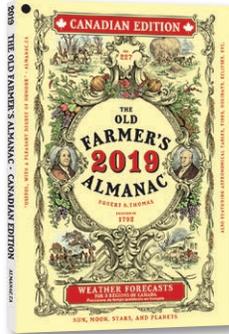


TO SCHEDULE AN INTERVIEW OR REQUEST VISUALS, PLEASE CONTACT:

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## THE 2019 OLD FARMER'S ALMANAC CANADIAN EDITION: A COMFORTING CONSTANT IN A CHANGING WORLD

The 227th edition of North America's best Almanac invites readers to adopt a pooch, eat a "dragon dog," wear seat belts, learn a new meaning for "cross-checking," and consider the (amusing) challenges of raising livestock.



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.

### 2019 TRENDS

FORECASTS, FACTS, AND FASCINATING IDEAS THAT DEFINE OUR LIFE AND TIMES  
Compiled by Stacey Kuntzberg



Turn over for more.

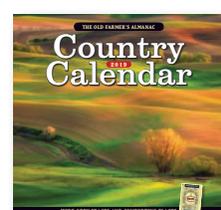
- **Why owning a dog is the best medicine.** This treatise on Man's Best Friend offers medical evidence of why Fido is far better than the proverbial apple-a-day, plus canine health tips.
- **The man (and the military experiments) that made us safer.** Ever wonder how we got seat belts in cars? Buckle 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](http://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](http://Almanac.ca/Shop) or by calling 800-ALMANAC. Save a tree by picking up the digital version via [Almanac.ca/Shop](http://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](mailto:ginger@quinnbrein.com). You can also find press materials, cover art, and weather maps at [Almanac.ca/Press](http://Almanac.ca/Press). The home of the *The Old Farmer's Almanac Canadian Edition* online is [Almanac.ca](http://Almanac.ca).

