

# EXTRA!

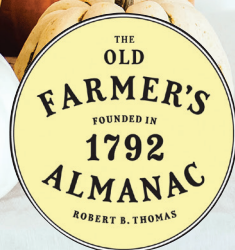
FROM THE OLD FARMER'S ALMANAC

THE CASE FOR VINE-COOLING YOUR HOME

STAY HEALTHY THIS WINTER!

THE BEST SEAT IN THE HOUSE

**GIVE THANKS FOR THESE RECIPES!**



NOVEMBER 2022

PHOTO: FOXYS\_FOREST\_MANUFACTURE/GETTY IMAGES

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Humor Me  
*Grins and groans from the Almanac*

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See what we have in store for our December issue!



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# NOVEMBER

*Holidays, Full Moon Names, and More*

## NOVEMBER'S BIRTHSTONES: TOPAZ AND CITRINE

- Topaz is a colorless gem whose impurities turn it to almost any hue, with yellow to amber being the most traditional. To ancient Egyptians, it symbolized the Sun god, Ra. Ancient Greeks believed that the stone could make the wearer invisible. A symbol of honor and strength, this gem was also thought to bring longevity and wisdom.
- Citrine, an alternate November birthstone, is a form of pale yellow to dark amber quartz. The gemstone is thought to offer the same benefits as topaz, including the ability to calm, heal, and encourage prosperity.

## HOLIDAY HAPPENINGS

- Nov. 6:** Daylight Saving Time ends at 2:00 A.M.
- Nov. 8:** Election Day
- Nov. 11:** Veterans Day
- Nov. 11:** Remembrance Day (Canada)
- Nov. 19:** Discovery of Puerto Rico Day
- Nov. 24:** Thanksgiving Day
- Nov. 27:** First Sunday of Advent



## EYE ON THE SKY

### NOVEMBER'S FULL MOON NAMES

Beaver Moon, Freezing Moon,  
Whitefish Moon

### MOON PHASES

**First Quarter:** Nov. 1, 2:37 A.M. EDT

**Full Moon:** Nov. 8, 6:02 A.M. EST

**Last Quarter:** Nov. 16, 8:27 A.M. EST

**New Moon:** Nov. 23, 5:57 P.M. EST

**First Quarter:** Nov. 30, 9:37 A.M. EST



TAP FOR MORE ABOUT MOON PHASES



TAP FOR MORE ABOUT NOVEMBER'S  
FULL MOON



## BEST DAYS TO DO THINGS

These November 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: 14–16

End projects: 22

Lay shingles: 14–16

Make jams or jellies: 3, 4, 30

Paint: 19–21

Start projects: 24

Wash floors: 3, 4, 30

Wash windows: 5, 6

## **PERSONAL**

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Advertise to sell: 7, 8  
Ask for a loan: 12, 13, 22  
Begin diet to gain weight: 4, 30  
Begin diet to lose weight: 18, 23  
Buy a home: 7, 8  
Color hair: 7, 8  
Cut hair to discourage growth:  
19–21  
Cut hair to encourage growth: 3, 4, 7  
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: 18, 23  
Straighten hair: 24, 25  
Travel for pleasure: 14–16  
Wean children: 18, 23

## **OUTDOORS**

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Begin logging: 26, 27  
Go camping: 24, 25  
Go fishing: 1–8, 23–30  
Set posts or pour concrete: 26, 27

## **IN THE GARDEN**

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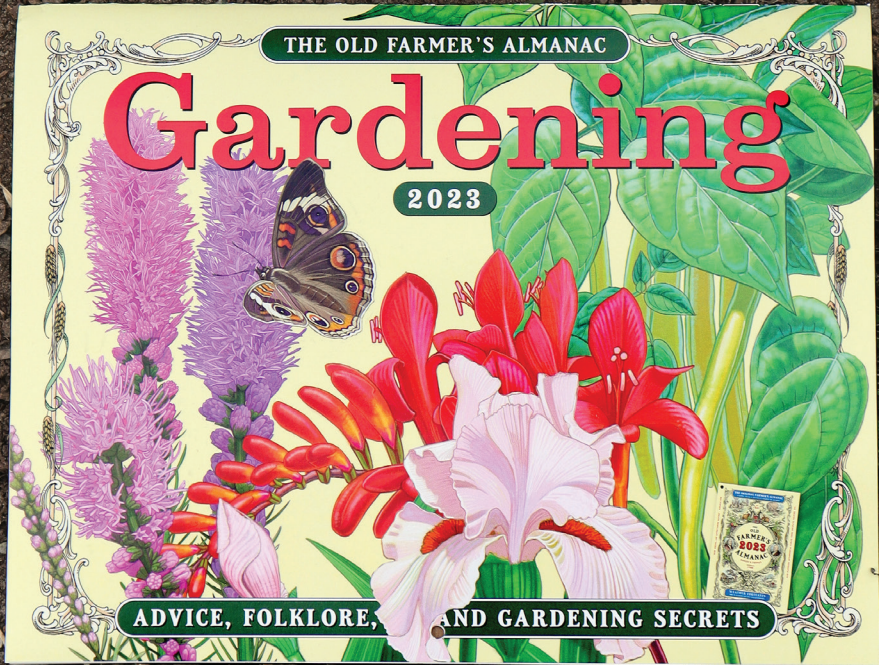
Destroy pests and weeds: 5, 6  
Graft or pollinate: 12, 13  
Harvest aboveground crops: 7, 8  
Harvest belowground crops: 17, 18  
Mow to promote growth: 7, 8  
Mow to slow growth: 15, 16  
Pick fruit: 17, 18  
Plant aboveground crops: 3, 4, 30  
Plant belowground crops: 12, 13  
Prune to discourage growth: 14–16  
Prune to encourage growth: 5, 6

## **ON THE FARM**

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Breed animals: 22, 23  
Castrate animals: 1, 2, 28, 29  
Cut hay: 5, 6  
Purchase animals: 12, 13  
Set eggs: 2, 9, 10  
Slaughter livestock: 22, 23  
Wean animals: 18, 23

# The 2023 Old Farmer's Almanac Gardening Calendar



- A perennial favorite of gardeners for 45 years
- Advice, folklore, and gardening secrets!
- Size: 10 7/8" wide x 16 3/4" tall (open)

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## GARDENING BY THE MOON'S SIGN

Use the November 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 NOVEMBER

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



TAP FOR  
MERCURY IN  
RETROGRADE  
DATES



TAP FOR  
NOVEMBER  
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.

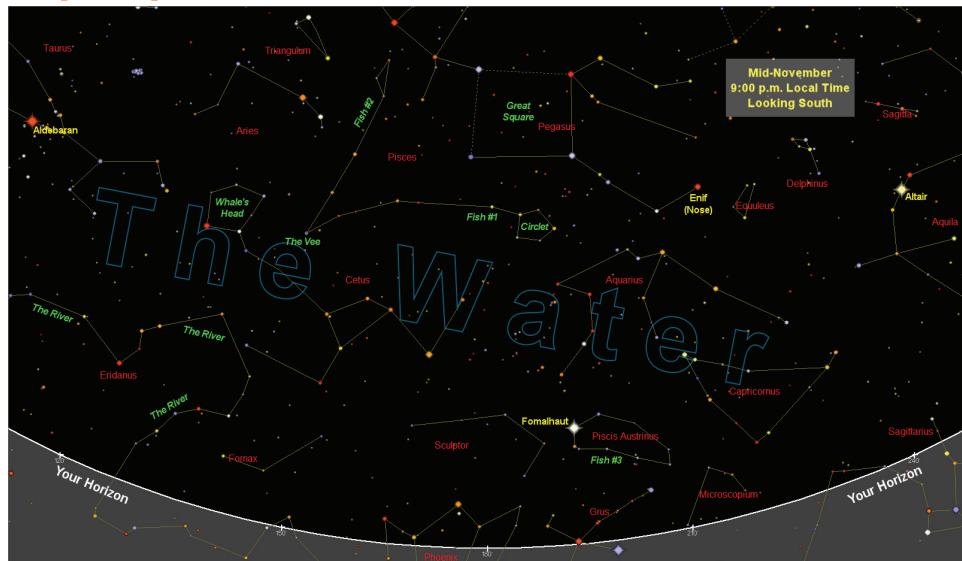
Mercury's remaining 2022 retrograde period: **Dec. 28–(Jan. 18, 2023)**.

–Celeste Longacre

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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).





## TWO HORSES, THREE FISH, AND ONE HAPPY DOLPHIN

**W**hen you look to the south on November evenings, your view of the sky is dominated by The Water. This region of the night sky is full of constellations both wet and wild. Our tour of The Water begins with an airborne equine.

*Note: You'll need to do your star gazing from a very dark location to see many of the sights described here.*

High in the south lies Pegasus, the Winged Horse. He's flying upside down from our point of view, but the distinctive Great Square that comprises his body is easy to find. Pegasus's neck and head arc from the lower right corner of the Great Square, ending in the star Enif (Nose). How can a horse, flying or not, be a part of the sky's water world? In Greek mythology, Pegasus is the son of Poseidon, the god of the sea, who just happens to be the horse god as



TAP TO GET  
A PRINTABLE  
NOVEMBER  
SKY MAP



TAP TO  
FOLLOW  
OHIOAN JEFF  
DETRAY'S SKY  
ADVENTURES



well. Due to his unusual father, Pegasus can be considered a seahorse as well as a flying horse!

Just off the nose of Pegasus is his offspring, Equuleus, the Foal. There's never been any word on whether Equuleus inherited his father's ability to fly!

Now we can dive more deeply into The Water. Look immediately below the Great Square for a small pentagon of dim stars called the Circllet. It's the head of the first fish (Fish #1) on our tour, one of two scaly swimmers that make up the constellation Pisces, the Fishes. From the Circllet, follow a long, dim arc of stars to the left until it meets a sparse line of stars coming down from above at The Vee. This line leads upward to the second fish (Fish #2) of the Pisces twosome. In Greek mythology, the fish represent Aphrodite and her son Eros, joined together with ropes at The Vee. In this way, mother and son will never be parted.

**S**tarting again at the Great Square, gaze down past the Circllet to the bright star Fomalhaut. It's by far the brightest star in the otherwise dim constellation Piscis Austrinus, the Southern Fish, and the third member of our Sky Map's fishy trio (Fish #3). One translation of Fomalhaut is "the mouth of the southern fish."

Above Fomalhaut are the stars of Aquarius, the Water Bearer. Aquarius is often depicted as pouring water from an urn down into the fish's "mouth" (Fomalhaut). Below and to the right of Aquarius is another denizen of The Water: Capricornus, the Sea Goat. This unusual creature with the head of a goat and tail of a fish has mythological origins dating back more than 4,000 years.

At lower left flows a large bend of the River Eridanus. Much of this ancient river lies out of sight below the horizon at this time of year. Above Eridanus swims sprawling Cetus, the Sea Monster (or Whale).

The final creature of the celestial sea is not found in The Water itself. Return your attention to Enif, the Nose of Pegasus; look past Equuleus, the Foal; and find the little constellation Delphinus, the Dolphin. Despite ranking as one of the smallest constellations, Delphinus is one that truly resembles its name. But what's a dolphin doing up there where the horses frolic? Why, it's doing what dolphins do: leaping out of The Water for the sheer joy of it!

*-Jeff DeTray*



# Which Almanac do you prefer?

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FOOD



# Give Thanks for These Recipes!

*The turkey may be the centerpiece of the Thanksgiving meal, but it's the mix of delicious sides and desserts that make it unique. Here are three delicious ideas for your table.*

PHOTO: SAMANTHA JONES/QUINN BREIN

FOOD

A close-up photograph of a loaf of pumpkin cranberry bread, sliced into several pieces. The bread is golden-brown with a moist, yellow-orange interior, studded with dark red cranberries. It is presented on a light-colored wooden cutting board. In the background, a whole, vibrant orange pumpkin is visible, slightly out of focus. A wooden-handled knife lies in the foreground, partially obscuring the bottom edge of the cutting board. The entire scene is set against a dark, rustic wooden background.

# Pumpkin Cranberry Bread

PHOTO: MSHEV/SHUTTERSTOCK

## PUMPKIN CRANBERRY BREAD

1/2 cup (1 stick) unsalted butter, softened

1-1/4 cups sugar

3 eggs

1 cup cooked and mashed pumpkin

1 teaspoon vanilla extract

1-3/4 cups all-purpose flour

1 teaspoon baking powder

1 teaspoon baking soda

1/2 teaspoon salt

1/2 teaspoon ground cinnamon

1/2 teaspoon ground ginger

1/2 teaspoon ground nutmeg

1/3 cup milk

1 cup dried, sweetened cranberries

1/2 cup chopped walnuts (optional)

Preheat oven to 350°F. Grease a 9x5-inch loaf pan and line with parchment paper, if desired.

Using a stand or hand mixer, cream butter while gradually adding sugar. Add eggs, one at a time, beating well after each addition. Add pumpkin and vanilla and mix to incorporate.

In a separate bowl, sift together flour, baking powder, baking soda, salt, and spices. Blend a third of the dry ingredients into creamed mixture, followed by half of the milk. Add another third of the dry ingredients, remaining milk, then remaining dry ingredients, until well combined. Fold in cranberries and walnuts (if using). Scrape batter into prepared pan.

Bake on center oven rack for 1 hour, or until a tester inserted into the center comes out clean. Cool in pan for 10 minutes, then turn bread out onto a rack to cool.

**Makes 1 loaf.**

# Homemade Green Bean Casserole



## HOMEMADE GREEN BEAN CASSEROLE

1-1/2 pounds fresh green beans, thinly sliced  
salt and freshly ground black pepper, to taste  
2 tablespoons (1/4 stick) butter  
2 tablespoons all-purpose flour  
1 onion, thinly sliced into rings, or 1-1/2 cups french-fried onions  
1/2 cup cream  
1/2 cup grated Swiss cheese  
battered bread crumbs

Preheat oven to 400°F.

Add green beans to a large saucepan and just cover with water. Bring to a boil and cook for 6 to 8 minutes, or until nearly tender. Drain beans, reserving water, and put into a shallow casserole dish. Season with salt and pepper.

Add 2 tablespoons of bean water back into saucepan. Add butter and let it melt. Add flour and cook, stirring constantly, until thickened.

Cover beans with onions, then pour sauce over onions. Pour cream over sauce and sprinkle with cheese. Stir to combine. Sprinkle battered bread crumbs over casserole.

Bake for 20 to 30 minutes, or until top is golden.

**Makes 6 servings.**

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FOOD

# Caramel Apple Crumb Pie

## CARAMEL APPLE CRUMB PIE

your favorite pastry for a single-crust pie

### TOPPING:

3/4 cup all-purpose flour

1/2 cup old-fashioned rolled oats

1/2 cup brown sugar

1/4 teaspoon cinnamon

1/8 teaspoon salt

6 tablespoons (3/4 stick) cold unsalted butter, cut into 1/4-inch pieces

### FILLING:

8 cups peeled, cored, and sliced baking apples

1/3 cup plus 1 tablespoon sugar, divided

1 tablespoon lemon juice

2 tablespoons cornstarch

1/8 teaspoon salt

### CARAMEL SAUCE:

1/2 cup heavy or whipping cream

1/3 cup brown sugar

2 tablespoons (1/4 stick) unsalted butter

1/2 teaspoon vanilla extract

1/2 cup chopped pecans

Roll pie pastry into a 13-inch circle and line a 9-1/2-inch deep-dish pie plate with it. Pinch overhanging pastry into an upstanding rim. Refrigerate for 15 minutes.

Preheat oven to 375°F.

*For topping:* Combine flour, oats, brown sugar, cinnamon, and salt in a food processor. Pulse several times to mix. Scatter butter pieces over mixture. Pulse to a sandlike consistency. Transfer to a bowl and rub well with your fingers until texture is uniform. Refrigerate the crumbs.

*For filling:* Combine apples, 1/3 cup of sugar, and lemon juice in a large bowl. Set aside for 10 minutes.

In a small bowl, combine cornstarch and salt with remaining 1 tablespoon of sugar and mix to blend. Add mixture to fruit and stir. Pour filling into chilled piecrust.

Bake on center oven rack for 35 minutes. Remove pie from the oven. Spread crumbs on top. Tamp lightly, to compact. Bake for 25 to 35 minutes more, or until juices bubble thickly around the edge.

Transfer to a cooling rack for at least 1 hour before serving.

*For sauce:* In a saucepan, combine cream, brown sugar, and butter. Bring to a boil and cook for 2 minutes, whisking constantly. Remove from heat, add vanilla and pecans, and stir.

Transfer to a small bowl and cool completely. Refrigerate briefly for a thicker sauce. Serve pie with sauce drizzled on each slice.

**Makes 8 servings.**

A photograph of two black wooden rocking chairs with woven seats, positioned on a brick patio. The chairs are set against a white house with dark shutters. The scene is brightly lit, suggesting a sunny day. The word "AMUSEMENT" is printed in the top right corner of the image.

AMUSEMENT

# The Best Seat in the House

*What would we do without rockers?*

PHOTO: THE BRUMBY CHAIR COMPANY

**E**very porch needs a big, roomy rocking chair. With it, you've got a place where you can relax or ruminate, gossip with a neighbor, or retire with a good book on a lazy afternoon. Whether on a porch or by the fireside, a good rocking chair soothes crying babies, eases aching backs, calms the nerves, and comforts us in old age. Or it provides a snug harbor where we can just sit and, well, rock, when we're looking for nothing better to do.

Although widely associated with the South, the rocking chair isn't a southern invention—despite what the popularity of the Brumby might lead us to believe (more on this in a moment). In fact, nobody's exactly sure who invented it, but history suggests that

the first rocking chair made its debut in the Northeast at about the time that the nation was getting its start.

Popular myth has it that in the late 1780s, Benjamin Franklin was the first person to set a chair to rocking. But while it's likely that Franklin owned a rocker and possibly even had made it himself by attaching runners to a chair, historians do not believe that he was the actual inventor of the rocking chair.

Information gathered from household inventories and craftsmen's account books place rocking chairs in use by the 1740s and perhaps earlier. The estate of one William Templin, for example, who died in 1742 in Chester County, Pennsylvania, included a rocking chair.

Nothing in the inventory implies that this was an oddity, suggesting that the rocking chair was coming into common use by then.

Commentary by British travelers to America in the early 19th century suggest that the rocking chair was a uniquely American item. Englishwoman Harriet Martineau, on a trip to the United States in 1838, remarked in her journal on the "lazy and ungraceful indulgence" of rocking in a chair, noting that American women who had come to live in Europe often sent home for one.

By the 19th century, rockers had become available in a number of styles. There were Boston rockers, painted Hitchcocks, simple Shaker rockers, armless sewing rockers, and platform rockers.

**POPULAR MYTH HAS IT THAT IN THE LATE 1780s, BENJAMIN FRANKLIN WAS THE FIRST PERSON TO SET A CHAIR TO ROCKING.**

They had slat backs, ladder backs, spindle backs, cane backs, or balloon backs and were upholstered or fashioned from wood, rattan, willow, wicker, and even iron.

In the South, a distinctive style of rocker evolved that could be found on many porches. This was the Brumby. Tall and wide, it was usually made of oak and had a woven cane seat and back.

This classic rocker was made in Marietta, Georgia, by the family-owned Brumby Chair Company, which had started as a barrel-making business shortly after the end of the Civil War. Made from air-dried (not kiln-dried) solid red oak from Appalachian forests, plus cane from Asia, the eponymous rocker

featured large arms, a high back, and a broad seat. At its peak, around the turn of the 20th century, Brumby Chair Company produced thousands of rockers per day whose comfort was legendary. Sadly, supply shortages experienced during World War II forced the business to close in 1942.

Nearly three decades later, Marietta entrepreneur Frank Melson—with permission from the Brumby family—planned to return the popular rocker to production, employing the exacting standards and methods used to produce the original. He acquired the proper equipment and prepared a factory but, tragically, he died before things got under way. Instead, his wife Carole launched

the business, enlisting veteran Brumby craftsmen for guidance. For years, the crew of craftspeople produced about 75 Brumby rockers per month, each taking about 5 weeks to make. The popularity of the chair never waned, but production of Brumby rockers ceased in 1991, once again due to a supply issue: Carole Melson found it impossible to get enough American red oak to make the chairs.

However, this was not the end of the story or the chair.

In 1992, Otis A. Brumby Jr., the youngest grandson of founder Thomas M. Brumby, reopened the Brumby Chair Co. in Marietta. Today, his children continue the legacy and Brumby chairs rock on.

—Mary Lee

**IN THE SOUTH, A DISTINCTIVE STYLE OF  
ROCKER EVOLVED THAT COULD BE FOUND ON MANY  
PORCHES. THIS WAS THE BRUMBY.**

GARDENING

*Vines and trees will teach you that which  
you will never learn from masters.*

—BERNARD OF CLAIRVAUX,  
BURGUNDIAN ABBOT (1090–1153)



# The Case for Vine- Cooling Your Home

*An idea whose time has come?*

PHOTO: MIRACLEGRO

In the late 1970s and early '80s, a Texas environmentalist conceived not only a fresh alternative to air conditioning his home but also a way to tame the fiercest Texas summer. Dr. Geoffrey Stanford laced vines across the top of his hot shingled roof and, as a result, the temperature inside his home plummeted 20 degrees. He described the logic and the process in the 1993 edition of *The Old Farmer's Almanac Gardener's Companion*.

"First," explained Stanford, "just like these roofs, vines obstruct sunlight. Second, their waxy surface reflects the heat component of sunlight, the infrared rays, back into the sky, rather like a reflective mirror or a bloomed camera lens. Third, they evaporate water from their surfaces, and a lot of heat gets blown away in the water vapor. Fourth, they trap some of the energy and store it in sugars, seeds, and further growth. The result of all this is that you

can expect your home to be more than 20 degrees cooler if you have a vine cover."

This invention was, effectively, nature's own air conditioning.

To start a system, Stanford explains, first cultivate the vines—preferably grapevines (he used champanel), which return annually, are easily trained, and offer complete cover. Avoid clinging vines like ivy, trumpet vine, Virginia creeper, and the most dastardly, the bossy kudzu. Plant the vines at least 8 feet apart, 5 feet from the house wall. At the end of 1 year, select the strongest branch and cut off all of the others. "By the next spring, you'll have enough length to carry that branch up to the rooftop," reported Stanford.

Next, a roof support must be erected. His trellis design (which he admitted was an imperfect model) called for 6-inch concrete reinforcing wire mesh laid in 5-foot widths onto a double 2x4 framework. The rooftop must be completely covered. "Then, if one

vine dies, another can take over," he says. To avoid creating rot or even leaks, nails are never hammered into the roof.

With the roof ready, start the vines. For the first year, let the vines grow wild. By spring, nip out the flower trusses that form. ("They are excellent to eat raw in salads," Stanford claimed.)

Vigorous growth and fruit are not the goals; you need shade more than you need grapes. By the third year, the vines will have grown sufficiently to cover the rooftop.

Stanford cautions against expecting miracles. The 20-degree savings did not enable him to unplug his air conditioner but did help him to lower his electricity bills. But even this was a small miracle: "If your air conditioner is pulling the heat down from 90° to 80°F instead of 110° to 80°F, that's a hell of a savings," he observed, adding: "In winter, the leaves of the vines die and the Sun can still warm the roof." —Mark Seal

LIVING NATURALLY



**Stay Healthy  
This Winter!**

PHOTO: ZBYNEK POSPISIL/GETTY IMAGES



## LIVING NATURALLY

**I**t's been gray and cold outside. I feel like washing down hot cocoa smothered in whipped cream, sinking back into my recliner, and waking up in April. But let's touch on the simple joys, the short naps, the comforts of winter—and steel our resolve to bolster our mental, physical, and emotional health!

How do we maintain or even improve our mental, emotional, and physical fitness for staying healthy during the long slog?

None of the strategies that I employ is new. They never become habits. I have to recommit to them every day—and remembering is especially difficult in winter. Here is my checklist:

- **Get outdoors every day**—regardless of the weather! The winter blahs have a lot to do with the lack of light. Merely stepping out into the wider natural world confers health

benefits. To keep this commitment during the winter, you need the right clothes (lightweight, “wicking” layers; treaded soles or slip-on spikes) and maybe a pair of adjustable trekking poles and snowshoes.

- **Get enough sleep**, but don't hibernate. I aim to sleep 7 hours a day. As I've grown older, my sleep patterns have become more erratic. I find myself waking more often during the night and napping occasionally during the day. I've reduced my coffee consumption (somewhat) and try to forgo both TV and the Internet an hour before I hit the sheets.

- **Cooking more from scratch**. A lot of people are cooking more, thanks to COVID—and it is likely that they will keep doing so. Why not view these months as a chance to get good at cooking? You'll save money, generate less waste, and eat healthier

meals. You're likely to gain less winter weight.

Forget the idea that you don't have time. Scratch cooking does require planning. Own a couple of good vegetable-cutting knives. Make friends with a slow cooker. Make enough soup (chili, stew, chowder) for three or four meals. Learn to make a great omelet. Fill a cooking bag or roasting pan with enough chicken to last a week; freeze or refrigerate the leftovers.

- **Eat more vegetables, fruit, beans, and lentils**. Make them the stars of every meal. Why? Because a wealth of clinical research confirms the numerous health and mental health benefits of diets rich in these plant ingredients. Vegetables and dried legumes fill you up, so you'll be less likely to crave or pig out on the ubiquitous rich treats that greet you at every turn during the winter holiday season. Except for fried potatoes, it's

## LIVING NATURALLY

almost impossible to overdose on fruit, veggies, and legumes.

- **Exercise more.** Yes, it gets colder and darker as winter approaches and more challenging to stay active. Especially for those of us living in the northern states, a sort of semi-hibernation syndrome attacks: We want to eat more, sleep more, and move less. Challenge yourself to find something that you can do to move your muscles and get your heart rate up for half an hour. You don't have to love this or even like it, but you do have to *do* it—even if it's just bundling up and trotting around the driveway in a blizzard or running in place while pumping hand weights as you watch the *Evening News*.
- **Laugh more.** Laughter brings real health benefits. Not in the mood? Even faking it seems to do a body good.
- **Keep an attitude of gratitude.** Feeling and expressing gratitude—

an important tenet in most religious and spiritual traditions around the world—has been clinically shown to improve people's happiness, along with their sleep.

- **Practice *hygge*.**

A word without an English analog that the Danes use to describe themselves, *hygge* means something like “creating a nice, warm atmosphere and enjoying the good things in life with good people around you.” The Danes live north of the U.S.'s lower 48, so their cold, dark winters start earlier and last longer than ours. Yet for years they've been near the top of the list of the happiest people in the world.

- **Let a joy keep you.** I save this (the first line in “Joy,” a poem by Carl Sandburg) for last because it underlies and supports the others. Holding a simple joy in my mind incorporates and transcends feeling grateful. Everybody can find a simple joy to carry

around in their mind today. Sandburg ends his poem like this:

*Let joy kill you!  
Keep away from the  
little deaths.*

Holding a simple joy in the heart prevents the “little deaths” from creeping in and taking over: the hurtful remark, the aches and pains, the empty checkbook, the lost opportunity, the unwelcome chores of the moment (or the dread associated with the upcoming 6 dark months of lugging firewood, hauling out the ashes, shoveling snow).

My joy for today? Luxuriating in my ratty old recliner and basking in the radiant heat of our living room woodstove, secure in the knowledge that we have enough dry wood to last until April.

A short nap perhaps? I think I will!

—Margaret Boyles



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

# Everything you need to stay on track in 2023!



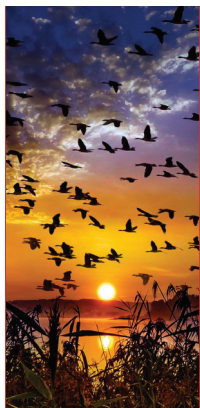
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TURKEYS PERCHED ON TREES AND REFUSING TO DESCEND INDICATES SNOW.



## 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.

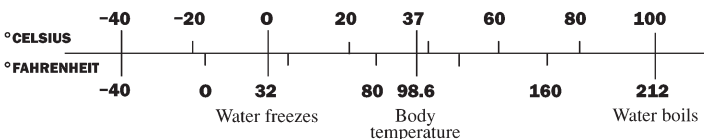


TAP TO FIND OUT THE WEATHER HISTORY OF THE DAY



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

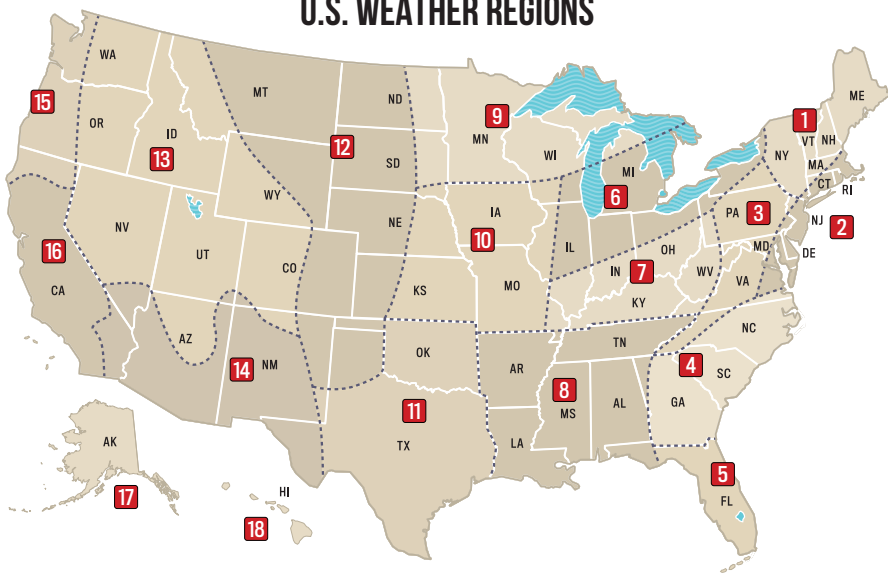
### CELSIUS-FAHRENHEIT TABLE





# WEATHER FORECASTS

## U.S. WEATHER REGIONS



## CANADIAN WEATHER REGIONS



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





## A VOTE FOR MIXED WEATHER

**F**or the U.S. midterm elections coming up on November 8, we are looking at some good voting weather across much of the East, with a mix of sun and clouds and an autumn chill in the air. Farther west, temps will be mild, with some showers from the Great Lakes through the Ohio and Tennessee valleys and into the Deep South. Across the West, the weather will be mild, with quite a bit of sunshine from the Rockies to the West Coast—although some storminess could mean a wet trip to the polls across the Pacific Northwest. It will be a cold Election Day across Alaska, with some snow showers around. Hawaii will be mild with a few showers on hand.

November is a month filled with football. For the CFL's Grey Cup championship at Mosaic Stadium in Regina, Saskatchewan, on November 20,



we expect great football weather for the game: chilly with clouds and some sunshine, along with some sprinkles or flurries.

As we head into the Thanksgiving holiday across the U.S., we're expecting some rain to slow travel at times across much of the eastern half of the nation. Some snow will mix in at times from the Upper Midwest to the Northeast, but this should not be enough to cause major travel headaches. There will be some rain and snow showers from the High Plains back through the Intermountain West. On the West Coast, there will be some rain across the Pacific Northwest. Farther south, through California and into the Desert Southwest, plenty of sunshine should allow for easy travel through the air and on the roads. Snow showers will move across Alaska, while there will be some rain showers in Hawaii.

**O**verall, November temperatures will generally be near or below average across much of the U.S. east of the Rockies, although above-average temperatures are expected across New England and the southern Plains. Temperatures will also be above average for the month across much of the western U.S. and Hawaii. Farther north, below-average temperatures are anticipated from Alaska through much of western and central Canada. A warmer-than-average month is likely from Quebec into the Maritimes.

Above-average precipitation is likely in November across much of the northern U.S., where the storm track will be more active throughout much of the month. On the flip side, we expect near- to below-average precipitation across the southern U.S. In Canada, we're forecasting above-average precipitation across much of the country, although November does look to be drier toward the Maritimes.

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



# HUMOR ME

GRINS AND GROANS FROM THE ALMANAC



## A CUT ABOVE

This story is told of an absent-minded professor at a famous seminary.

One evening, while studying, he had need of a bookmark. Seeing nothing else handy,

he used his wife's scissors, which lay on the sewing table. A few minutes later, the wife wanted the scissors, but a diligent search failed to reveal them.

The next day, the professor appeared before his class and

opened his book. There lay the scissors. He picked them up and, holding them above his head, shouted: "Here they are, dear!"

And, yes, knowing their professor, the class understood what had happened.





## THIS IS PRETTY LAME

Two actors were boasting about their dramatic exploits.

“Aha, my boy!” said one. “When I played Hamlet, it took the audience took 15 minutes to leave the theater.”

The other looked at him.

“Was he lame?” he inquired gently.

## AD-ON PAYMENT

*Newspaper notice:*

A lady’s leather handbag was left in my car while parked on Park Avenue 2 weeks ago. Owner can have same by calling at my office, proving property ownership, and paying for this ad. If she will explain to my wife that I had nothing to do with it being there, I will pay for the ad.

[Signed]

## FREE TIME

“What time do you have?” asked the farmer of the shopkeep.

“Why, it’s 20 minutes after five. What can I do for you?”

“I want those pants,” said the farmer, leading the way to the store window and pointing to a sign that said “Given away at 5.20.”

## ORIGINAL SIN

“Why, Auntie, have you got your photographs yet?”

“Yes, and I sent them back in disgust.”

“Gracious! Why was that?”

“Why, on the back of every photograph was printed ‘The original of this is carefully preserved.’”

## CORNERED

Bill Jones, the local athletic “champion,”

was bragging about his physical prowess at the local bar. None of the regulars challenged him.

Suddenly, a visitor piped up: “I’ll bet you 20 dollars that I can wheel something in a wheelbarrow for one block and you can’t wheel it back.”

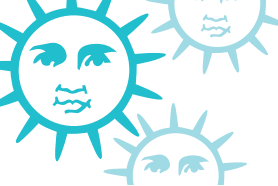
Bill looked the visitor over and decided that whatever the stranger could do, he could do better.

“I’ll take you on,” he said.

The visitor, Bill, and a number of the regulars borrowed a wheelbarrow and took it to the corner.

The challenger smiled smugly, rubbed his hands, picked up the handles, and turned to Bill.

“OK, Bill,” he said. “Get in.”

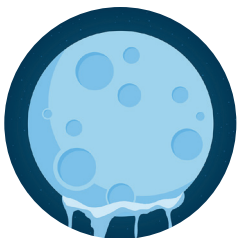


# WHAT'S NEXT



## AMUSEMENT

“The Best Christmas Present I Ever Had”



## CALENDAR

Moon phases; December birthstones, holidays, and full Moon names



## ASTRONOMY

Explore with our Sky Map



## GARDENING

Host Some Holiday Cyclamens



## FOOD

Time to Make Cookies!



## LIVING NATURALLY

How to Survive Blizzards, Cold Snaps, and Power Outages

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 December *EXTRA!*

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