As sure as the Sun rises and sets, The Old Farmer’s Almanac is back. Get ready: The 2019 Old Farmer’s Almanac Canadian Edition is available everywhere—digitally and in print—on September 10! A comforting constant in a changing world, The Old Farmer’s Almanac has been going strong for 227 years by focusing on what’s useful, timeless, tried, and true. The 2019 Canadian Edition continues this tradition with all-new information on gardening, food, home, and weather, along with life advice that’s practical but doesn’t take itself (too) seriously.

The 2019 Canadian Edition begins with its trends forecast. During the coming year, we can expect an increased emphasis on health, with exercise classes at the grocery store and DNA kits to help us choose the best foods. Prepare to see “meatless” on a lot of menus: 43% of Canadians say that they plan to eat more plant-based proteins!

Also, look for social media-ready plants, paw-ternity leave for new pet parents, collectors seeking simple tech (think rotary phones, View-Masters), toilets that flush on command, citizen science projects, and more.

Dig deeper into the 2019 Almanac to find:

• **The pros and cons of backyard livestock.** Do zoning laws say “no” to chickens? Some people put them in dog costumes. (Yes, we’re serious.) Learn practical considerations for raising chickens, horses, goats, pigs, and cows—all presented with our traditional “pleasant degree of humour.”

• **The “father” of hockey.** Les Costello was a priest, Stanley Cup winner, and founding member of the Flying Fathers, an exhibition hockey team. Find out more about this winger who “cross-checked” every day.
• **Why owning a dog is the best medicine.** This treatise on Man's Best Friend offers medical evidence of why Fido is far better than the proverbial apple-a-day, plus canine health tips.

• **The man (and the military experiments) that made us safer.** Ever wonder how we got seat belts in cars? Buckle up: This story is a wild ride.

• **The best way to eat a bouquet.** Flowers as food! Consider stuffed zucchini blossoms, pot marigolds sprinkled on omelets, and lemony lilacs candied to sit atop showstopping cakes.

• **Canada's coolest places.** Where else but here can you visit a museum dedicated to stuffed gophers, play a game in which players get thrown, buy a musk ox sweater, and appreciate the splendor of the world's largest axe and Easter egg?

Along with our special report on **growing giant pumpkins**, look for how-to's on **gardening successfully, perfect pickling, making sausage, preparing for full Moon chaos** (hint: do nothing), and **soil-testing with (clean) underwear**. Oh, and don’t forget to eat your “**dragon dog.**”

Last but never least, **the weather!** According to our forecast, most Canadians will have a very cold winter, and everywhere will be snowier. Pacific Canada and the southern two-thirds of Ontario will see “normal” temperatures (it will still be cold!), while northern Atlantic Canada’s temps will be “above normal” (again, still cold).

*The Old Farmer's Almanac Canadian Edition* comes to you from Yankee Publishing Inc. in Dublin, New Hampshire. The Almanac's editors also produce the *Garden Guide*, digital monthly magazine *EXTRA!, The Old Farmer's Almanac for Kids*, calendars, and cookbooks such as *Readers' Best Recipes*. Daily Almanac wit and wisdom is available through Almanac.ca, Facebook, Pinterest, Instagram, and the Amazon Echo and Google Home voice assistants.

Print editions of *The 2019 Old Farmer's Almanac Canadian Edition* are available for just $6.99 everywhere books and magazines are sold, as well as at Almanac.ca/Shop or by calling 800-ALMANAC. Save a tree by picking up the digital version via Almanac.ca/Shop or the iTunes Store.

---

**EDITORS’ NOTE:** To set up an interview or request a review or giveaway copies of *The 2019 Old Farmer's Almanac Canadian Edition*, please contact Ginger Vaughan at ginger@quinnbrein.com.

You can also find press materials, cover art, and weather maps at Almanac.ca/Press.

The home of the *The Old Farmer's Almanac Canadian Edition* online is Almanac.ca.

---

**Turn over for more.**