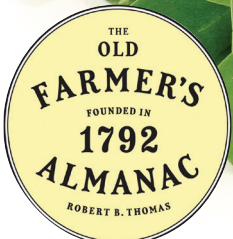


EXTRA!

FROM THE OLD FARMER'S ALMANAC

TIME TO EAT YOUR PURSLANE

PLUS: • Best Days to Do Things • Gardening by the Moon's Sign
• Monthly Calendar • Astronomy • Weather



AUGUST

Holidays, Full Moon Names, and More

CALENDAR THIS 'N' THAT

There are 86,400 seconds in a day, on average. However, due to the complexity of forces that affect Earth's rotation, our planet may spin slightly faster or slower than usual, which may cause the length of each day to vary by milliseconds.

HOLIDAY HAPPENINGS

Aug. 1: Emancipation Day
(Canada)

Aug. 4: U.S. Coast Guard
Birthday

Aug. 7: Civic Holiday (Canada)

Aug. 19: National Aviation Day

Aug. 26: Women's Equality Day



EYE ON THE SKY

AUGUST'S FULL MOON NAMES

Sturgeon Moon, Black Cherries Moon, Mountain Shadows Moon

MOON PHASES

Full Moon: August 1, 2:32 P.M. EDT

Last Quarter: August 8, 6:28 A.M. EDT

New Moon: August 16, 5:38 A.M. EDT

First Quarter: August 24, 5:57 A.M. EDT

Full Moon: August 30, 9:36 P.M. EDT



TAP FOR MORE ABOUT MOON PHASES



TAP FOR MORE ABOUT AUGUST'S FULL MOON

Love flowers? Order your copy of *The Old Farmer's Almanac Flower Gardener's Handbook* at Almanac.com/Shop or Amazon.

Now Shipping 2024 Calendars!



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BEST DAYS TO DO THINGS

These August 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*

AROUND THE HOUSE

Bake: 12, 13

Brew: 22, 23

Can, pickle, or make sauerkraut:
12, 13

Demolish: 22, 23

Dry fruit, vegetables, or meat: 5, 6

End projects: 29

Lay shingles: 14–16

Make jams or jellies: 3, 4, 30, 31

Paint: 19–21

Start projects: 17



Wash floors: 3, 4, 30, 31

Wash windows: 5, 6

PERSONAL

Advertise to sell: 22, 23

Ask for a loan: 7, 8

Begin diet to gain weight: 18, 23

Begin diet to lose weight: 4, 9

Buy a home: 22, 23

Color hair: 7, 8

Cut hair to discourage growth: 7, 8

Cut hair to encourage growth: 19–21

Entertain: 14–16

Get married: 19–21

Have dental care: 17, 18

Move (house/household): 9–11

Perm hair: 1, 2, 28, 29

Quit smoking: 4, 9

Straighten hair: 24, 25

Travel for pleasure: 14–16

Wean children: 4, 9

OUTDOORS

Begin logging: 26, 27

Go camping: 24, 25

Go fishing: 1, 16–30

Set posts or pour concrete: 26, 27

IN THE GARDEN

Destroy pests and weeds: 5, 6

Graft or pollinate: 12, 13

Harvest aboveground crops: 26, 27

Harvest belowground crops: 7, 8

Mow to promote growth: 22, 23

Mow to slow growth: 7, 8

Pick fruit: 17, 18

Plant aboveground crops: 22, 23

Plant belowground crops: 12, 13

Prune to discourage growth: 5, 6

Prune to encourage growth: 24, 25

ON THE FARM

Breed animals: 22, 23

Castrate animals: 1, 2, 28, 29

Cut hay: 5, 6

Purchase animals: 12, 13

Set eggs: 1, 2, 9, 28, 29

Slaughter livestock: 22, 23

Wean animals: 4, 9



GARDENING BY THE MOON'S SIGN

Use the August 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, Pisces, or Taurus

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 AUGUST

1 Aquarius

2 Aquarius

3 Pisces

4 Pisces

5 Aries

6 Aries

7 Taurus

8 Taurus

9 Gemini

10 Gemini

11 Gemini

12 Cancer

13 Cancer

14 Leo

15 Leo

16 Leo

17 Virgo

18 Virgo

19 Libra

20 Libra

21 Libra

22 Scorpio

23 Scorpio

24 Sagittarius

25 Sagittarius

26 Capricorn

27 Capricorn

28 Aquarius

29 Aquarius

30 Pisces

31 Pisces



TAP FOR
MERCURY IN
RETROGRADE
DATES



TAP FOR
AUGUST
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*.

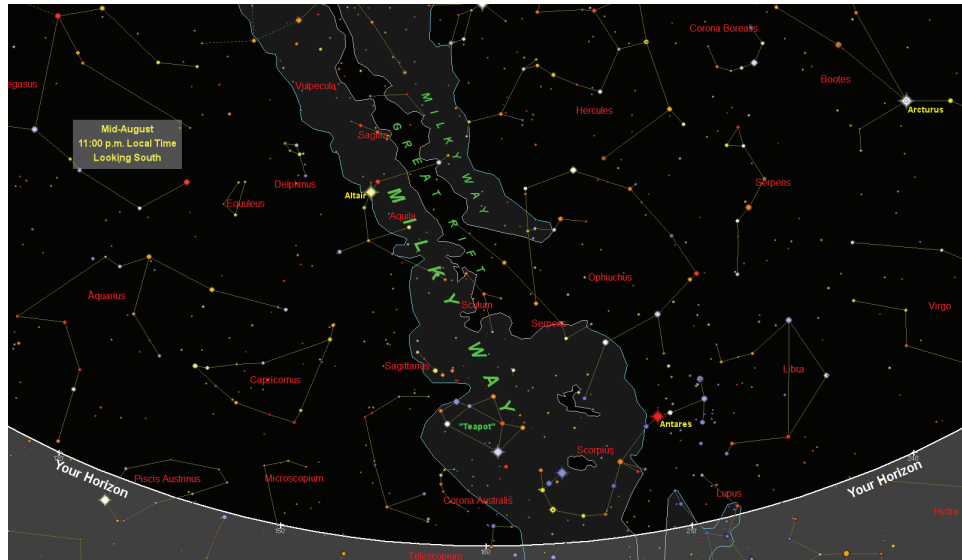
Mercury's retrograde periods can cause our plans to go awry. However, this is an excellent time to reflect on the past. Intuition is high during these periods, and coincidences can be extraordinary.

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's remaining 2023 retrograde periods: **August 23–September 14** and **December 13–(January 1, 2024)**.

–*Celeste Longacre*

Celebrating its 46th anniversary in 2023, the best-selling *Old Farmer's Almanac* Gardening Calendar is filled with beautiful art, helpful tips, insightful quotes, and an easy-to-use grid with holidays and Moon phases. Order yours today at [Almanac.com/Shop](https://www.almanac.com/Shop).



METEORS AND THE MILKY WAY

Every year in August, we welcome the Perseid Meteor Shower to our skies. The Perseids are one of the best meteor showers of the year, and they reach their peak on the night of August 12–13.

Known as shooting stars, meteors appear as brief streaks of light when small space rocks called meteoroids plunge into Earth's atmosphere. Friction with the atmosphere heats the meteoroids to the point where they burn up, each creating a bright flash that we call a meteor.

Most meteoroids are no larger than grains of sand, but occasionally pieces of a big one survive the fiery trip through the atmosphere to reach the ground. These surviving fragments are known as meteorites.

In summary, when moving through space, a tiny rock is a *meteoroid*. When we see it burn up in Earth's atmosphere, it's a *meteor*. If any part of the object survives its passage

TAP TO GET
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AUGUST
SKY MAP

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through the atmosphere and reaches the ground, it's a *meteorite*.

Several times a year, Earth passes through streams of cosmic debris. When this happens, we may be treated to a meteor shower in which the number of meteors jumps dramatically to anywhere from 10 to 100 meteors per hour.

In the case of the annual Perseid Meteor Shower, every August, Earth encounters debris left behind by Comet Swift-Tuttle, which was discovered in 1862. As Earth plows through the cometary debris, each little particle appears in the sky as a momentary streak of light—a meteor.

Perseid meteors can appear anywhere in the sky, so your best viewing strategy is to recline or lie on the ground and look toward the darkest and most unobstructed region of the sky. A sleeping bag or air mattress makes meteor watching a *lot* more comfortable.

If you watch the Perseids from a truly dark location, use the opportunity to also observe one of the night sky's most magnificent sights—the summer Milky Way, which is the galaxy in which our Sun and all of its planets are located.

From our vantage point within the galaxy, it appears as a huge, shimmering cloud of light arching from the southern horizon to high overhead. It glows with the combined light of billions upon billions of faraway stars, each too faint for our eyes to resolve. Added together, these myriad stars produced the soft glow that we see as the Milky Way.

Sadly, the increase in light pollution over the past century has turned the Milky Way from a common sight into one that many folks have never seen. In 1994, when the Northridge earthquake knocked out power (and therefore light) to Los Angeles, emergency centers received calls from concerned citizens who reported a “giant silvery cloud” hovering over the city. Was it dangerous? Not to worry: The city dwellers were merely seeing the Milky Way for the first time in their lives!

You need a dark location to observe the Milky Way in all its glory. A typical suburban neighborhood won't be sufficiently dark. Moonlight, security lights, and streetlights are enough to spoil the view. From a properly dark, moonless viewing site, you can see the huge, hazy band of the Milky Way and maybe even the Great Rift, a large, dark strip of cosmic dust and gas that hides part of the Milky Way and appears to divide it in two, as shown on this month's Sky Map.

A meteor shower lasts just a night or two, but the Milky Way is on display every night of the year, and it's especially grand in the summer. Find yourself to a really dark spot and check it out!

—Jeff DeTray

PLANNING 2024 WILL BE A BREEZE!



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GARDENING

Time to Eat Your Purslane

Many of us curse this succulent weed and madly yank it from the garden. We might do better to serve it with salt.

PHOTO: DIRKR/GETTY IMAGES

My favorite weed is purslane, the branching, fleshy-leaved prostrate plant that plagues gardeners from coast to coast. During the summer months, my Neapolitan father combined it with arugula. (He called it *purcachiella*, a corruption, no doubt, of its botanical name, *Portulaca oleracea*.)

He was not alone in his epicurean enthusiasm. Purslane has been eaten and appreciated in India and Persia for more than 2,000 years. Columella, a 1st-century Roman writer known for his work on agriculture, recommended preserving purslane in a pot between layers of salt with vinegar poured over all.

THE POWER OF THE PURSLANE

Purslane was first introduced in Massachusetts from Europe as early as

1672 and has spread since then to become a recurring weed throughout the United States and Canada. Its virtues—the tenacity to withstand drought, the uncanny knack of uprooted stems to reroot wherever they touch the soil, and the ability of its seeds to remain viable in the soil for years, simply waiting for light to strike them and spark germination—also make purslane a plant to reckon with when it appears in the garden uninvited and unwanted. (One purslane plant is capable of producing up to 240,000 seeds in a season! Do not let it flower in your garden, or it will take over.)

But there's even more reason to pay attention to purslane. It is one of the most nutritious plants known. Research has revealed the presence in purslane of omega-3, a polyunsaturated fatty acid that influences various metabolic

pathways, resulting in lower cholesterol levels.

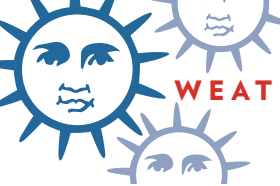
Old herbals list many medicinal applications for purslane that were once used by some folk practitioners. For example, the expressed juice taken with honey or sugar was said to relieve dry coughs, shortness of breath, and immoderate thirst. Another example was the application of bruised purslane to relieve inflammation of the eyes.

PURSLANE FOR EVERY POT

In its wild form, purslane is a Sun-worshiping, ground-hugging annual. To eat it, pick the clusters of small leaves off the reddish stalks, wash them in several changes of water to remove all of the dirt, and spin dry.

Serve purslane raw, cooked, or pickled. Add clusters snipped from the stems to salads or toss them with cooked beets.

—*Ralph Constantino*



IF THE BIRDS BE SILENT, EXPECT THUNDER.

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. Our forecasts are based on the tabulations that span the period 1991 through 2020.

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.

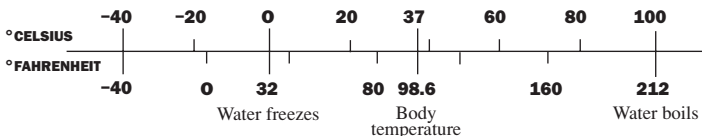


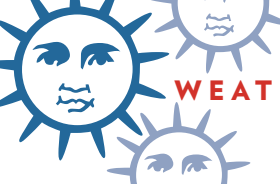
TAP TO FIND OUT THE WEATHER HISTORY OF THE DAY



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

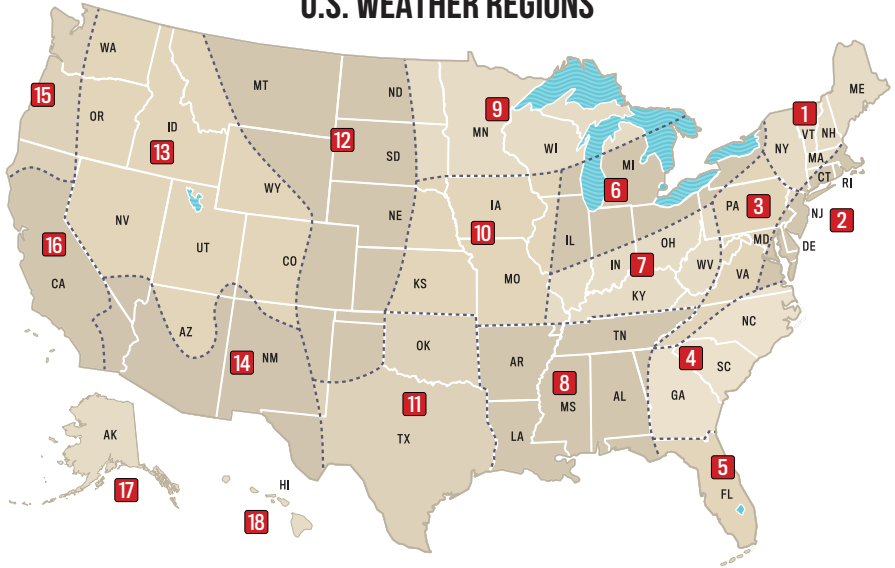
CELSIUS-FAHRENHEIT TABLE





WEATHER FORECASTS

U.S. WEATHER REGIONS



CANADIAN WEATHER REGIONS



CLICK HERE TO FIND AUGUST WEATHER PREDICTIONS FOR THE U.S. AND CANADIAN REGIONS





THOSE DAYS OF AUGUST!

August 1 is Colorado Day, celebrating when the Centennial State was admitted into the Union in 1876. Folks enjoying outdoor activities on this day will encounter mostly sunny and warm conditions, with a few scattered late-day thunderstorms in the southeast portion of the state.

On National S'mores Day, August 10, the skies will be clear for evening campfires from the Atlantic Coast to the Appalachians and the Plains into the Desert Southwest and most of California. Keep the raingear handy elsewhere across the U.S. and most of Canada.

August 19 is National Aviation Day in the U.S., when sunny skies will greet pilots flying from the Appalachians through the Southeast and Deep South and from the Intermountain West to the Pacific Coast. Elsewhere across the country, showers and thunderstorms could alter flight paths.

In the Yukon, folks will be celebrating Discovery Day on the third Monday of the month, August 21, to commemorate the discovery of gold in Bonanza Creek in 1896. The day will be sunny and warm for any placer miners who might be hard at work on the streambeds.

On August 26, Women's Equality Day in the U.S., there will be equal amounts of sun and blue skies along the Atlantic Coast from Boston to Washington, D.C.; across the Appalachians, Great Lakes, and Ohio Valley down to the Gulf Coast; from the Plains to the Intermountain West and Pacific Southwest; and in central Hawaii. Scattered showers and thunderstorms will be arriving



elsewhere across the country.

August 30 is National Beach Day! Be prepared to put on the sunscreen for the bright and dry conditions along much of the Atlantic and Gulf Coasts; across the Appalachians, eastern Great Lakes, and Ohio Valley through the Heartland and Plains; and over northern California. Elsewhere, though, there may be showers and thunderstorms across the U.S. and Canada. Watch for a hurricane in Atlantic Canada.

August temperatures will be hotter than normal, on average, from the Atlantic Coast westward to the foothills of the Rockies and across central and southern California and all of Alaska; they will be near to below normal elsewhere. Conditions will be drier than normal from the eastern seaboard through the Appalachians, from the Heartland to the front range of the Rockies, and across Alaska and near or wetter than normal elsewhere. In Canada, August temperatures will be above normal from southern Quebec through the Prairies and across the Yukon and near to below normal elsewhere. Rainfall will be above normal in many of the provinces, except for near to below normal across Atlantic Canada, southern Ontario, and the southern Northwest Territories.

Those heading back to school will find autumn temperatures in the U.S. warmer than normal from the Upper Midwest and Great Lakes down to the Deep South and west into the Rockies, from the Desert Southwest into interior southern California, and across Alaska and near to below normal elsewhere. Rainfall will be above normal in the Great Lakes and High Plains regions, the southern portions of the Rockies and California, northern Alaska, and Hawaii and near to below normal elsewhere. In Canada, autumn temperatures will be warmer than normal from southern Ontario westward across the central and western provinces to the Pacific Coast and near to below normal elsewhere. Rainfall will be below normal in Atlantic Canada and southern Quebec and from western Ontario into the eastern Prairies and near to above normal elsewhere.

Hurricane season officially runs through November. We expect near- to below-normal activity and 2023's count to fall just a bit short of last year's total of 14 named storms. The best chances for tropical storm strikes will be in the Deep South and/or Texas in mid-August. Watch for a tropical storm or hurricane to hit Atlantic Canada in late August.

–Bob Smerbeck and Brian Thompson, Old Farmer's Almanac meteorologists