

# EXTRA!

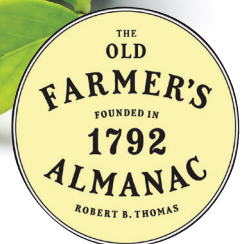
FROM THE OLD FARMER'S ALMANAC

DEALING WITH DROUGHT

STRANGE LAWS THAT SEEM TO EXPLAIN  
EVERYTHING

SUMMER FOOD SAFETY

BERRY GOOD BLUEBERRY RECIPES



JULY 2022

PHOTO: MORNINGGARAGE/GETTY IMAGES

## FEATURES

### FOOD

Berry Good  
Blueberry Recipes

### AMUSEMENT

Peculiar Laws That  
Explain Everything,  
Part 2

### GARDENING

Dealing  
With Drought

### LIVING NATURALLY

Summer Food Safety



### WEATHER FORECASTS

How We Make  
Our Predictions

July U.S. and  
Canadian Weather  
Forecasts

Weather Update

## DEPARTMENTS

### CALENDAR

July Holidays,  
Full Moon Names,  
and More

### ASTROLOGY

Best Days to  
Do Things

Gardening by the  
Moon's Sign

### ASTRONOMY

Sky Map for July

### WIT

Humor Me  
*Grins and groans  
from the Almanac*

### WHAT'S NEXT

See what we have  
in store for our  
August issue!



FOLLOW US:



# JULY

*Holidays, Full Moon Names, and More*



## EYE ON THE SKY

### JULY'S FULL MOON NAMES

Buck Moon, Raspberry Moon,  
Salmon Moon

### MOON PHASES

**First Quarter:** July 6, 10:14 P.M. EDT

**Full Moon:** July 13, 2:38 P.M. EDT

**Last Quarter:** July 20, 10:19 A.M. EDT

**New Moon:** July 28, 1:55 P.M. EDT

### SPECIAL EVENT

**July 4** is the time of **aphelion**, when Earth is farthest from the Sun for the year: 94,509,598 miles.

 TAP FOR MORE ABOUT MOON PHASES

 TAP FOR MORE ABOUT JULY'S FULL MOON

## HOLIDAY HAPPENINGS

**July 1:** Canada Day

**July 4:** Independence Day

**July 14:** Bastille Day

**July 23:** National Day of the  
Cowboy

**July 29:** First of Muharram begins  
at sundown



## JULY'S BIRTHSTONE: RUBY

The ruby is a form of corundum; chromium gives it its red color. Along with the related sapphire, the ruby is the second-hardest natural gemstone, with only the diamond being harder. In ancient times, warriors had rubies embedded on their armor or in their skin for protection. Considered the king of gems, the ruby symbolizes love, passion, energy, and success.

Order your 2022 Old Farmer's Almanac calendars at [Almanac.com/Shop](https://www.almanac.com/shop).



# Everything you need to stay on track in 2023!



THE OLD  
**FARMER'S ALMANAC**  
2023 PLANNER

FILLED WITH FUN FACTS, LORE, AND MORE!

**PRE-ORDER NOW!**





## BEST DAYS TO DO THINGS

These July 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*

### PERSONAL

Advertise to sell: 8, 9

Ask for a loan: 21, 22

Begin diet to gain weight: 5, 31

Begin diet to lose weight: 17, 22

Buy a home: 8, 9

Color hair: 21, 22

Cut hair to discourage growth: 21, 22

Cut hair to encourage growth: 6, 7

Entertain: 1, 2, 28–30

Get married: 6, 7

Have dental care: 3–5, 31



Move (house/household): 23, 24

Perm hair: 14, 15

Quit smoking: 17, 22

Straighten hair: 10, 11

Travel for pleasure: 1, 2, 28–30

Wean children: 17, 22

### **AROUND THE HOUSE**

---

Bake: 25–27

Brew: 8, 9

Can, pickle, or make sauerkraut: 16, 17

Demolish: 8, 9

Dry fruit, vegetables, or meat: 18–20

End projects: 27

Lay shingles: 1, 2, 28–30

Make jams or jellies: 16, 17

Paint: 6, 7

Start projects: 1

Wash floors: 16, 17

Wash windows: 18–20

### **OUTDOORS**

---

Begin logging: 12, 13

Go camping: 10, 11

Go fishing: 1–13, 28–31

Set posts or pour concrete: 12, 13

### **IN THE GARDEN**

---

Destroy pests and weeds: 18–20

Graft or pollinate: 25–27

Harvest aboveground crops: 3–5

Harvest belowground crops: 21, 22

Mow to promote growth: 8, 9

Mow to slow growth: 21, 22

Pick fruit: 3–5

Plant aboveground crops: 8, 9

Plant belowground crops: 25–27

Prune to discourage growth: 18–20

Prune to encourage growth: 10, 11

### **ON THE FARM**

---

Breed animals: 8, 9

Castrate animals: 14, 15

Cut hay: 18–20

Purchase animals: 25–27

Set eggs: 14, 15

Slaughter livestock: 8, 9

Wean animals: 17, 22



## GARDENING BY THE MOON'S SIGN

Use the July 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 JULY

1 Leo	9 Scorpio	17 Pisces	25 Cancer
2 Leo	10 Sagittarius	18 Aries	26 Cancer
3 Virgo	11 Sagittarius	19 Aries	27 Cancer
4 Virgo	12 Capricorn	20 Aries	28 Leo
5 Virgo	13 Capricorn	21 Taurus	29 Leo
6 Libra	14 Aquarius	22 Taurus	30 Leo
7 Libra	15 Aquarius	23 Gemini	31 Virgo
8 Scorpio	16 Pisces	24 Gemini	



TAP FOR  
MERCURY IN  
RETROGRADE  
DATES



TAP FOR  
JULY 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.

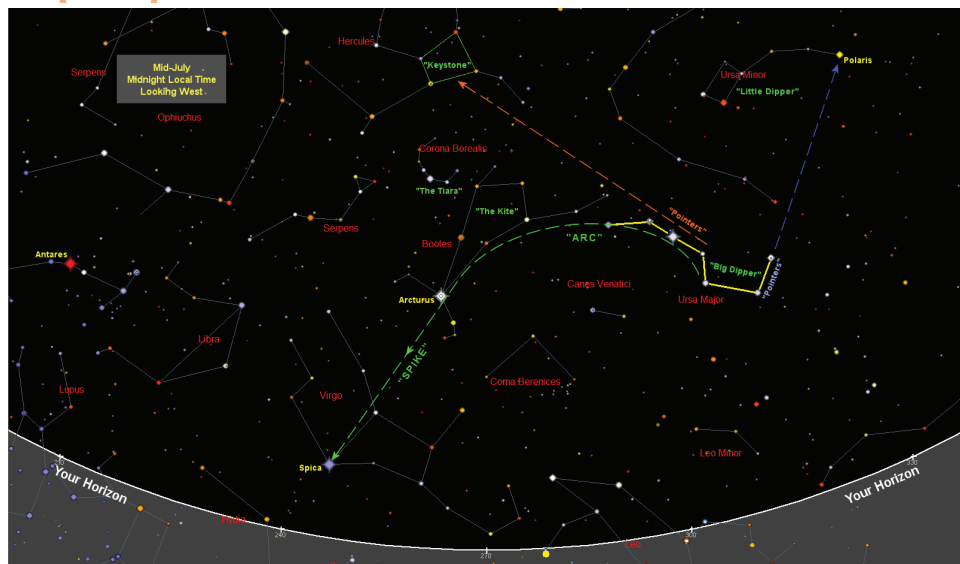
When Mercury is retrograde, remain flexible, allow extra time for travel, and avoid signing contracts. Review projects and plans at these times, but wait until Mercury is direct again to make any final decisions.

Mercury's 2022 retrograde periods:  
**September 9–October 1** and **December 28–(January 18, 2023)**.

—*Celeste Longacre*

---

Celebrating its 45th anniversary in 2022, 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).



## THE BIG DIPPER POINTS THE WAY

**T**he Big Dipper, in the constellation Ursa Major, the Greater Bear, is one of the brightest and most easily recognized asterisms (unofficial star patterns) in the night sky. Depending on the time of year and time of night, the Big Dipper will often appear upside down or sideways. Late at night in mid-July, however, the Big Dipper is very easy to spot. It's almost right-side up, with its handle curving to the upper left and its bowl on the right, as shown on this month's sky map. This makes July an ideal time to learn how the Big Dipper can help you to navigate the sky.

Various parts of the Big Dipper's bowl and handle can serve you as "pointers" to other stars and constellations.

The first set of pointers that every budding stargazer should learn is the two stars forming the outermost side of the Big Dipper's bowl. These are labeled in purple on the Sky Map. If you mentally extend the line of these two stars up

TAP TO GET  
A PRINTABLE  
JULY SKY MAP

TAP TO  
FOLLOW  
OHIOAN JEFF  
DETRAY'S SKY  
ADVENTURES



and away from the bowl, you'll find Polaris, the North Star. Polaris, in turn, marks the end of the handle of the Little Dipper. Most of the stars of the Little Dipper are rather dim. You may not see them unless you are far from city lights, but Polaris should be visible from the suburbs, and the pointers of the Big Dipper's bowl will help you to find it.

There is another set of pointers in the Big Dipper. The first three stars of the Big Dipper's handle point directly to the four-sided Keystone asterism in the constellation Hercules, the Hero. The Keystone pointers are labeled in orange on this month's map. Once you have located the Keystone, look directly below it for Corona Borealis, the Northern Crown, or "Tiara."

**T**he final example of the Big Dipper's helpfulness is a bit more complicated, but once learned, it's easy to remember. A simple phrase summarizes this bit of celestial navigation: "Arc to Arcturus, then drive a Spike to Spica." Look for the green dashed lines on the sky map.

If you extend the arc of the Big Dipper's handle, you'll see that it points directly to the bright star Arcturus in the constellation Boötes, the Herdsman. The body of Boötes is often described as "kite-shape," and the extended arc of the Big Dipper's handle follows the curved edge of the Kite on its way to Arcturus.

Once you arrive at Arcturus, straighten out the arc and drive a spike directly to the star Spica (pronounced SPY-kuh) in Virgo, the Virgin. And there you have it: "Arc to Arcturus, then drive a Spike to Spica." Like the Big Dipper's other pointers, it's an easy way to remember the arrangement of the stars and constellations in the northern sky.

Bear in mind that at other times of year, the Big Dipper may appear at a different angle or even upside down. However, it's a very distinctive asterism, and with practice you'll learn to recognize it no matter how it's oriented.

For those of us who live in the 48 contiguous states, southern Canada, and most of Europe, it's visible every night of the year. Being able to find the Big Dipper is an essential part of your stargazing education, so look for it every time you are under the stars.

*-Jeff DeTray*





**We've got calendars  
for any interest and  
fascination!**

**PRE-ORDER NOW!**



FOOD



# Berry Good Blueberry Recipes

*July is National Blueberry Month. To celebrate, we've gathered some recipes that are easy to prepare and mouthwatering to eat. So, pick your own or search the farmers' market—it's blueberry time!*

PHOTO: EKATERINA KONDRATOVA/SHUTTERSTOCK



FOOD

A close-up photograph of several vibrant red popsicles in a white bowl. The popsicles are garnished with fresh blueberries and small sprigs of green mint leaves. The background is a textured, teal-colored surface.

# Cran-Banana- Blueberry Pops

PHOTO: JULIA SUDNITSKAYA/SHUTTERSTOCK



### CRAN-BANANA-BLUEBERRY POPS

**2 cups fresh blueberries**

**2 ripe bananas**

**1-3/4 cups cranberry juice cocktail,  
divided**

**2 tablespoons honey (optional)**

Add blueberries, bananas, and 3/4 cup of cranberry juice to a blender or food processor and blend for 20 seconds. Pour mixture through a fine-mesh strainer, pressing with spatula, to remove blueberry skins, if desired.

Rinse blender, then pour strained liquid back into it with remaining cranberry juice and honey (if using). Blend for 20 seconds. Pour into molds and freeze for at least 4 hours.

**Makes about 10 pops.**



# Blueberry Oatmeal Crisp



## BLUEBERRY OATMEAL CRISP

### FILLING:

3 pints fresh blueberries

1/2 cup sugar

juice and grated zest of 1 lemon

3 tablespoons flour

### TOPPING:

1 cup unbleached all-purpose flour

1 cup brown sugar

2/3 cup old-fashioned oats

1/2 teaspoon ground cinnamon

1/4 teaspoon salt

1/2 cup (1 stick) plus 2 tablespoons cold, unsalted butter, cut into pieces

*For filling:* Preheat oven to 400°F. Butter a 13x9-inch baking dish.

In a bowl, combine blueberries, sugar, lemon juice and zest, and flour. Set aside.

*For topping:* Add flour, brown sugar, oats, cinnamon, and salt to a blender or food processor and pulse to blend. Add butter and pulse until mixture is clumpy, like damp crumbs.

*To assemble:* Pour blueberries into prepared baking dish. Spread topping evenly over blueberries. Bake for 30 minutes, or until bubbly. Allow to cool at least 10 minutes before serving.

**Makes 8 to 10 servings.**



FOOD

# Chilled Blueberry Soup

## CHILLED BLUEBERRY SOUP

- 1 tablespoon cornstarch
- 2 cups cold water, divided
- 2-1/2 cups fresh blueberries
- 1-1/2 cups marsala wine
- 3 tablespoons sugar
- 1/2 cup sour cream or plain yogurt

In a bowl, dissolve cornstarch in 1/4 cup of cold water.

In a saucepan over low heat, cook blueberries, dissolved cornstarch, remaining cold water, wine, and sugar. Cook for 15 minutes, or until blueberries are soft. Set aside for 10 minutes to cool.

In a blender or food processor, purée mixture until ingredients are incorporated and smooth. Chill in refrigerator. Before serving, add sour cream and stir. Serve in chilled bowls.

**Makes 6 servings.**

Looking for more great recipes? Get a copy of our best-selling cookbook with recipes from you, our readers. *The Old Farmer's Almanac Readers' Best Recipes* is filled with tried-and-true recipes that keep folks coming back for more, plus the stories behind them! [Store.almanac.com/cookbook-readers-best-recipes/](http://Store.almanac.com/cookbook-readers-best-recipes/)

AMUSEMENT



# Peculiar Laws That Explain Everything

## Part 2

*OK, not “everything,” but these laws do shed light on a number of life’s mysteries.*

ILLUSTRATION: TIM ROBINSON

## AMUSEMENT

### MARCHETTI'S CONSTANT

*From:* Italian physicist Cesare Marchetti (1994)

*What it says:* In all places throughout history, the average time that the average human being takes to travel to and from work each day is 1 hour, regardless of the form of transportation.

*What it means:* As roads and mass transit are improved, people will choose to live farther away from their jobs.

*Example:* A person who moves close to the workplace in order to give up a car (to walk, bike, or commute by other means) will spend as much time getting to work as he or she did driving.

### THE PARETO PRINCIPLE

*From:* Italian economist Vilfredo Pareto (1906)

*What it says:* 80 percent of the effect comes from 20 percent of the causes.



*What it means:* 80 percent of a company's sales come from 20 percent of the sales force; 80 percent of complaints come from 20 percent of customers; 80 percent of crimes are committed by 20 percent of criminals; and so forth.

*Example:* In 1992, the United Nations reported that the richest 20 percent of the world's

population controlled 82.7 percent of the world's income.

### SAYRE'S LAW

*From:* American political scientist Wallace Stanley Sayre (1973)

*What it says:* "Academic politics is the most vicious and bitter form of politics, because the stakes are so low."

*What it means:* The





less important the issue, the more emotional the debate.

*Example:* In any New England town meeting, there is likely to be more impassioned debate over spending \$100 than on spending \$100,000.

### **STIGLER'S LAW OF EPONOMY**

*From:* American statistics professor Stephen Stigler (1980), who attributed it to sociologist Robert K. Merton.

*What it says:* No discovery is ever named after its discoverer.

*What it means:* The credit for important findings often goes to someone else.

*Example:* America is named after Amerigo Vespucci (not indigenous peoples, Norsemen, or even Christopher Columbus).

### **THE ZEIGARNIK EFFECT**

*From:* Russian

psychologist Bluma Zeigarnik (1927)

*What it says:* We are more likely to remember incomplete or interrupted tasks than those that we have finished.

*What it means:* Cramming for a test is ineffective.

*Example:* Students studying for an exam remember the material better if they take breaks to do other things or study other subjects.

—Tim Clark

GARDENING



# Dealing With Drought

*A primer for dry days*

PHOTO: KATHRYN ROACH/SHUTTERSTOCK

**D**rought is as common as thunderstorms and hot summer days. It's a normal part of all climate but differs in various parts of the country, which is why experts advise preparing for it every year, no matter what forecasters predict. Even in the heart of summer, you can mitigate drought by improving the soil, mulching, and using Xeriscape and native plants. If rainfall is normal, your efforts won't be wasted. Garden chores will be easier, plants will perform better, and the water bill will be lower than in previous years.

### **SURPRISE YOUR SOIL**

When water is precious, soil that holds moisture is a necessity. Actually, soil that acts like a sponge is desirable in any situation. You don't have to water as often, and plants thrive with continual moisture, which moves nutrients to their roots.

Most garden soil is either sandy or full of clay. Neither holds moisture well. Organic matter will turn any type of soil into a

water-holding sponge. Dig 2 to 4 inches of organic material into the top 8 to 10 inches of soil in every 100 square feet (a 10x10-foot area). Make sure that the dirt and organic matter are mixed evenly. Solid layers will prevent water from reaching roots. Compost, manure, rotted sawdust, shredded leaves, aged grass clippings (that have not been treated with a weed killer), and shredded tree bark are all good organic additives. Also dig and amend beds 3 to 4 inches deeper than normal. Plants will be much more drought-resistant when their roots are encouraged by loose soil to grow farther into the earth.

### **MULCH LIKE YOU MEAN IT**

Mulch to retain soil moisture. Research has shown that mulched soil conserves moisture by reducing the evaporation of water vapor from the soil surface. Mulched soil also allows water to penetrate deeper, and it stops water-robbing weeds from growing. Spread a

2- to 4-inch layer of mulch over all beds. Make sure that it does not touch plant stems, however, because this can foster disease. Mulches can be organic materials (which eventually rot and improve the soil) such as shredded bark, compost, straw, pine needles, and wood chips or inorganic materials such as stone, woven plastic landscape cloth, and gravel.

### **SIMPLIFY YOUR SITUATION**

Consider landscape changes that will decrease water use.

- **Reduce your lawn size.** Convert the edges to deep garden beds prepared with organic matter, as described. Fill them with native and water-lean shrubs, flowers, and foliage plants from the lists in this article.
- **Plant shrubs, trees, and flowers that are native to your region.** They are the most drought-tolerant.
- **Group plants according to water needs.** Place those that require the least amount farthest from the house, in the hot sun. Reserve the areas close to the



## GARDENING

house for plants that drink the most. You will cut water requirements drastically, and you still can have a few thirsty favorites nearby to enjoy. If water rationing is imposed, you can easily carry household wastewater to the closer plants.

### • Plant in the shade.

Lush, cool-looking plants like hostas, ferns, and impatiens thrive in deep shade, where they use much less water than do plants in the sun.

## EXAMINE XERISCAPING

Xeriscape plants survive droughts anywhere. Look for plants with silvery, hairy, or waxy leaves or those that are succulent (thick and fleshy). Silver and hairy leaves are

covered with millions of tiny hairs, which insulate the plant and reduce water loss. Waxy leaves insulate, too, and plants such as barberries, vincas, coreopsis, and daylilies do well when water is scarce. Succulents store moisture in their leaves for lean times. 'Autumn Joy' sedum and portulaca are two that add appeal to any landscape. Another Xeriscape characteristic is red leaves. The pigment acts as a sunscreen, allowing these plants to tolerate more heat and use less water than green-leaf varieties.

## GO EASY ON GRASS

Lawns use more water than any other part of the landscape, so train your turf to be tough.

- **Stop fertilizing.** It only promotes blade growth.
- **Leave clippings on the lawn** to provide the kind of nutrition needed to maintain root systems.
- **Avoid weed killers.** They tax root systems.
- **Keep mower blades sharp.** A dull blade shreds grass and increases water loss.
- **Mow only when needed.** Never remove more than one-third at a time. Mowing tall will shade roots and promote a deeper root system.
- **Mow in the evening,** when the temperature is cooler and cut grass loses less water.
- **Reduce foot traffic on turf,** especially during the heat of the day, when crushed grass blades will dehydrate.

—Doreen G. Howard

## SEEK OUT SURVIVORS

It's not too late to plan or plant. In the coming days and weeks, as the growing season winds down, many nurseries will begin to mark down the prices of many of their plants. The following are drought survivors that you might get at a bargain rate and be happy to have when things dry up again.

### ANNUALS

Alyssum  
Calendula  
Cleome  
Four-o'clock  
Lantana  
Larkspur  
Morning glory  
Nicotiana  
Portulaca

Salvia  
Sunflower  
Verbena  
Vinca  
Zinnia

### PERENNIALS

Acanthus  
Artemisia  
Asclepia  
Aster

Baby's breath  
Baptisia  
Bearded iris  
Bergenia  
Columbine  
Coreopsis  
Daylily  
Dianthus  
Euphorbia  
Foxglove

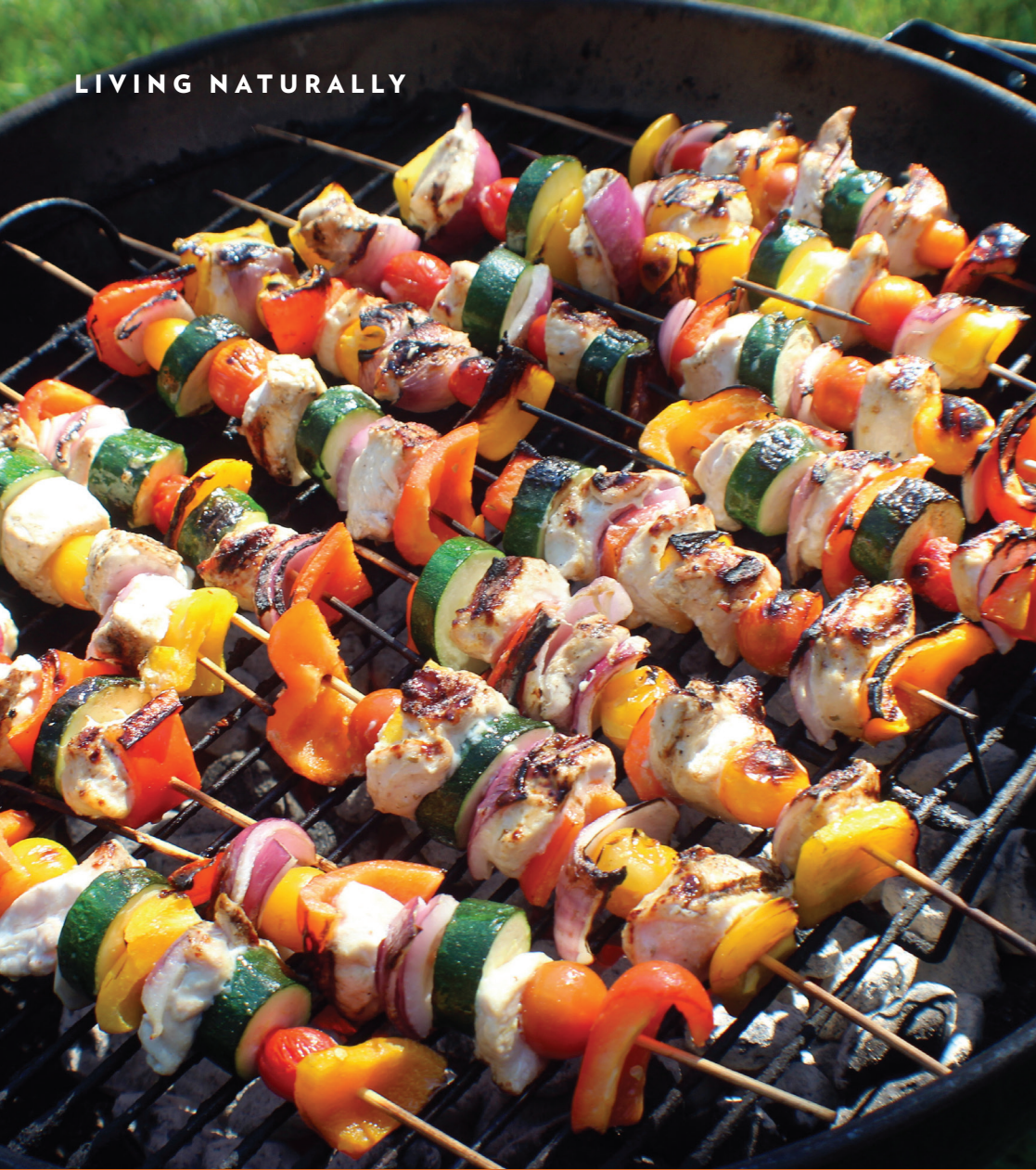
Gaillardia  
Globe thistle  
Lamb's-ear  
Lavender  
Liatris  
Lupine  
Mallow  
Poppy  
Purple  
coneflower

Rudbeckia  
Russian sage  
Salvia  
Scabiosa  
Sea lavender  
Yarrow  
**SHRUBS**  
Barberry  
Buddleia  
Holly

Honeysuckle  
Juniper  
Potentilla  
Privet  
Rugosa rose  
Sumac  
Wisteria



LIVING NATURALLY



# Summer Food Safety

PHOTO: PIXABAY

## LIVING NATURALLY

**A**s a casual cook, I usually throw together a dish quickly based on what's in season, but in the area of food safety, I'm a stickler for the rules.

One in six Americans this year will get sick from something they ate. According to the Center for Disease Control and Prevention (CDC): Of the 48 million people who get sick from something they've eaten, 128,000 of them end up in the hospital, and 3,000 die. Sobering.

So, I'm the one on the summer festival planning committee who insists that the donated watermelons be scrubbed with a stiff brush and rinsed off with a hose before they are cut and served.

I'm the one at the summer potluck who insists that the deviled eggs and chicken salad stay in their coolers before and after their brief appearance on the serving table and that

the grilled chicken and burgers get tested for doneness with a meat thermometer and eaten soon after cooking or be refrigerated for reheating later.

Food contamination can happen at any point along the chain from soil to plate.

Almost every day, the news offers up some story of a food recalled for (usually) bacterial contamination, or of restaurant patrons, cruise ship travelers, or school children falling sick from something prepared in a presumably licensed commercial or institutional kitchen.

As many as 15 federal agencies play some role in overseeing food safety in the United States, but the primary ones are the Food Safety and Inspection Service (FSIS) of the U.S. Department of Agriculture, the U.S. Food and Drug Administration (FDA), and the Centers for

Disease Control and Prevention (CDC).

Critics have charged that overlapping responsibilities, conflicts of interest, inadequate funding for inspectors, and lack of accountability and transparency in food production and processing make it a challenge to ensure a safe food supply.

Perhaps, like me, you produce and preserve a lot of your food and buy most of the rest of it from local growers. Unfortunately, this does not mean that growing your own or knowing the farmer who produced your food guarantees its safety. Pay close attention to what you do control and keep an eye out for recalls.

### **FOUR BASIC FOOD SAFETY GUIDELINES**

Most of what you need to know can be summed up in four words: clean, separate, cook, and chill. Here are four basic rules,



based on [Foodsafety.gov](https://www.foodsafety.gov) guidelines.

### 1. Clean Hands, Utensils, and Produce.

**Clean your hands** before, during, and after touching food: Use plain soap and water—and scrub the backs of your hands, between your fingers, and under your nails for at least 20 seconds.

Need a timer? Hum the “Happy Birthday”

 TAP FOR OUR  
MINIMUM COOKING  
TEMPERATURES TABLE.

 TAP FOR OUR SAFE  
STORAGE TIMES TABLE.

song from beginning to end—twice. Also, clean hands after using the toilet or touching a child or animal and after blowing your nose, coughing, or sneezing.

**Clean cutting boards, dishes, utensils, and countertops** with hot, soapy water. Wash dishcloths often in the hot cycle of your washing machine.

**Clean produce.** Rinse all fruit and vegetables under running water without soap, bleach, or commercial produce washes. Scrub firm produce like melons or

cucumbers with a clean produce brush. Don’t wash meat, poultry, eggs, or bagged produce marked “prewashed.”

### 2. Separate Foods. Don’t Cross-Contaminate.

**Use separate cutting boards**, one for fresh produce or other foods that won’t be cooked before they’re eaten and one for raw meat, poultry, or seafood. **Use separate plates and utensils** for cooked and raw foods.

**Keep certain types of food separate.** In your shopping cart, separate raw meat, poultry,



## LIVING NATURALLY

seafood, and eggs from other foods and place packages of raw meat, poultry, and seafood in plastic bags if available. When you check out, place raw meat, poultry, and seafood in bags separate from other foods.

At home, place raw meat, poultry, and seafood in containers or sealed plastic bags. Freeze them if you're not planning to use them within a few days.

**In the fridge, keep eggs in their original carton** and store them in the main compartment—not in the door.

### 3. Cook to the Right Temperature.

Food is safely cooked when the internal temperature is high enough to kill germs that can make you sick.

**Use a food thermometer** to be sure your food is safe. When you think that your food is done, place the food thermom-

eter in the thickest part of the food, making sure not to touch bone, fat, or gristle.

Reference a Minimum Cooking Temperatures table in a cookbook or online to be sure that your foods have reached a safe temperature.

#### **Keep food hot (140°F or above) after cooking.**

If you're not serving food right after cooking, keep it out of the temperature danger zone (from 40° to 140°F) by using a heat source like a chafing dish, warming tray, or slow cooker.

**Microwave food thoroughly (165°F or above).** Read the package directions for cooking and follow them exactly to make sure that the food is thoroughly cooked.

If the food label says, "Let stand for x minutes after cooking," follow the directions—letting microwaved food sit for a few minutes enables colder areas to absorb heat from hotter areas.

#### **4. Chill: Refrigerate and Freeze Food Properly.**

Refrigerate perishable foods within 2 hours. If the food is exposed to temperatures above 90°F (such as in a hot car or at a summer picnic), refrigerate it within 1 hour.

**Your refrigerator should be set to 40°F or below and your freezer to 0°F or below.** Use an appliance thermometer to be sure.

**Never thaw or marinate foods on the counter.** The safest way to thaw or marinate meat, poultry, and seafood is in the refrigerator.

**Know when to throw out food** by researching a Safe Storage Times table and keeping it handy. Be sure to throw food out before harmful bacteria can grow.

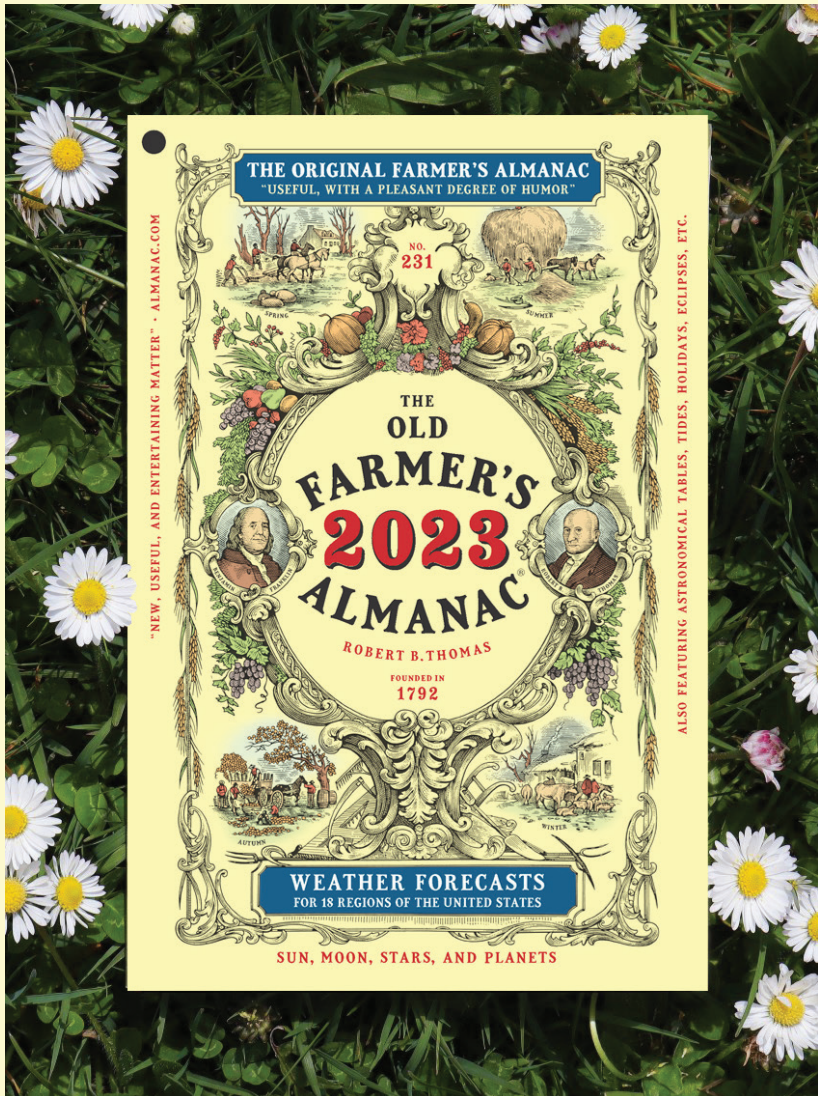
—Margaret Boyles



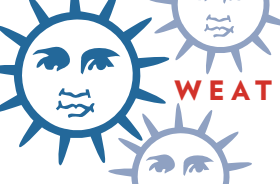
TAP TO READ MORE OF MARGARET BOYLES'S POSTS IN HER "LIVING NATURALLY" BLOG

# Pre-Sale Starts Now!

Get the #1 Farmer's Almanac in America



**PRE-ORDER NOW!**



# WEATHER FORECASTS

WHEN SHEEP COLLECT AND HUDDLE,  
TOMORROW WILL BE A PUDDLE.

## HOW WE MAKE OUR PREDICTIONS

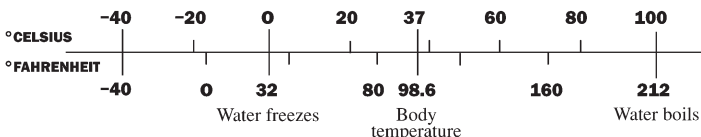
We derive our weather forecasts from a secret formula that was devised by the founder of this Almanac, Robert B. Thomas, in 1792. Thomas believed that weather on Earth was influenced by sunspots, which are magnetic storms on the surface of the Sun.

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 1981 through 2010.

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.

### CELSIUS-FAHRENHEIT TABLE

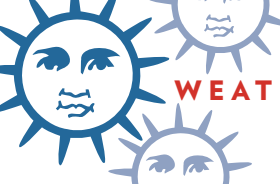


TAP TO FIND OUT THE WEATHER HISTORY OF THE DAY



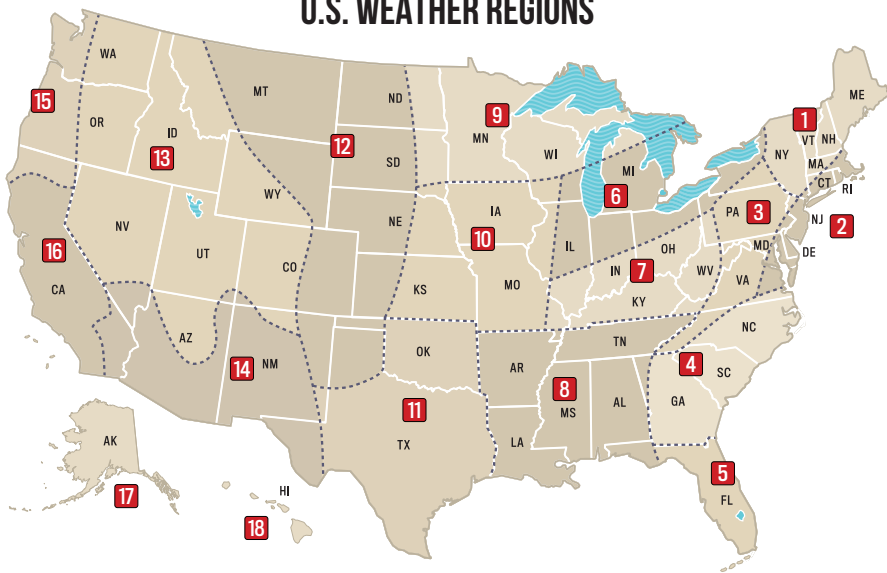
LOVE ALL THINGS WEATHER? TAP FOR THE WEATHER FOLKLORE OF THE DAY





# WEATHER FORECASTS

## U.S. WEATHER REGIONS



## CANADIAN WEATHER REGIONS



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





## VACATION WEATHER, HERE WE COME!

**C**anada Day, July 1, will be pleasant and sunny from the Maritimes back through Quebec. Some spotty thunderstorms will move across southern Ontario, while a cool day with clouds and showers will be on the way through the Prairies and the Northwest Territories. Milder air will be in place toward Yukon and British Columbia, although there still could be a few showers scattered around.

Independence Day in the United States on the 4th will be a good one for finding a pool, pond, or beach across the Southeast, where it will be sunny and hot. Scattered

showers and thunderstorms are expected from the Great Lakes and Appalachians up through New England. Especially in areas farther north, the 4th will be cooler than normal. Thunderstorms will also be a possibility from the Upper Midwest to the northern Plains. Much of Texas and Oklahoma will be sunny and warm, while isolated thunderstorms may develop in the Rockies. While monsoon thunderstorms will dot the Desert Southwest, the West Coast will generally be sunny. With the dry conditions that are common in the West in July, be very careful with any fireworks, as even a small spark on



the dry ground can ultimately lead to a wildfire. Alaska will be dry as well, while a few showers will move across Hawaii.

National Ice Cream Day is July 17! The best places to grab a chocolate cone will be across much of the western U.S., where temperatures are expected to be above average. Most areas will be dry, although isolated thunderstorms will be a possibility, especially in the mountains. A hot day is also on the way from Texas into Oklahoma. Much of the eastern U.S. will have a chance of thunderstorms, although portions of the mid-Atlantic will likely stay dry. The ice cream will be melting fast in Hawaii, where it will be sunny and hot. Even in Alaska, it will be warm with a few showers. Across Canada, where vanilla lovers outnumber chocolate aficionados, it will be a pretty warm day from coast to coast. The best chances for showers and thunderstorms will be across the East and in the Prairies.

Utah will be celebrating Pioneer Day on July 24, which looks to be a hot one with some spotty thunderstorms around.

Overall, July will be warm across much of the U.S., although temperatures will be near- or below-normal from the High Plains through the Upper Midwest and parts of the

Ohio Valley. While New England can expect a wet July, much of the rest of the eastern third of the country will be on the drier side. Much of the Plains and the West will be dry as well. Alaska and Hawaii will both be warm, with near- or below-normal rainfall. Across Canada, the warmest areas will be in the Maritimes and British Columbia, with temperatures near or slightly below normal elsewhere. Precipitation will generally be above normal, with the exception of locales in the Northwest Territories.

For those with vacation plans throughout July, the below-normal rainfall in many areas will lead to more dry days, meaning fewer travel delays on the roads and in the air. The combination of drier and warmer-than-normal conditions will help to make for great beach weather a lot of the time. Looking ahead to August, we expect wetter conditions across much of the northern U.S. and southern Canada, with the drier conditions persisting farther south. Most areas will continue to see near- to above-normal temperatures. As for the tropics, watch for tropical storm threats along the Gulf Coast in mid- to late July and across the Southeast in mid- to late August.

—*Michael Steinberg*, Old Farmer's  
Almanac meteorologist





# HUMOR ME

GRINS AND GROANS FROM THE ALMANAC



## FOOLS' ERRANDS

Dr. P. S. Henson once delivered his lecture on “Fools” at the New York Chautauqua gathering. In introducing him,

Bishop Vincent said:

“Ladies and gentlemen, we are now about to listen to a lecture on ‘Fools’ by one”—and here

he paused, at which a roar of laughter arose from the crowd before he continued—“of the most brilliant men in America.”



Dr. Henson then arose and, with a genial smile, said:

“Ladies and gentlemen, I am not so great a fool as Bishop Vincent”—and here he paused, to great merriment—“would have you believe.”

### DISARMING COMMENT

A one-armed man entered a restaurant in New Jersey and seated himself next to a dapper little other-people’s-business man. The latter at once noticed his neighbor’s right sleeve hanging loose and kept eyeing it in a how-did-it-happen sort of way, but the one-armed man paid no attention to him.

The busybody at last cleared his throat and said, “I beg your pardon, sir, but I see that you have lost an arm.”

The one-armed man picked up his

sleeve with his left hand and peered anxiously into it.

“Bless my soul!” he exclaimed, looking up with great surprise. “I do believe you are right!”

### BEACH BALL’D

A small boy was sitting on his father’s knee as he watched his mother going through the delicate operations necessary to impart that most becoming wave effect to her hair.

“No waves for you, Pa,” said the child philosopher, as he fondly polished his parent’s bald pate. “You’re all beach.”

### COME AGAIN?

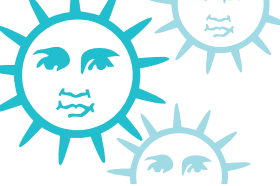
Partly because of his training at Princeton—but just as much because of his natural tact—President Woodrow Wilson was said to have received

and dismissed visitors more adroitly than any previous occupant of the White House.

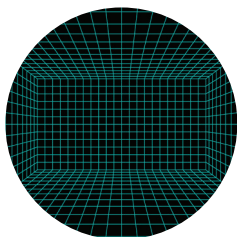
Sometimes, though, a visitor would show up who did not understand the nuances of tactfulness and would overstay his time. On the nature of such visitors, Wilson once recounted a story to a luncheon in Washington:

“There was on old fellow,” Wilson began, “who was praising to others a rising young lawyer in his town.”

“‘For someone so busy,’ said the old man, ‘George is one of the pleasantest chaps I have ever met. Why, I dropped in on him for a social call this morning, and I hadn’t been chattin’ with him more than 15 minutes before he’d told me three times to come back and see him again.’”



# WHAT'S NEXT



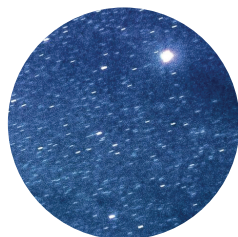
## AMUSEMENT

What Is the Smallest  
That Anything  
Can Possibly Be?



## CALENDAR

Moon phases;  
August birthstone,  
holidays, and  
full Moon names



## ASTRONOMY

Explore with  
our Sky Map



## GARDENING

The Un(in)tended  
Garden



## FOOD

Recipes for  
Peppers Aplenty



## LIVING NATURALLY

Make an  
Herbal Salve

Plus: Weather Update • U.S. and Canadian Weather Forecasts •  
Gardening by the Moon's Sign • Best Days to Do Things •  
• Humor • and much more in the September *EXTRA!*

**CELEBRATING THE ALMANAC'S 231ST YEAR!**