars of the Summer Triangle are helpful for guiding you to other celestial sights. Following the line from Altair rightward past Vega brings you to the head of Draco, the Dragon. Once you have spotted its head, try to follow the sinuous body of the Dragon that slants upward, then bends downward and curls under the Little Dipper.

Below Vega you will find the sprawling constellation Hercules, the mighty hero of Roman and Greek mythology. (The Greeks called him Heracles.) Four of the brighter stars of Hercules form the nicely symmetrical Keystone asterism. The Keystone is often visible even when most other stars in Hercules are obscured by streetlights and other manmade light pollution.

SEPTEMBER NIGHTS ARE AMONG THE MOST PLEASANT OF THE YEAR.

Just beneath the Keystone is the lovely constellation Corona Borealis, the Northern Crown. To me, Corona Borealis more closely resembles a tiara or, if you are a Harry Potter fan, the Lost Diadem of Ravenclaw. In Harry’s magical world, the Diadem was said to grant wisdom to its wearer and to carry the famous inscription: “Wit beyond measure is man’s greatest treasure.”

Just to the right of Corona Borealis and very near the horizon stands the kite-shape form of Boötes, the Herdsman. You will need a dark location that is free of trees and buildings to get a good view of the Kite and its brightest star, Arcturus.

September nights are among the most pleasant of the year. Plan to spend at least one of them enjoying the Summer Triangle and the many sights within and around it.

—Jeff DeTray

NEW ARRIVALS!



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APP EXTRA!

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LIVING NATURALLY



**SALT FOR
PREVENTIVE
HEALTH**

Salt of the earth.

Salted away.

**Take it with
a grain of salt.**

Salty language.

Not worth its salt.



Salt's frequent appearance in figures of speech only hints at its importance in human history.

The human requirement for dietary salt and the relative difficulty of producing it built and destroyed empires, determined trade routes and the location of cities, occasioned wars, and inspired revolutions.

Before the advent of pressure canning and freezing, salting/brining and drying were the only means of preserving food and eliminating total dependence on seasonal food production.

Aside from its use in

seasoning food, ordinary table salt has dozens of uses in the frugal household.

It will extinguish flames; kill weeds; extend the life of brooms, toothbrushes, and cut flowers; preserve colors in your wash; remove stains from coffee cups; help clean your oven; and more.

But this common household staple really shines in the domains of preventive health and hygiene.

I use non-iodized sea salt for these and other health practices.

FLUSHING SINUSES

Although this use of salt is ancient, modern

medical research has shown that flushing the sinus passages with a saline solution can help to prevent/relieve sinus infections and relieve postnasal drip.

One caveat: Boil your tap water for 3 to 5 minutes and then cool until lukewarm before using. I'd sterilize my water for any solution I planned to use in my sinuses, throat, or eyes.

AS AN EYEWASH

Dissolve 1/4 teaspoon of salt in a cup of warm water and used it as a wash for tired, irritated eyes.

Be sure to boil your tap water for 3 to 5 minutes and then cool before using.



LIVING NATURALLY

**Try a mixture
of salt and
baking soda
for your
“toothpaste.”**

REDUCING UNDER- EYE PUFFINESS

Dissolve 1/2 teaspoon of salt in a cup of hot water; soak a washcloth or cotton balls in the solution, and apply to the puffy areas.

CLEANING TEETH

Try a mixture of salt and baking soda for your “toothpaste.” Pulverize sea salt in a blender or crush it with a rolling pin, mix with an equal amount of baking soda, shake, and store in a small glass jar. Mix with a bit of water and brush as usual. Both salt and baking soda have antimicrobial properties that kill many of the pathogenic bacteria that cause cavities and gum disease.

LIVING NATURALLY



For the face, mix equal parts of salt and honey.

AS A GARGLE, MOUTHWASH, OR BREATH SWEETENER

Mix a teaspoon of the tooth-cleaning mixture in a cup of warm water. (Boil your tap water for 3 to 5 minutes and then cool before using.)

REDUCING FATIGUE

Soak your tired feet or

entire body in a warm, salt-infused bath for a restorative effect.

RELIEVING THE PAIN OF INSECT STINGS

Mix salt with a bit of water and apply to the sting immediately.

FOR POISON IVY

Soak the affected areas

in hot salt water to help relieve the itch and dry up blisters.

AS AN EXFOLIANT

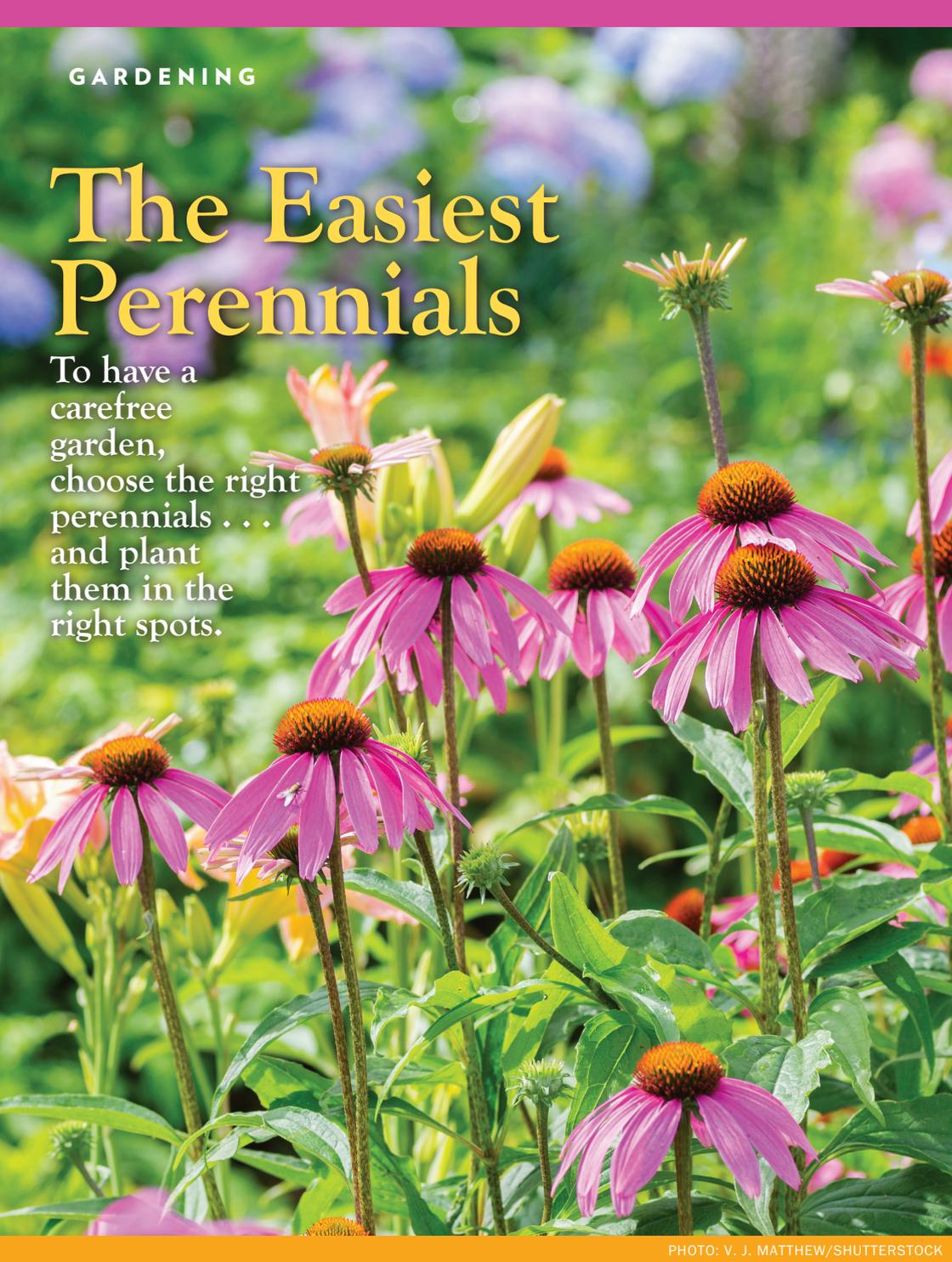
Mix equal parts of sea salt and olive oil and rub gently over the body for an exfoliating, moisturizing scrub. Rinse with warm water. For the face, mix equal parts of salt and honey.

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

GARDENING

The Easiest Perennials

To have a carefree garden, choose the right perennials . . . and plant them in the right spots.



GARDENING



You've probably heard that if you want your flower garden to grow with the least amount of effort, you should switch from annuals, those 1-year wonders that need to be replaced every spring, to perennials, which can live for decades. This is generally true: At least you don't have to replant perennials each spring. However, there

are literally thousands of varieties of perennials! Some are indeed as easy as pie to grow; others, though, require at least as much attention as annuals.

What's a gardener to do? Read on! The following are among the easiest perennials of all!

All the Ways That You'll Be Carefree

The plants listed here are perfect perennials

because they . . .

- do not need fussy care, such as pinching, staking, and deadheading
- are fairly resistant to insects and diseases, and may even be unappealing to deer (although a starving deer will eat anything)
- have a long life span (more than 10 years)
- adapt to a wide range of conditions
- do not spread all over the garden via invasive



GARDENING



rhizomes

- grow and bloom well even if you do not divide them
- are tough enough to hold their own against invasive neighbors
- will grow almost anywhere in North America (Zones 2 to 9)

Black-eyed Susan

‘Goldsturm’ black-eyed Susan has been a staple for so long that just about everyone grows it. Take note, though, that it is a late starter, flowering at the end of summer. ‘Early Bird Gold’ is a selection of

‘Goldsturm’ that is physically identical to it but “day-length neutral”: It starts blooming early and doesn’t know when to stop, so it can bloom from late May until Christmas in some climates. (Northern gardeners can figure on a late June through October season.) Sturdy stems bear beautiful golden daisies with a black, conelike center.

Coneflower

Kissing cousin to the black-eyed Susan, the coneflower produces big pink, purple, or

white daisylike blooms on robust stems with a prickly, green to orange center. There are now hybrid coneflowers in a wider range of colors, including yellow, orange, tomato red, and even green, some with double flowers. It blooms from midsummer to early fall.

Daylily

Lots of choices here, from big flowers to small, from dwarfs to giants, from early bloomers to fall bloomers—all trumpet-shape and borne over attractive, arching, grasslike foliage.



GARDENING



Some varieties, such as the ever popular ‘Stella de Oro’ (yellow flowers), bloom all summer! Colors include yellow, orange, pink, purplish red, and “white” (well, more like cream), often with a contrasting eye. Each flower lasts but a day (thus the name, “daylilies”), but stems can produce dozens of flowers . . . and there can be dozens of stems!

Goatsbeard

This is a big, tough perennial with stems so sturdy that they have survived tornados

unharmd. The giant leaves are fernlike, and the frothy white flowers are rather like astilbe blooms. It’s a bit slow to develop and thus may not reach its full size for 4 to 5 years, but goatsbeard can live for 100 years or more in the same spot. Expect blooms in early summer.

Hosta

Ever popular, hostas are tough as nails as long as you remember two things: You must buy slug-resistant varieties (these usually have thick leaves), and hostas

have no resistance to deer. Hostas come in a variety of sizes and are grown mostly for their foliage—usually large leaves, with attractive veining in shades from dark green to chartreuse and blue, often with beautiful yellow or white variegation. The trumpet-shape flowers are white to purple and usually fairly insignificant; however, there are some large-flower, highly scented varieties. Usually thought of as shade perennials, many hostas will do fine with some



GARDENING



sun, especially in cool-summer areas. Hosta blooms early summer to fall.

Peony

Your great-great-grandmother probably grew peonies . . . and it's highly likely that they're still exactly where she planted them: Peonies are about the longest-lived perennials around. The deeply cut leaves are a glossy dark green that reddens in the fall, but their main attraction is the huge, beautifully scented flower in pink, white, or red (and, more recently, yellow or peach). Flowers can be

single, semidouble, or double, but take note: Many of the double varieties require staking. Peonies bloom in mid- to late spring.

More Options

Got more space to fill? None of these plants has caught your fancy? Okay, here are a few more . . .

Cushion spurge: Chartreuse flowers rise from mounds of green foliage that turns red in fall. Blooms in early spring.

Hens and chicks: Low rosettes of succulent leaves in green to silvery to red send up stalks of purplish red flowers.

Blooms in midsummer.

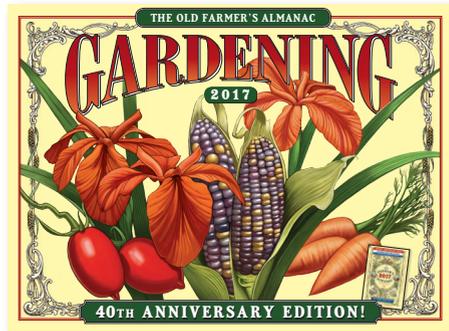
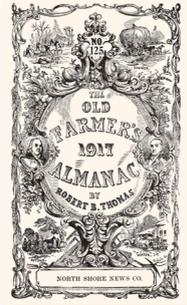
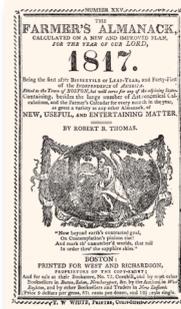
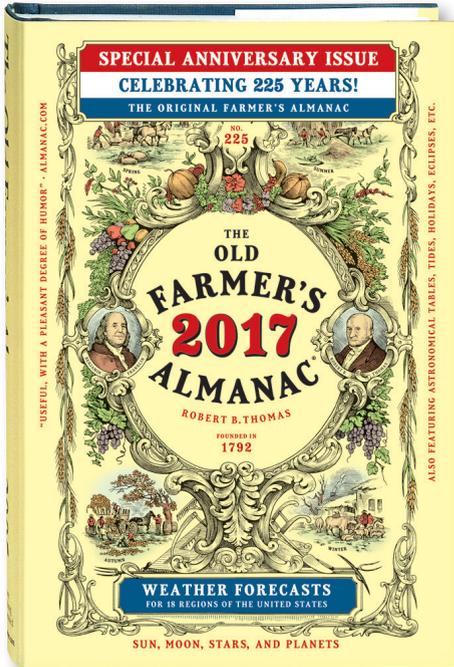
Russian sage: This shrubby plant with sturdy white stems has silvery, highly aromatic leaves and a haze of lavender-blue flowers. Blooms from summer to fall.

Stoncrop: White to pink cauliflower blooms appear over succulent, blue-green leaves. Blooms in fall.

Siberian iris: This is the easy iris—it produces abundant blooms in purple, lavender, pink, white, or yellow in attractive, grasslike foliage. Blooms from late spring to early summer.

—Larry Hodgson

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FOOD



APPLE RECIPES

It's time for harvesting apples, and we've got lots of ideas for using fall's favorite fruit. Beyond the classic pie, apples are delicious in everything from breakfast to snacks to dinner. Try these mouthwatering recipes, and we're sure you'll agree that September is the most wonderful time of the year.



FOOD

APPLE CINNAMON WAFFLES

 TAP FOR
RECIPE

PHOTO: EKATERINA SMIRNOVA/SHUTTERSTOCK

APPLE CINNAMON WAFFLES

- 1-1/2 cups all-purpose flour
- 1/2 cup whole wheat flour
- 1 tablespoon baking powder
- 2 teaspoons packed brown sugar
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon salt
- 3 eggs, separated
- 1 cup milk
- 1/4 cup melted butter, plus extra for waffle iron
- 1 teaspoon vanilla extract
- 1/2 sweet apple, such as Fuji or Gala, cored and grated

Preheat waffle iron.

In a bowl, whisk together flours, baking powder, brown sugar, cinnamon, and salt.

In the bowl of a stand mixer, beat egg whites until soft peaks form. Set aside.

In another bowl, whisk together egg yolks, milk, butter, and vanilla. Stir egg yolk mixture into dry mixture until combined (some lumps are fine). Gently fold in egg whites, then fold in apple.

Brush melted butter over hot waffle iron. Spoon batter into waffle iron and cook for 3 to 5 minutes, or until nicely browned.

Makes 4 servings.



SHARE
THIS
RECIPE

FOOD



TAP FOR
RECIPE

CURRIED APPLE SQUASH SOUP

PHOTO: OLEG D. BUTTERSTOCK



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RECIPE

CURRIED APPLE SQUASH SOUP

3 tablespoons olive oil
4 cups peeled, chopped butternut squash
2 cups peeled, chopped tart apples
1 cup chopped onion
1 teaspoon curry powder
1/2 teaspoon ground cardamom
1/2 teaspoon ground cinnamon
1 quart chicken stock
1 cup apple cider or apple juice
1/2 cup light cream
salt and pepper, to taste

In a pot over medium heat, warm the oil. Add squash, apples, and onions and stir gently for 10 minutes. Add curry powder, cardamom, and cinnamon and cook, stirring gently, for several minutes longer. Add chicken stock and cider, bring the mixture to a simmer, and cook, partially covered, for 20 minutes, or until squash is soft.

Purée the mixture (in batches, if necessary) in a food processor or blender, then return to the pot. Cook over medium heat until mixture is reduced by about one-third. Add cream and season with salt and pepper.

Makes 4 to 6 servings.

FOOD

 TAP FOR
RECIPE

APPLE OATMEAL CRISP





SHARE
THIS
RECIPE

APPLE OATMEAL CRISP

4 tart cooking apples, peeled, cored, and sliced

1/2 cup (1 stick) butter

3/4 cup firmly packed brown sugar

3/4 cup quick-cooking oats

1/2 cup all-purpose flour

1 teaspoon ground cinnamon

Preheat oven to 350°F. Grease a shallow baking dish.

Place apples in prepared baking dish.

In a saucepan over medium heat, melt butter. Stir in brown sugar, oats, flour, and cinnamon and mix well. Sprinkle mixture over the apples.

Bake for 45 minutes, or until top is golden and apples are soft.

Serve warm with whipped cream or vanilla ice cream.

Makes 6 servings.

FOOD

APPLE CHEESE BREAD

[+](#) TAP FOR
RECIPE

APPLE CHEESE BREAD

2-3/4 cups all-purpose flour

1/3 cup sugar

1 tablespoon baking powder

1/2 teaspoon salt

1/2 teaspoon ground nutmeg

1/4 teaspoon ground cinnamon

1 cup milk

1/4 cup (1/2 stick) butter, melted

1 egg, beaten

1-1/2 cups shredded cheddar cheese

2 tart apples, peeled, cored, and grated, tossed with 2 tablespoons sugar

2/3 cup apple jelly

SHARE
THIS
RECIPE

Preheat oven to 350°F. Grease a 9x5-inch loaf pan.

In a bowl, sift together flour, sugar, baking powder, salt, nutmeg, and cinnamon.

In a separate bowl, combine milk, melted butter, and egg. Set aside.

Mix cheese and apples into dry ingredients. Add milk mixture and stir only until batter is evenly moistened. Pour into prepared pan.

Bake for 35 minutes, then lower oven to 325°F. Continue baking for another 20 minutes, or until a toothpick inserted into the center comes out clean.

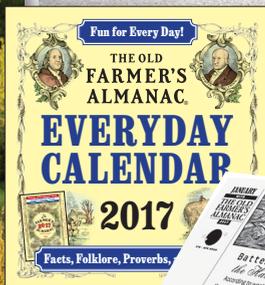
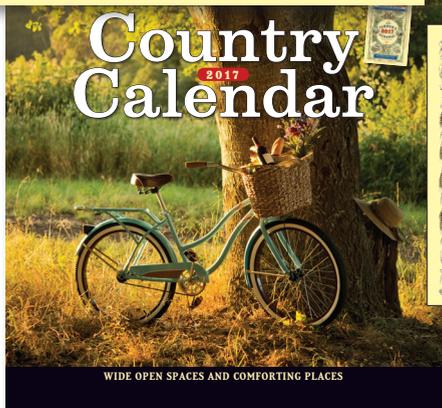
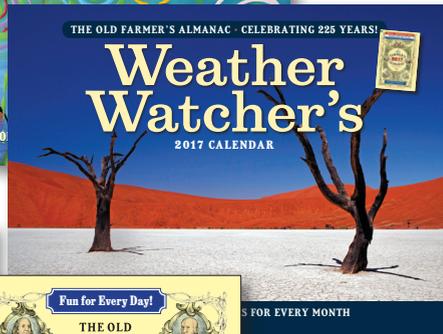
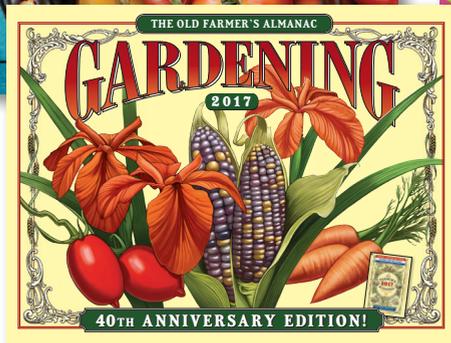
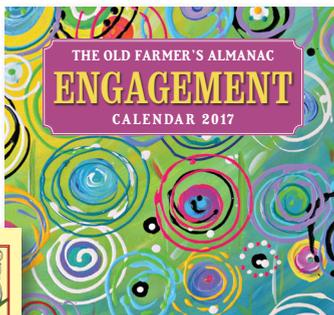
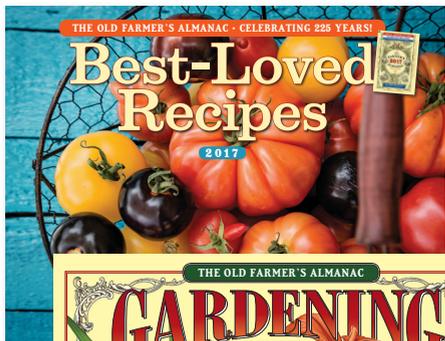
In a pan over low heat, melt the apple jelly. When the bread is done, remove it from oven and pour melted jelly over the top. Let cool in the pan until jelly sets, then remove to a wire rack to cool completely.

Makes 1 loaf.

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FOLKLORE

COCKS, COCKCROWS, AND WEATHERCOCKS

*Listen for the cockcrow,
especially twice this month.*



PHOTO: BORISB17/SHUTTERSTOCK

FOLKLORE

Since ancient times, the cock has been the bird of light, a concept inherited by the ancient Christians from pagan ties. A complex symbol, the cock—ever since a 9th-century papal decree—has been placed atop church towers.

For many, the cock stands for the pastor who leads and watches the parish and for the position of the church in the community. As the bird of light, the cock is the symbol of Christ and of the Resurrection. Also in the symbolism of the cock vanes is the Christian belief in Peter's denial that he knew Christ. Christ foretold his denial and said that Peter would deny him before cockcrow. The cock weathervane on Notre Dame Cathedral in Paris, for example, contains—as do many of the old cock weathervanes—sacred religious relics.

Cockcrow is commonly thought of as early dawn. However, cocks have been known through the centuries to have had crowing watches all through the night. As these happen at or around dark, midnight, 3:00 A.M., and dawn, the night is thus divided into “night watches.” It is supposed that evil spirits walk in the night (night is linked to our ideas of apparitions), and it is the final cockcrow just before the dawn

that disperses these evil spirits to their devilish habitats.

We have many proofs that the ancients paid attention to these cockcrow night watches. Shakespeare's examples include, from *King Lear*, “He begins at curfew and walks till the first cock” and, from *Romeo and Juliet*, “. . . the second cock hath crow'd. The curfew bell hath rung, 'tis three o'clock.”

The unseasonable crowing of cocks has long been reckoned ominous, in particular as it relates to wars. The cock is sacred to Mars—it presaged the victory of Themistocles of Athens as well as that of the Boeotians over the Lacedaemonians.

In still, dark weather, which often happens at time of the autumn equinox (September 22), cocks will often crow all day and all night. In fact, many people claim that

their cocks crow the entire night of September 8—the night that celebrates the birth of the Virgin Mary. Cocks will also crow in almost any crepuscular light, such as during an eclipse of the Sun or in the semidarkness of a thundercloud. Listen up!



⊕ TAP FOR EARLY AMERICAN EXAMPLES OF WEATHERCOCKS ATOP STEEPLES

⊕ TAP FOR WEATHERVANE TRIVIA

STEEPLE TOPS

An interesting one casts its shadow on the Old South Church in Newburyport, Massachusetts, which dates from 1756. The original, known as the Bird of Dawning, was made of pure copper, gilded, and weighed 53 pounds (it was hollow inside). It was mounted on the spire in 1759. There it remained, removed only for a regilding in 1848, until on April 8, 1987, when it was discovered to be missing, stolen from its lofty perch. A copy of the original now rests atop the spire.

Another excellent example belongs to the First Church in Cambridge, Massachusetts. Created in 1721 by coppersmith Deacon Shem Drowne, America's first documented practitioner of the art, it weighs 172 pounds and measures 5 feet 5 inches tall. (Drowne also made the famous grasshopper vane on Boston's Faneuil Hall and the banner-style vane on Boston's Old North Church.)

DID YOU KNOW?

In the 1870s, W. A. Snow & Company of Boston, manufacturer of copper weathervanes, furnished a 19x24-inch bird with spire, letters, and balls, all gilded with pure gold leaf, for only \$20.



WEATHER FORECASTS

IN SEPTEMBER, AFTER BURNING STUBBLE, PONDS AND STREAMS BEGIN TO BUBBLE.



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.

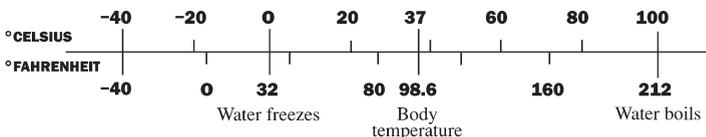
Our forecasts emphasize temperature and precipitation deviations from averages, or normals. These are based on 30-year statistical averages prepared by government meteorological agencies and updated every 10 years. Most-recent tabulations span the period 1981 through 2010.

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.

TAP TO FIND OUT THE WEATHER HISTORY OF THE DAY

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

CELSIUS-FAHRENHEIT TABLE

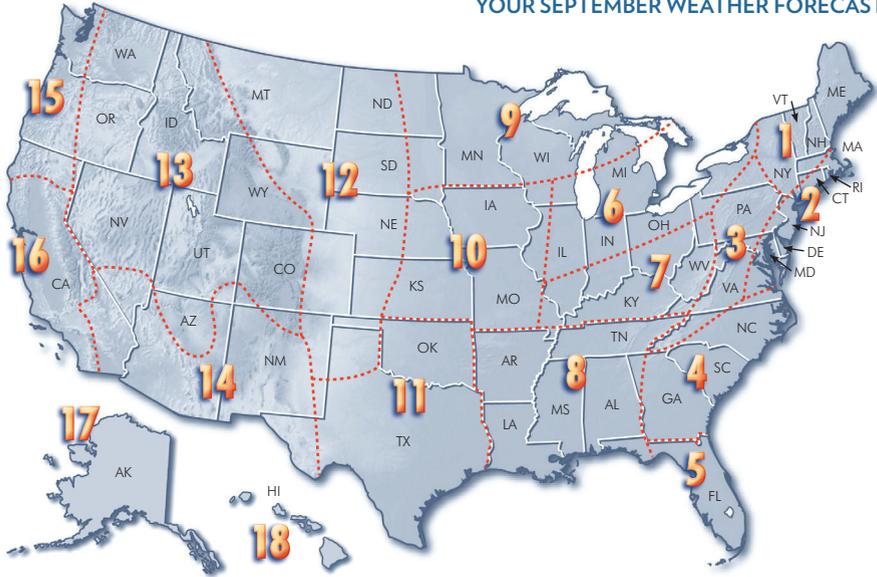




WEATHER FORECASTS

MAP OF U.S. WEATHER REGIONS

CHECK YOUR REGION TO SEE YOUR SEPTEMBER WEATHER FORECAST.



MAP OF CANADIAN WEATHER REGIONS





WEATHER FORECASTS

IN SEPTEMBER, AFTER BURNING STUBBLE,
PONDS AND STREAMS BEGIN TO BUBBLE.

U.S. FORECASTS SEPTEMBER 2016

REGION 1: NORTHEAST

Temp. 62° (3° above avg.); precip. 3.5" (0.5" below avg.). 1–5 Sunny, warm. 6–9 Tropical storm threat. 10–21 Showers, then sunny, chilly. 22–30 A few showers, mild.

REGION 2: ATLANTIC CORRIDOR

Temp. 70° (3° above avg.); precip. 4.5" (1" above avg.). 1–3 Sunny, turning cooler. 4–8 Tropical rains. 9–14 Scattered t-storms, warm. 15–22 Sunny; cool, then warm. 23–30 Scattered t-storms, turning cool.

REGION 3: APPALACHIANS

Temp. 67° (3° above avg.); precip. 3.5" (avg.). 1–3 Sunny, hot. 4–8 T-storms, then sunny, warm. 9–14 Scattered t-storms, warm. 15–18 Sunny, cool. 19–23 Showers, then sunny, warm. 24–30 Scattered showers, warm.

REGION 4: SOUTHEAST

Temp. 76° (2° above avg.); precip. 4" (2" above avg. north, 3" below south). 1–5 Sunny, then t-storms, warm. 6–9 Sunny, nice. 10–15 Scattered t-storms, warm. 16–22 Sunny, warm. 23–25 Hurricane threat. 26–30 Sunny, warm.

REGION 5: FLORIDA

Temp. 81° (1° above avg.); precip. 3.5" (2" below avg.). 1–5 Daily t-storms, seasonable. 6–13 Isolated t-storms; cool, then hot. 14–17 T-storms, warm. 18–28 Sunny north, a few t-storms south and central; warm. 29–30 T-storms, hot.

REGION 6: LOWER LAKES

Temp. 65° (3° above avg.); precip. 2.5" (1" below avg.). 1–3 Sunny, warm. 4–11 T-storms, then sunny, cool. 12–19 Showers, cool. 20–25 Sunny, quite warm. 26–30 Showers, turning cool.



WEATHER FORECASTS

REGION 7: OHIO VALLEY

Temp. 70° (3° above avg.); precip. 3.5" (0.5" above avg.). 1–3 Sunny, hot. 4–13 A few t-storms, warm. 14–17 Sunny, cool. 18–28 Scattered t-storms, warm. 29–30 Showers, cool.

REGION 8: DEEP SOUTH

Temp. 79° (3° above avg.); precip. 5.5" (1" below avg. north, 3" above south). 1–4 Sunny, hot north; t-storms south. 5–9 A few t-storms, hot and humid. 10–13 Hurricane threat. 14–21 Isolated t-storms, turning hot. 22–26 Sunny, hot. 27–30 T-storms, then sunny, cool.

REGION 9: UPPER MIDWEST

Temp. 58° (avg.); precip. 4" (1" above avg.). 1–6 T-storms, then sunny, nice. 7–11 Showers, then sunny, cool. 12–20 Rainy periods, then sunny, mild. 21–26 T-storms, warm. 27–30 Showers, turning cool.

REGION 10: HEARTLAND

Temp. 69° (2° above avg.); precip. 3" (1" below avg. north, avg. south). 1–7 Scattered showers, very warm. 8–13 Heavy rain south, showers north; cool. 14–18 Showers, cool. 19–24 Sunny, very warm. 25–30 T-storms, then sunny, nice.

REGION 11: TEXAS-OKLAHOMA

Temp. 76° (avg.); precip. 6.5" (1" above avg. north, 5" above south). 1–6 Sunny, hot north; hurricane threat south. 7–9 Sunny north, t-storms south. 10–12 Hurricane threat. 13–15 Sunny, cool. 16–22 Scattered t-storms, warm. 23–30 Isolated t-storms, turning cooler.

REGION 12: HIGH PLAINS

Temp. 59° (2° below avg.); precip. 2.5" (1" above avg.). 1–6 Sunny, warm. 7–16 Rainy periods, chilly. 17–22 Showers, cool north; sunny, warm south. 23–25 Rain and wet snow north, showers south. 26–30 Sunny, mild.



WEATHER FORECASTS

REGION 13: INTERMOUNTAIN

Temp. 59° (3° below avg.); precip. 1" (avg.). 1–6 Sunny, warm. 7–17 Scattered showers, cool. 18–22 Showers, cool. 23–25 Rain and snow, chilly. 26–30 Sunny, turning warm.

REGION 14: DESERT SOUTHWEST

Temp. 77° (2° below avg.); precip. 1" (avg.). 1–9 Scattered t-storms, then sunny, warm. 10–15 Scattered t-storms, then sunny, cool. 16–21 T-storms, then sunny, cool. 22–30 Scattered t-storms east, sunny west; cool, then warm.

REGION 15: PACIFIC NORTHWEST

Temp. 60° (1° below avg.); precip. 1.5" (avg.). 1–8 Showers, then sunny, cool. 9–16 Sunny, nice. 17–23 Rainy periods, cool. 24–28 Sunny, turning warm. 29–30 Showers, mild.

REGION 16: PACIFIC SOUTHWEST

Temp. 72° (2° above avg.); precip. 0.2" (avg.). 1–8 Sunny, turning hot. 9–17 Showers, then sunny, cool. 18–25 Scattered showers, cool. 26–30 Sunny; cool north, turning hot south.

REGION 17: ALASKA

Temp. 32° N, 54° EW (avg.); precip. 1.1" N, 5" S (avg. north, 2" below south). 1–4 Flurries N, showers C+S; cool. 5–13 Snow showers N, a few showers C+S; mild. 14–20 Showers, mild N+C; sunny, cool S. 21–30 Snow showers, cold N+C; rainy periods, cool 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. 81° (0.5° below avg.); precip. 0.8" (avg.). 1–7 A few showers, warm. 8–12 Showers; cool C+W, warm E. 13–18 A few t-storms, cool. 19–30 Daily light showers C+W, rain and t-storms E; seasonable.

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



SEPTEMBER RAIN IS GOOD FOR CROPS AND VINES.

CANADIAN FORECASTS SEPTEMBER 2016

REGION 1: ATLANTIC CANADA

Temp. 15°C (1°C above avg.); precip. 160mm (50mm above avg.). 1–5 Showers, turning warm. 6–9 Tropical storm threat. 10–17 Scattered showers, mild. 18–30 A few showers, cool.

REGION 2: SOUTHERN QUEBEC

Temp. 16°C (2°C above avg.); precip. 80mm (10mm below avg.). 1–5 Scattered showers, warm. 6–13 T-storms, then showers, turning cool. 14–22 Rain, then sunny, nice. 23–27 Rainy, cool east; sunny, warm west. 28–30 Showers, mild.

RÉGION 2: QUÉBEC DU SUD

Temp. 16°C (2°C au-dessus de la moy.); précip. 80mm (10mm en-dessous de la moy.). 1–5 Averses éparses, chaud. 6–13 Orages, puis averses, avec refroidissement. 14–22 Pluie, puis ensoleillé, agréable. 23–27 Pluvieux, froid à l'est; ensoleillé, chaud à l'ouest. 28–30 Averses, doux.

REGION 3: SOUTHERN ONTARIO

Temp. 16.5°C (2°C above avg.); precip. 50mm (40mm below avg.). 1–9 A few showers, warm. 10–20 Scattered showers, cool. 21–26 T-storms, then sunny, warm. 27–30 Showers, turning cool.

REGION 4: THE PRAIRIES

Temp. 11°C (avg.); precip. 10mm (30mm below avg.). 1–6 Scattered t-storms, warm. 7–14 A few showers, cool. 15–19 Sunny, warm. 20–22 Showers, cool. 23–26 T-storms east; snow, then sunny, west; turning chilly. 27–30 Showers, warm.



CANADIAN WEATHER FORECASTS

REGION 5: SOUTHERN BRITISH COLUMBIA

Temp. 13°C (1°C below avg.); precip. 115mm (50mm above avg.). 1–7 Showers, cool. 8–16 Sunny, cool. 17–23 Rainy periods, cool. 24–30 A few showers, mild.

REGION 6: YUKON

Temp. 7°C (avg.); precip. 20mm (10mm below avg.). 1–9 Showers, cool. 10–19 Scattered showers, mild. 20–24 Rain and snow showers, cold. 25–30 Showers, mild.

REGION 7: NORTHWEST TERRITORIES

Temp. 5°C (1°C above avg.); precip. 22mm (5mm below avg.). 1–3 Sunny, mild. 4–9 Flurries north; rain, then showers south; seasonable. 10–16 Snowy periods north, showers south; seasonable. 17–20 Sunny, cool. 21–24 Snowy periods; mild north, cold south. 25–30 Flurries, turning cold north; showers, mild south.



A PEEK AT OUR WINTER PREDICTIONS

As surely as summer turns to autumn, winter will follow. Here's what to expect:

Solar Cycle 24, the smallest in more than 100 years, is well into its declining phase after reaching double peaks in late 2011 and early 2014. As solar activity continues to decline from these low peaks toward a minimum in early 2019, we expect temperatures in much of the nation to be much colder than

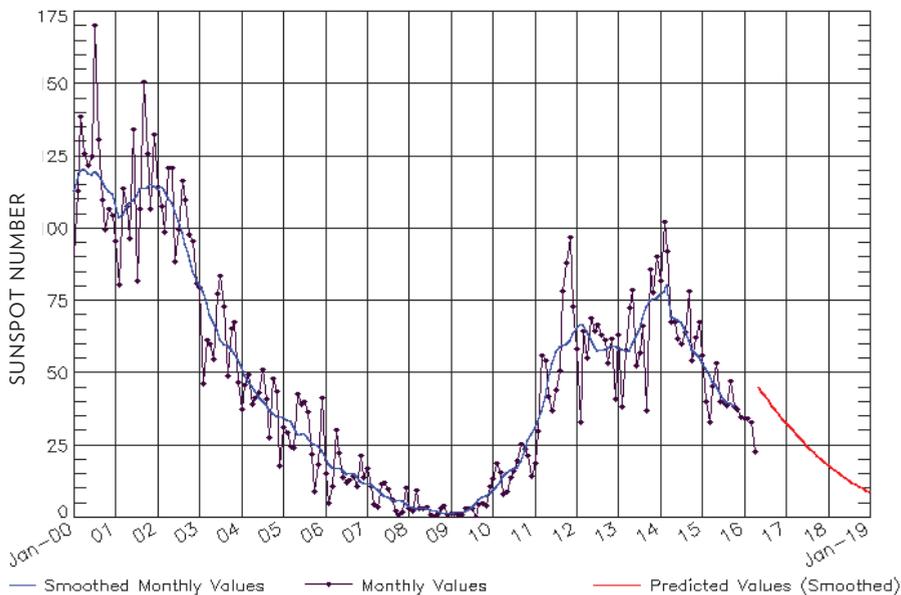
last winter, but still above normal.

The winter of 2016–17 will feature above-normal snowfall in the northernmost states, along the spine of the Appalachians, and in northern Illinois, but below-normal snowfall in other areas.

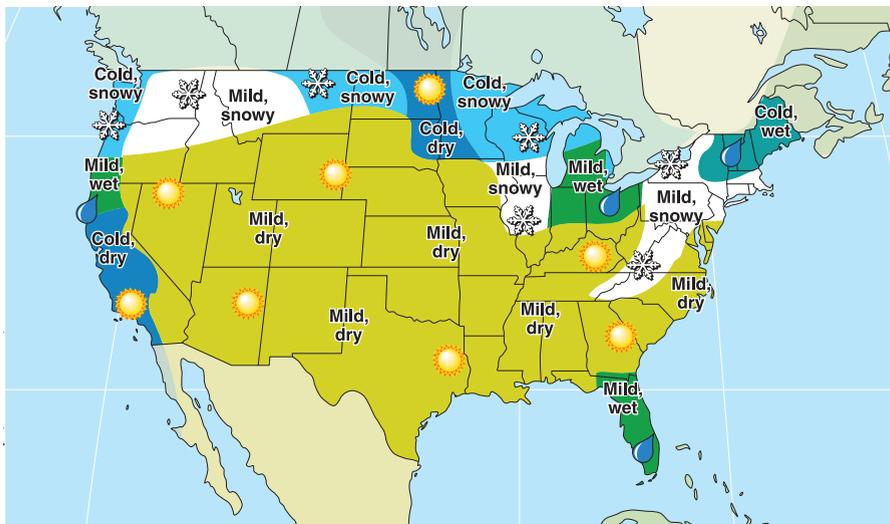
With last winter's strong El Niño being replaced by a moderate La Niña this winter, cold air masses will be able to build in Canada and move

ISES SOLAR CYCLE SUNSPOT NUMBER PROGRESSION

OBSERVED DATA THROUGH APRIL 2016



U.S. WINTER FORECAST 2016-17



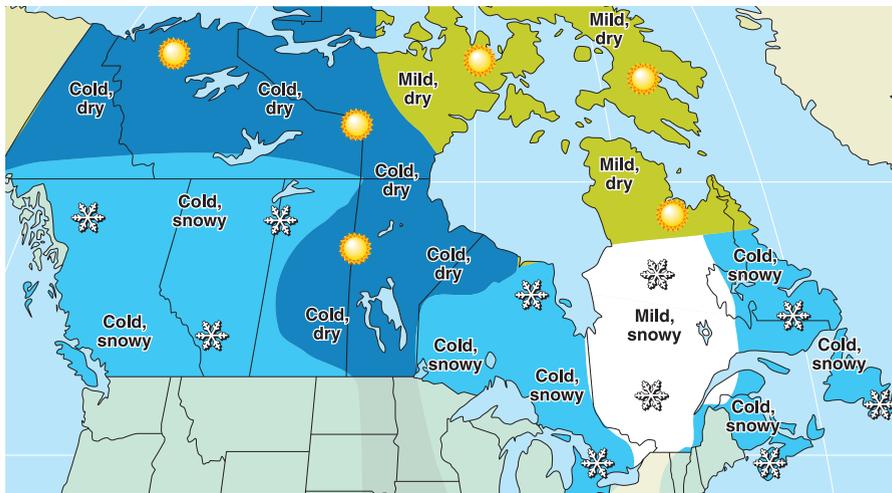
southward into the United States. Other important factors in the coming weather patterns include the Atlantic Multidecadal Oscillation (AMO) in a continued warm phase, the North Atlantic Oscillation (NAO) in a cold phase, and the Pacific Decadal Oscillation (PDO) in the early stages of its warm cycle. Oscillations are linked ocean-atmosphere patterns that influence the weather over periods of weeks to years.

Across the United States (see map), winter temperatures will be much colder than last winter—but still above normal—in much of the eastern two-thirds of the nation. The

only exceptions will be in a swath from North Dakota to the Great Lakes and Maine, which will have below-normal temperatures. Most of the Pacific states will have below-normal temperatures, with above-normal temperatures in the Intermountain region and Desert Southwest.

Snowfall will be above normal from southern New England and western New York southwestward through the Appalachians; from eastern Minnesota eastward to the UP (Upper Peninsula) of Michigan and southward to St. Louis, Missouri; and from central North Dakota westward to the Pacific coast. Expect below-

CANADIAN WINTER FORECAST 2016-17



normal snowfall in most other places that normally receive snow.

Precipitation will be below normal across most of the southern two-thirds of the nation and above normal in the north, with the primary exceptions being above-normal rainfall in northern California, southern Oregon, the western Lower Lakes region, and Florida. With rainfall below normal in most of California, the drought there will continue.

Most of Canada (see map) will have below-normal temperatures this winter, although Quebec and eastern Nunavut will have above-normal temperatures.

Snowfall will be greater than normal in most areas, the exceptions being Manitoba, portions of Saskatchewan, and the northern part of the nation, where snowfall will generally be below normal.

Detailed forecasts for specific regions of the United States and Canada appear in *The 2017 Old Farmer's Almanac* and *The 2017 Old Farmer's Almanac Canadian Edition* (each available at Almanac.com/Store and wherever books and magazines are sold in the United States and Canada, respectively) and at Almanac.com/Weather.

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



HUMOR ME

GRINS AND GROANS FROM THE ALMANAC

BACK BY POPULAR DEMAND . . .

MORE Do You Swear to Tell the Whole Truth?

These actual court transcriptions raise the question of just what the “whole truth” is . . .

Q: What is your brother-in-law’s name?

A: *Borofkin.*

Q: What is his first name?

A: *I can’t remember.*

Q: He’s been your brother-in-law for 45 years, and you can’t remember his first name?

A: *No. I tell you I’m too excited. [Rising from the witness chair and pointing to Mr. Borofkin] Nathan, for God’s sake, tell them your first name!*



Q: James stood back and shot Tommy Lee?

A: Yes.

Q: And then Tommy Lee pulled out his gun and shot James in the fracas?

A: *[After hesitation] No sir, just above it.*

Q: Now, Mrs. Johnson, how was your first marriage terminated?

A: *By death.*

Q: And by whose death was it terminated?

Q: Are you married?

A: *No, I’m divorced.*

Q: What did your husband do before you divorced him?

A: *A lot of things I didn’t know about.*

Q: How did you happen to go to Dr. Cheney?

A: *Well, a gal down by the road had had several of her children by Dr. Cheney and said he was really good.*



(Do You Swear to Tell the Whole Truth? continued)

Q: Did the lady standing in the driveway subsequently identify herself to you?

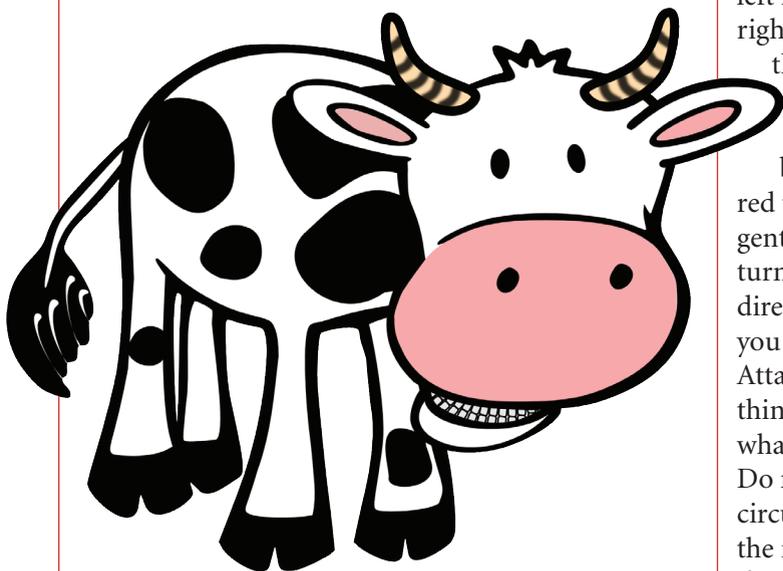
A: Yes, she did.

Q: Who did she say she was?

A: She said she was the owner of the dog's wife.

Q: Doctor, did you say he was shot in the woods?

A: No, I said he was shot in the lumbar region.

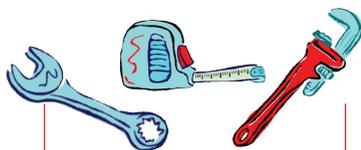


THE CORNIEST COW JOKE OF ALL TIME

Two cows are standing next to each other in a field. Daisy says to Dolly, "I was artificially inseminated this morning."

"I don't believe you," says Dolly.

"It's true. No bull!" exclaimed Daisy.



INSTRUCTIONS FOR THE ASSEMBLY OF JUST ABOUT ANYTHING

*You can try this
in the privacy
of your own home.*

Grasp gizmo in your left hand. With your right hand, insert the doohickey into the little whoosie just below the bright red thingamajig and gently—gently!—turn it in a clockwise direction until you hear a click. Attach the long thingamabob to the whatchamacallit. Do not under any circumstances allow the metal whatsit on the end to come in contact with the black plastic thingummy. Failure to follow these instructions will result in damage to the doodad.

“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

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Join us in Alaska to see the aurora borealis from February 26–March 3, 2017.
Led by the Almanac's astronomy editor, Bob Berman,
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By night, behold the blazing and magical curtains of light. By day, tour Alaska!

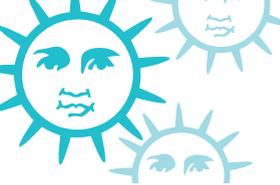
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- accommodations, most meals
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- World Ice Art Championships
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- astronomy lectures
- photography tutorial
- optional train tour
- and much, much more!



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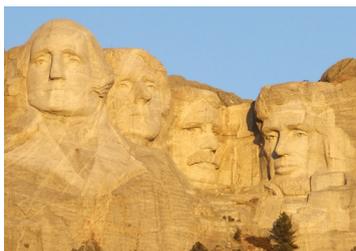
Ice Sculpture photo: FairbanksMike



WHAT'S NEXT



GARDENING
Overwintering tricks



CALENDAR
Full Hunter's Moon,
The Great Pumpkin
Flood, Mount
Rushmore, how
October got its name



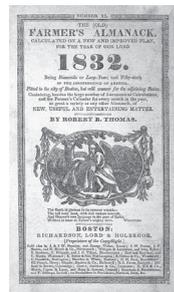
LIVING NATURALLY
Garlic's history of healing



ASTRONOMY
Explore With Our
Sky Map



FOOD
Get pumped up for
pumpkin recipes!



ANNIVERSARY
Moments in
time from *The
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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 October *EXTRA!*