

EXTRA!

FROM THE OLD FARMER'S ALMANAC

SUMMER STRAWBERRY RECIPES

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



JUNE 2024

PHOTO: XAMTIW/GETTY IMAGES

JUNE

Holidays, Full Moon Names, and More

HOLIDAY HAPPENINGS

June 1: First day of Pride Month

June 2: Canadian Armed Forces Day

June 5: World Environment Day

June 6: D-Day

June 14: Flag Day

June 14: U.S. Army Birthday

June 16: Father's Day

June 19: Juneteenth National Independence Day

June 20: Summer Solstice (at 4:51 P.M. EDT)

June 21: National Indigenous Peoples Day (Canada)

BIRTH FLOWERS: JUNE

ROSE AND HONEYSUCKLE

- In general, the rose symbolizes love, beauty, and affection. A red rose means “I love you”; white: innocence or purity; pink: admiration or gratitude; orange: desire, energy, or excitement; yellow: cheer or friendship—or sometimes, jealousy.

- The honeysuckle can mean happiness, devotion, nostalgia, or affection.



EYE ON THE SKY

JUNE'S FULL MOON NAMES

Strawberry Moon, Blooming Moon, Hatching Moon

MOON PHASES

New Moon: June 6, 8:38 A.M. EDT

First Quarter: June 14, 1:18 A.M. EDT

Full Moon: June 21, 9:08 P.M. EDT

Last Quarter: June 28, 5:53 P.M. EDT



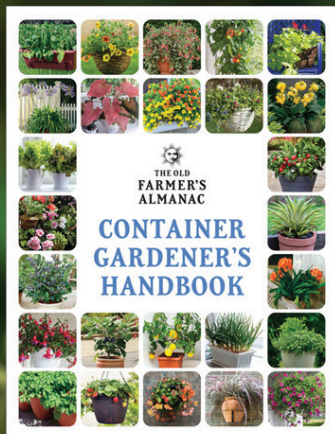
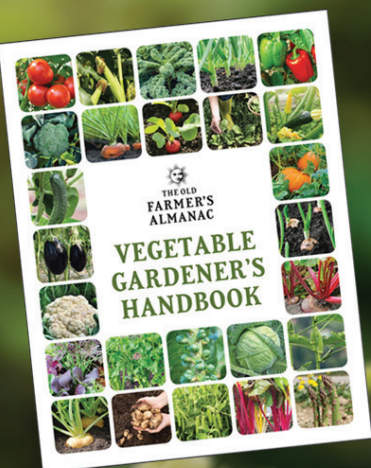
TAP FOR MORE ABOUT MOON PHASES



TAP FOR MORE ABOUT JUNE'S FULL MOON

The Old Farmer's Almanac Garden Planner software makes gardening easier! Try it free for 7 days (no credit card needed!) at GardenPlanner.Almanac.com.

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BEST DAYS TO DO THINGS

These June 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: 17, 18

Ask for a loan: 3, 4, 30

Begin diet to gain weight: 15, 19

Begin diet to lose weight: 1, 28

Buy a home: 17, 18

Color hair: 3, 4, 30

Cut hair to discourage growth:
3, 4, 30

Cut hair to encourage growth: 14–16

Entertain: 10, 11

Get married: 15, 16

Have dental care: 12–14

Move (house/household): 5, 6



Perm hair: 24, 25
Quit smoking: 1, 28
Straighten hair: 19–21
Travel for pleasure: 10, 11
Wean children: 1, 28

AROUND THE HOUSE

Bake: 7–9
Brew: 17, 18
Can, pickle, or make sauerkraut: 26, 27
Demolish: 17, 18
Dry fruit, vegetables, or meat: 1, 2, 28, 29
End projects: 20
Lay shingles: 10, 11
Make jams or jellies: 26, 27
Paint: 15, 16
Start projects: 7
Wash floors: 26, 27
Wash windows: 1, 2, 28, 29

OUTDOORS

Begin logging: 22, 23
Go camping: 19–21

Go fishing: 6–21
Set posts or pour concrete: 22, 23

IN THE GARDEN

Destroy pests and weeds: 1, 2, 28, 29
Graft or pollinate: 7–9
Harvest aboveground crops: 12–14
Harvest belowground crops: 3, 4, 30
Mow to promote growth: 17, 18
Mow to slow growth: 26, 27
Pick fruit: 12–14
Plant aboveground crops: 17, 18
Plant belowground crops: 26, 27
Prune to discourage growth: 1, 2, 28, 29
Prune to encourage growth: 10, 11

ON THE FARM

Breed animals: 17, 18
Castrate animals: 24, 25
Cut hay: 1, 2, 28, 29
Purchase animals: 7–9
Set eggs: 14, 15, 23–25
Slaughter livestock: 17, 18
Wean animals: 1, 28



GARDENING BY THE MOON'S SIGN

Use the June 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 JUNE

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



TAP FOR
MERCURY IN
RETROGRADE
DATES



TAP FOR
JUNE 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*.

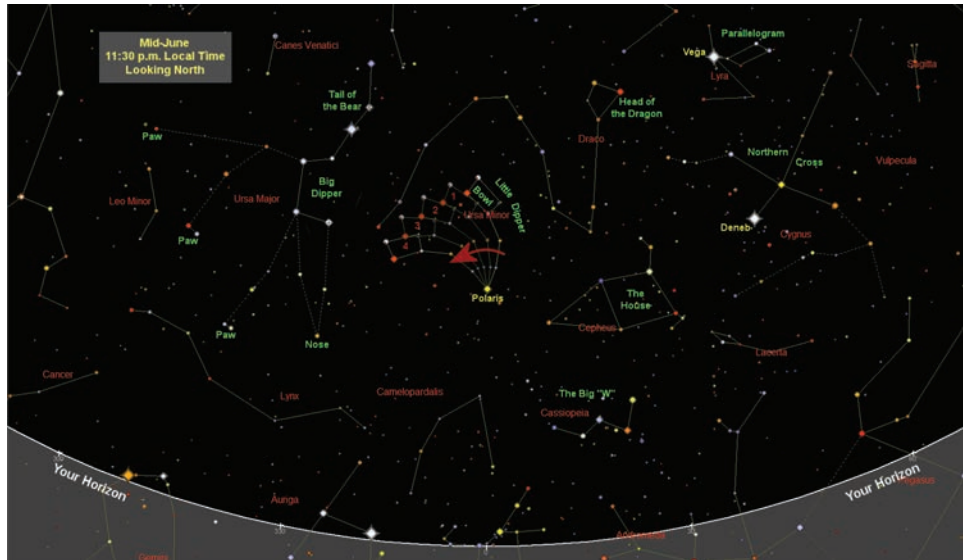
Mercury's retrograde periods can cause our plans to go awry. However, this is an excellent time to reflect on the past. Intuition is high during these periods, and coincidences can be extraordinary.

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 2024 retrograde periods are **August 4–27** and **November 25–December 15**.

—Celeste Longacre

Celebrating its 47th anniversary in 2024, 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).



SECRETS OF THE COSMIC CLOCK

Objects in the sky always appear to be moving. The Sun and Moon rise in the east and set in the west. Less obviously, the stars and constellations also rise and set each day. Like clockwork, every celestial object marches across the sky from east to west and in 24 hours returns to its starting point. The discovery that nearly all of this apparent motion is caused by Earth rotating on its axis is one of humankind's greatest scientific achievements.

Nowhere is this clocklike behavior more evident than in the northern sky. Take advantage of the pleasant June weather to watch the Cosmic Clock in action.

You'll need a nice, dark location away from bright city lights. Wait until at least 11:30 p.m.; the June sky isn't fully dark until then. Be prepared to stay up late and to devote at least 2 full hours to stargazing. Give your eyes at least 20 minutes to become adapted to the dark and then look due

 TAP TO GET
A PRINTABLE
JUNE SKY MAP

 TAP TO
FOLLOW
OHIOAN JEFF
DETRAY'S SKY
ADVENTURES



north to find Polaris, the North Star, less than halfway up the sky. It's the only bright star in the area.

Look above Polaris to follow a curving line of three dim stars until you reach a small starry rectangle. You've just traced the handle and bowl of the Little Dipper, which appears to be standing on end. Note how the bowl is located directly above Polaris. If you think of Polaris as the center of a clock face, then the bowl is pointing straight up, like the hour hand of a clock set to 12:00.

With the position of the Little Dipper firmly in mind—perhaps after making a simple sketch—spend the next hour or so enjoying the other celestial sights. We'll get back to the Cosmic Clock shortly.


For now, look to the left for the constellation Ursa Major, the Greater Bear, which appears to be standing on its nose in this view. The bear's rump and tail are better known as the Big Dipper, but from a dark location you can make out its entire body, from its legs and paws to the tip of its nose.

To the right and near the horizon, look for the Big W shape of Cassiopeia, the Queen, and above her, King Cepheus, in the shape of a child's sketch of a house. Above them both is the head of Draco, the Dragon, whose body winds in an S-shape that curves above the Little Dipper. Look to the right of Draco for the perfect little Parallelogram in the constellation Lyra, the Lyre. Below Lyra lies the (nearly) upside-down Northern Cross, whose stars comprise the body of Cygnus, the Swan.

Assuming that an hour has passed, go back to our starting point, the Little Dipper. Note how the whole constellation has rotated slightly counterclockwise around Polaris and is now in the position labeled "1." Wait another hour, and the Little Dipper will have rotated further to position "2." This clocklike motion will continue throughout the night. The Sky Map shows the Little Dipper's position for 4 consecutive hours.

Importantly, it's not just the Little Dipper that appears to rotate around Polaris. The *entire sky* moves in the same circular path, with Polaris at its center. This is all due to Earth's rotation, which gives us our days, our nights, and our Cosmic Clock.

-Jeff DeTray



FOOD

Summer Strawberry Recipes

June 21 will see the arrival of the full Strawberry Moon—so named because Algonquin Native Americans knew that this time of year was ideal for harvesting the sweet, ripening fruit. After you've gathered your berries (from your garden, farmers' market, or local supermarket), bring them into the kitchen and try them in these recipes.

PHOTO: SAMANTHA JONES/VAUGHAN COMMUNICATIONS

Strawberry Mango Salsa

STRAWBERRY MANGO SALSA

1/2 red onion, cut into thin slivers

1/2 cup lemon juice, or as needed

1 jalapeño pepper

1 pound fresh strawberries, cut into 1/4-inch pieces

1 mango, cut into 1/4-inch pieces

1/2 red bell pepper, finely diced

1/4 cup chopped fresh cilantro

salt, to taste

Place onions in a small bowl of cool water for 5 minutes. Drain water and put onions directly into a serving bowl. Cover onions with lemon juice.

Slice jalapeño in half lengthwise. Remove seeds and wash thoroughly. Finely chop and add to bowl. Add strawberries, mango, bell peppers, and cilantro. Stir and season with salt.

Let salsa rest for at least 30 minutes for flavors to blend.

Makes 4 to 6 cups.

Looking for more great recipes? Get a copy of *The Old Farmer's Almanac Best Everyday Recipes*, a collection of delicious dishes inspired by our most popular and most requested recipes. For more information or to order, go to Store.almanac.com/cookbook-best-everyday-recipes/

FOOD

Strawberry Walnut Quick Bread With Strawberry Spread



STRAWBERRY WALNUT QUICK BREAD WITH STRAWBERRY SPREAD

BREAD:

3 cups all-purpose flour

2 cups sugar

1 tablespoon cinnamon

1 teaspoon salt

1 teaspoon baking soda

4 eggs, beaten

1-1/4 cups vegetable oil

2 cups frozen sliced strawberries, with juice, thawed

1-1/2 cups chopped walnuts

SPREAD:

8 ounces (1 package) cream cheese, softened

1/2 cup fresh chopped strawberries

For bread: Preheat oven to 350°F. Grease two 9x5-inch loaf pans and set aside.

In a bowl, combine flour, sugar, cinnamon, salt, and baking soda. Add eggs and oil and mix well. Fold in strawberries with their juice and walnuts.

Pour mixture into prepared loaf pans. Bake for 1 hour or until a toothpick inserted into the center comes out clean. Let cool 5 minutes before removing from pans to cool on a wire rack.

For spread: In a bowl, combine cream cheese with strawberries and mix until smooth.

Makes 2 loaves.

Roasted Strawberry Basil Balsamic Salad



ROASTED STRAWBERRY BASIL BALSAMIC SALAD

DRESSING:

2 cups halved fresh strawberries
1 cup balsamic vinegar
1/2 cup olive oil
1/3 cup basil leaves, packed
2 tablespoons tahini
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper
1 clove garlic
zest of 1 lemon

SALAD:

16 ounces arugula
1-1/2 cups chopped cucumber
1 cup radishes, halved and thinly sliced
1 cup thinly sliced red onion
1 cup roughly chopped roasted almonds
1 cup feta cheese

For dressing: Preheat oven to 400°F.

Lay strawberries on a baking sheet and roast for 20 minutes. Set sheet aside to slightly cool.

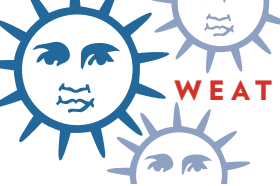
In a blender or food processor, combine vinegar, oil, basil, tahini, salt, pepper, garlic, lemon zest, and roasted strawberries. Process until smooth.

For salad: In a large mixing bowl, combine arugula, cucumbers, radishes, and onions.

Before serving, pour dressing over salad and toss to combine. Sprinkle chopped almonds and feta over salad.

Makes 8 servings.





IF JUNE IS SUNNY, THE HARVEST WILL COME EARLY.

HOW WE MAKE OUR PREDICTIONS

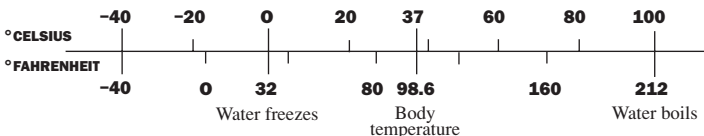
We derive our weather forecasts from a secret formula that was devised by the founder of this Almanac, Robert B. Thomas, in 1792. Thomas believed that weather on Earth was influenced by sunspots, which are magnetic storms on the surface of the Sun.

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.

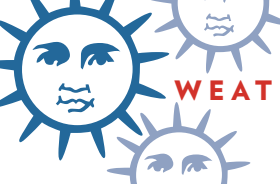
We believe that nothing in the universe happens haphazardly, that there is a cause-and-effect pattern to all phenomena. However, although neither we nor any other forecasters have as yet gained sufficient insight into the mysteries of the universe to predict the weather with total accuracy, our results are almost always very close to our traditional claim of 80 percent.

CELSIUS-FAHRENHEIT TABLE



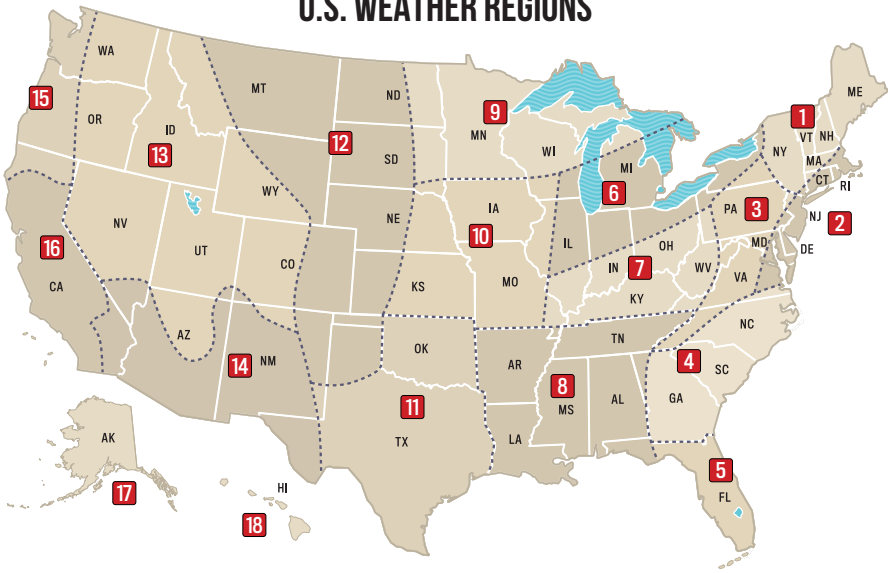
TAP TO FIND OUT THE WEATHER HISTORY OF THE DAY

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 JUNE
WEATHER
PREDICTIONS
FOR THE U.S.
AND CANADIAN
REGIONS





HEATING UP!

On June 2, Canadian Armed Forces Day, the weather will be sunny and dry for outdoor festivities across the Prairies, southern portions of British Columbia, and all of the Yukon; elsewhere, showers are expected.

If you have plans for picking up roadside litter on June 5, World Environment Day, be aware that a few showers could arrive in northern New England, the Atlantic Corridor, the southern Appalachians, the southern Southeast, and Florida, as well as across the midsection of the country and in Alaska and Hawaii; otherwise, conditions will be sunny and dry. Canada will have similar weather across northwest Ontario and coastal southern British Columbia. In other areas, you'll need to keep the rain gear handy.

June 16 is Father's Day. If you are thinking about outdoor activities with Dad, look for the weather to be sunny and dry in southern New England, across Florida and the Great Lakes, and from the Intermountain West all the way to the West Coast. In other locales, be sure to watch out for scattered showers and thunderstorms. Southern Quebec and the southern Northwest Territories will also be sunny and dry, but the rest of Canada may be showery.

On June 19, Juneteenth National Independence Day, sunny and dry skies will be perfect for outdoor festivities from southern New England into Virginia; across the Appalachians; in northern Florida, the Deep South, and the Ohio Valley; from the lower Great Lakes through the Heartland; from the



Intermountain West to much of the West Coast; and across central Hawaii. Scattered showers or thunderstorms are expected elsewhere in the U.S.

The summer solstice arrives on June 20. Expect sunny and cool weather from the Atlantic Corridor through the Appalachians and across the lower Great Lakes and Ohio Valley into the Heartland, while sunny and hot conditions will prevail across the Deep South into Texas–Oklahoma and from the Rockies to much of the West Coast. Elsewhere, there will be scattered showers and thunderstorms. Sunny and dry skies will be the norm in Atlantic Canada and southern British Columbia. Showers and thunderstorms are expected almost everywhere else.

June temperatures will be near to above normal across Florida and the Deep South, from the Heartland through much of the Plains and Intermountain West into southern California, and across southern Alaska and much of Hawaii; they will be below normal elsewhere. Rainfall will be near to above normal across the southern Plains, from the desert southwest into California, and in Alaska and Hawaii and below normal elsewhere. Temps will be near to above normal from Atlantic Canada into eastern Quebec and from the Prairies into eastern British Columbia; otherwise, they will be below normal. Rainfall will be near to below normal in Atlantic Canada, from southwest Ontario through the eastern Prairies, and in western British Columbia and the Northwest Territories and above normal elsewhere.

Summer temps will be hotter than normal from New England down through the Delmarva Peninsula, across Florida and the eastern Great Lakes, from the Deep South through the Heartland and Upper Midwest, across much of the Plains and Intermountain West to the California coast, and in Alaska and near to below normal elsewhere. Rainfall will be below normal from New England down into New Jersey, across the Appalachians and eastern Ohio Valley through Florida and the Deep South, from the Heartland through Minnesota and across the northern Plains into the central and southern Rockies, and across southern Alaska and all of Hawaii; elsewhere, it will be above normal. Summer will be hotter than normal across much of Canada, albeit cooler than normal in northern Quebec and the Hudson Bay region. Rainfall will be above normal from Atlantic Canada and Quebec through southeast Ontario, across much of Alberta and southeastern British Columbia, and from the Yukon into the northern Northwest Territories; below-normal precip is anticipated elsewhere.

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