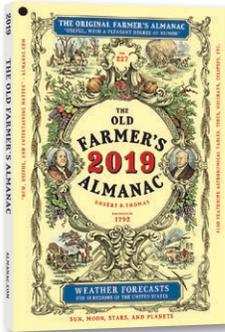


TO SCHEDULE AN INTERVIEW OR REQUEST VISUALS, PLEASE CONTACT:

Ginger Vaughan, ginger@quinnbrein.com, 206-842-8922

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

The 227th edition of North America's best Almanac invites readers to eat flowers, adopt a dog, wear seat belts, make sausage, 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* is available everywhere—digitally and in print—on September 10!

A comforting constant in a changing world, *The Old Farmer's Almanac* focuses on what's useful, timeless, tried, and true. The 2019 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 Almanac begins with its trends forecast. During the coming year, we can expect **exercise classes at the grocery store**, **DNA kits to help us choose the best foods**, **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 humor.”
- **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

2019 TRENDS

FORECASTS, FACTS, AND FASCINATING IDEAS THAT DEFINE OUR LIFE AND TIMES
Compiled by Sherry Kauterbach

BEANS AND BOMBS
MEATLESS
To avoid restaurants used to serve steak and potatoes, but more they have built dishes and other plant-based proteins, like an Italian restaurant, Chicago's Chicago.

WHAT'S COOKING?
Instead of scheduling our days around mealtime, we're scheduling our meals around everything else going on in our days.

SMART TOOLS
Consumers are working smart energy solutions to power their homes.

BY THE NUMBERS
72% of U.S. households have smart power meters on their power lines.

BY THE NUMBERS
70% of Christians have taken action to "food share" (e.g., donate to food banks or volunteer at a food bank).

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2018 ORANGE RECIPE CONTEST WINNERS
Many thanks to the hundreds of you who submitted recipes!

CELEBRATING COUSCOUS SALAD

FOOD

ENTER
Get a green thumb.

GREEN THUMB CLUB

JOIN THE

FOODPROOF ADVICE FOR BEGINNERS: "WALK TALKING" AND ANYONE TRYING TO GROW FOOD.

GARDENING

ENTER
Get a green thumb.

DUCK STAMP DYNASTY

NATURE

ENTER
Get a green thumb.

Turn over for more.

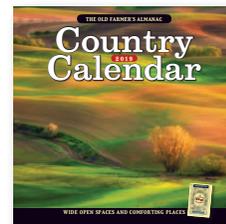
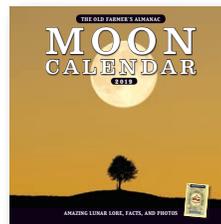
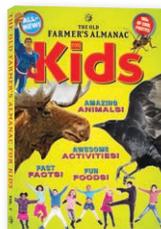
sprinkled on omelets, and lemony lilacs candied to sit atop showstopping cakes.

- **America's only federally funded art contest.** Here's a tale about artists who raise millions of dollars for conservation. Oh, and did we mention the ducks?
- **Baseball's amazin' season.** Put team loyalty aside to appreciate one of baseball's most amazin' wins: the New York Mets' historic 1969 World Series victory, recounted by sports analyst Charlie Pierce.
- Also, along with fascinating profiles of some folks who grow our food, 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.**
- Last but not never least, **the weather!** We're predicting a very mild winter with above-normal temperatures and below-normal snowfall. Exceptions include the Southwest (be prepared for increased cold *and* snow) and greater snowfall in the nation's midsection and most of the Intermountain region.

The Old Farmer's Almanac 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.com, Facebook, Pinterest, Instagram, and the Amazon Echo and Google Home voice assistants.

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

EDITORS' NOTE: To set up an interview or request a review or giveaway copies of *The 2019 Old Farmer's Almanac*, please contact Ginger Vaughan at ginger@quinnbrein.com. You can also find press materials, cover art, and weather maps at Almanac.com/Press. The home of *The Old Farmer's Almanac* online is Almanac.com.



The ABCs of Pickling

ASPARAGUS, BEETS, CORN-AND CUKES!
 Pickling is an age-old method of preserving food, sure, but it's also a technique to alter the flavor of familiar vegetables and fruit with herbs and spices and enjoy them in new and delicious ways. Conversely, those A, B, C vegetables are harvested at different times, so pick 'em and pickle!

BEFORE YOU BEGIN...
 Wash and sterilize all jars and lids. Set the empty jars right-side up on the rack in a boiling-water canner. Fill the canner and jars with hot water to 1 inch above the tops of the jars. Bring the water to a boil for 10 minutes. Sterilize the lids by boiling in water for 10 minutes. (continued)



ADVENTURES IN THE ZODIAC ZONE

WHAT'S BEHIND THE SUN AND MOON?
 BY BOB BEAMAN
 Throughout millennia, civilizations have paid great attention to the Moon, Sun, and planets, yes, but also to the stars and constellations behind them—in particular, the zodiac. These backgrounds had and have a number, but in different ways for astronomers and astrologers. Here's how and why.

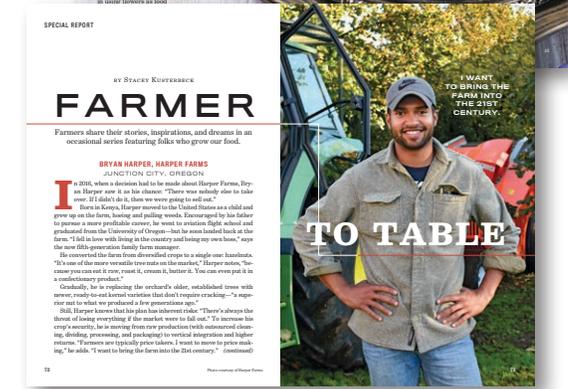
THE STELLAR ZOO
 A fairly popular theory holds that, in the past, we saw the Sun and Moon slightly in different directions each day, as a result of a wobble of the Earth. (continued)



PLATE YOUR PETALS

Edible flowers are blossoming into an old-is-new-again culinary trend.

BY JOEL HELMER
 In a garden bed and in a bowl, the colorful blossoms of begonias, calendula, nasturtiums, and tomatillos can be dazzling. Did you know that they are also delicious? Edible flowers have figured in ancient cultures' traditions for centuries. Over time, the practice of food interest in some flowers as food.

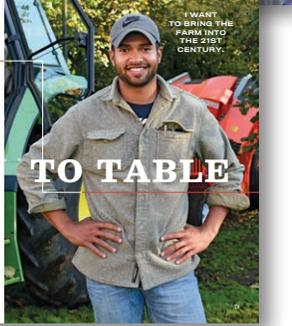


SPECIAL REPORT

FARMER

Farmers share their stories, inspirations, and dreams in an occasional series featuring folks who grow our food.

BRYAN HARPER, HARPER FARMS JUNCTION CITY, OREGON
 It didn't take a lifetime to be made about Harper Farms, says Harper now 41, as he looks back. "There was nobody else to take over. If I didn't do it, then we were going to end up...
 Born in Kenya, Harper moved to the United States as a child and grew up on his farm, raising and selling hogs. Encouraged by his father to pursue a more profitable career, he went to college, got a job, and graduated from the University of Oregon—but he was lonesome back at the farm. "I did love to live with living in the country and being my own boss," says the now fifth-generation family farm manager.
 He converted the farm from diversified crops to a single one: hogs. "It's one of the more versatile tree nuts on the market," Harper notes, "because you can eat it raw, toast it, cream it, butter it. You can even put it in a confectionary product."
 Generally, he's replacing the orchard's older, established trees with newer, ready-to-eat kernel trees that don't require cracking "to separate and to eat the product in the production line."
 Still, Harper knows that his plan has inherent risks. "There's always the threat of being overpriced if the market were to fall out." To increase the crop's security, he's moving from raw production (with subsequent cleaning, drying, processing, and packaging to vertical integration and higher returns). "Farmers are typically price takers. I want to move to price maker," he adds. "I want to bring the farm into the 21st century." (continued)



Turn over for more.