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...
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 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.