

# EXTRA!

FROM THE OLD FARMER'S ALMANAC

## SENSATIONAL SWEET POTATO RECIPES

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



SEPTEMBER 2024

PHOTO: ELENATHEWISE/GETTY IMAGES

# SEPTEMBER

*Holidays, Full Moon Names, and More*

## HOLIDAY HAPPENINGS

- Sept. 2:** Labor Day
- Sept. 8:** Grandparents Day
- Sept. 11:** Patriot Day
- Sept. 15:** First day of National Hispanic/Latinx Heritage Month
- Sept. 17:** Constitution Day
- Sept. 18:** U.S. Air Force Birthday
- Sept. 21:** International Day of Peace
- Sept. 22:** Autumnal Equinox (at 8:44 A.M. EDT)
- Sept. 30:** National Day for Truth and Reconciliation (Canada)

## BIRTH FLOWERS: SEPTEMBER

### ASTER AND MORNING GLORY

- The aster signifies love, wisdom, patience, and beauty, as well as faith, friendship, and purity.
- The morning glory symbolizes affection and love. It can also mean coquetry, affectation, or the transience of life in the language of flowers.



## EYE ON THE SKY

### SEPTEMBER'S FULL MOON NAMES

Harvest Moon, Leaves Turning Moon, Moon When the Rice is Laid Up to Dry

### MOON PHASES

- New Moon:** Sept. 2, 9:56 P.M. EDT
- First Quarter:** Sept. 11, 2:06 A.M. EDT
- Full Moon:** Sept. 17, 10:34 P.M. EDT
- Last Quarter:** Sept. 24, 2:50 P.M. EDT

### SPECIAL EVENT

**Sept. 17:** Partial lunar eclipse begins, visible in parts of North America



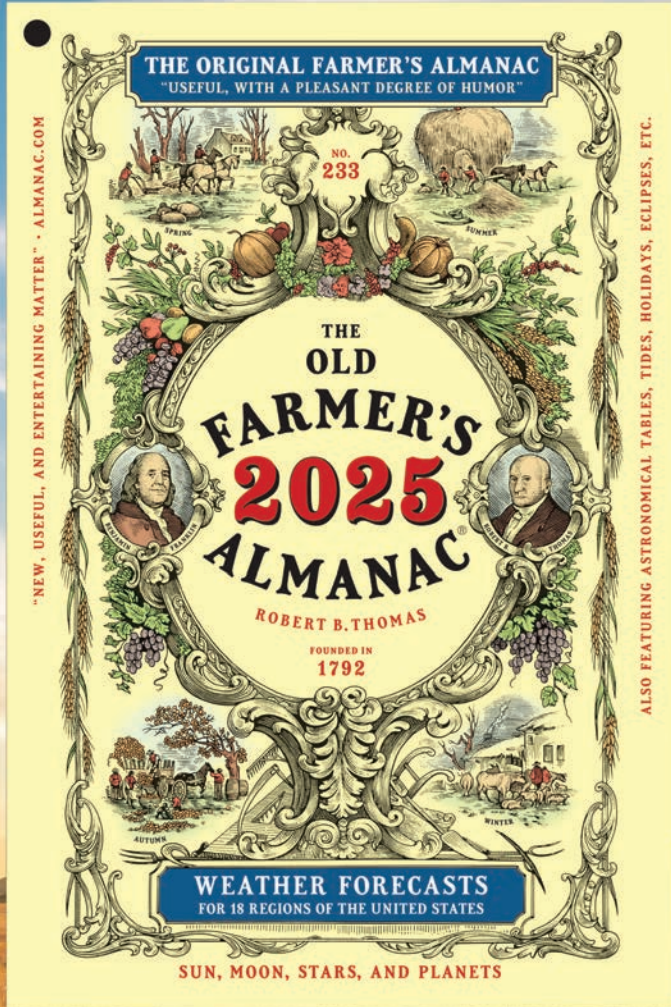
TAP FOR MORE ABOUT MOON PHASES



TAP FOR MORE ABOUT SEPTEMBER'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](http://GardenPlanner.Almanac.com).

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## BEST DAYS TO DO THINGS

These September 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: 7, 8

Ask for a loan: 20, 21

Begin diet to gain weight: 4, 9

Begin diet to lose weight: 22, 30

Buy a home: 7, 8

Color hair: 20, 21

Cut hair to discourage growth: 20, 21

Cut hair to encourage growth: 4, 5

Entertain: 1, 27, 28

Get married: 4–6

Have dental care: 2, 3, 29, 30

Move (house/household): 22, 23

Perm hair: 14, 15



Quit smoking: 22, 30  
Straighten hair: 9–11  
Travel for pleasure: 1, 27, 28  
Wean children: 22, 30

### **AROUND THE HOUSE**

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Bake: 24–26  
Brew: 7, 8  
Can, pickle, or make sauerkraut:  
24–26  
Demolish: 7, 8  
Dry fruit, vegetables, or meat: 1, 27, 28  
End projects: 16  
Lay shingles: 1, 27, 28  
Make jams or jellies: 16, 17  
Paint: 4–6  
Start projects: 3  
Wash floors: 16, 17  
Wash windows: 18, 19

### **OUTDOORS**

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Begin logging: 12, 13  
Go camping: 9–11  
Go fishing: 2–17  
Set posts or pour concrete: 12, 13

### **IN THE GARDEN**

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Destroy pests and weeds: 18, 19  
Graft or pollinate: 24–26  
Harvest aboveground crops: 12, 13  
Harvest belowground crops: 29, 30  
Mow to promote growth: 7, 8  
Mow to slow growth: 24, 25  
Pick fruit: 2, 3, 29, 30  
Plant aboveground crops: 7, 8  
Plant belowground crops: 24–26  
Prune to discourage growth: 1, 27,  
28  
Prune to encourage growth: 9–11

### **ON THE FARM**

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Breed animals: 7, 8  
Castrate animals: 14, 15  
Cut hay: 18, 19  
Purchase animals: 24–26  
Set eggs: 13–15, 23, 24  
Slaughter livestock: 7, 8  
Wean animals: 22, 30





## GARDENING BY THE MOON'S SIGN

Use the September dates shown in the Moon's Astrological Place calendar below to find the best days for the following garden tasks:

TAP FOR  
MERCURY IN  
RETROGRADE  
DATES



TAP FOR  
SEPTEMBER  
MOON  
PHASES



**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 SEPTEMBER

**1** Leo

**2** Virgo

**3** Virgo

**4** Libra

**5** Libra

**6** Libra

**7** Scorpio

**8** Scorpio

**9** Sagittarius

**10** Sagittarius

**11** Sagittarius

**12** Capricorn

**13** Capricorn

**14** Aquarius

**15** Aquarius

**16** Pisces

**17** Pisces

**18** Aries

**19** Aries

**20** Taurus

**21** Taurus

**22** Gemini

**23** Gemini

**24** Cancer

**25** Cancer

**26** Cancer

**27** Leo

**28** Leo

**29** Virgo

**30** Virgo

## 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.

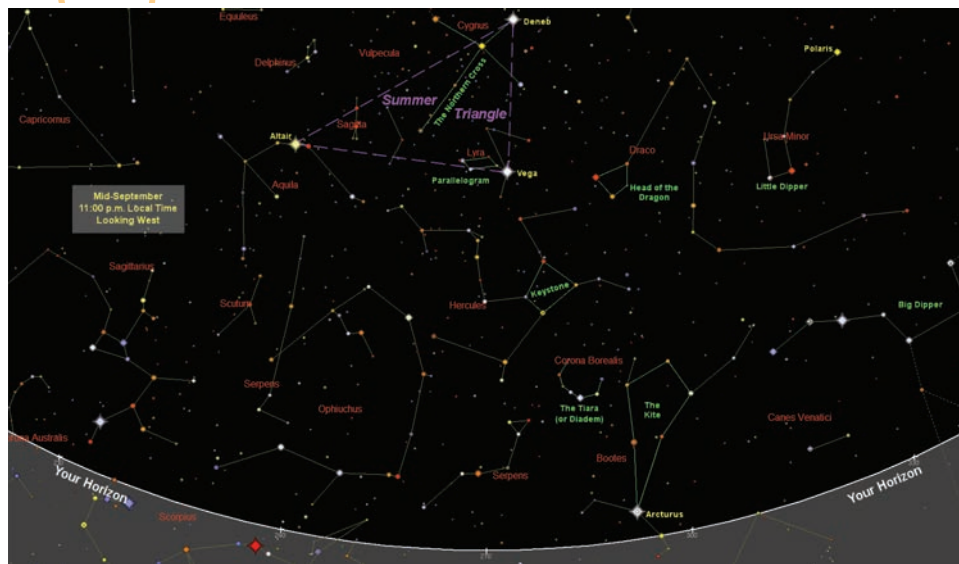
When Mercury is retrograde, remain flexible, allow extra time for travel, and avoid signing contracts. Review projects and plans at these times, but wait until Mercury is direct again to make any final decisions.

Mercury's remaining 2024 retrograde period is **November 25–December 15**.

–*Celeste Longacre*

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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).



## DISCOVERING THE LATE-SUMMER TRIANGLE

**A**lthough the calendar tells us that autumn begins this month, the sights of summer are still prominent in the night sky. The distinctive Summer Triangle can help you to navigate the heavens on warm September nights.

When you face westward at this time of year, the night sky is dominated by three bright stars: Altair, Vega, and Deneb. These three form the Summer Triangle, as illustrated in purple on this month's Sky Map.

To spot the top of the Summer Triangle, look nearly straight up to find the bright star Deneb. It sits at the top of the Northern Cross asterism (unofficial star pattern), itself a part of the large constellation Cygnus, the Swan. The Northern Cross is one of those asterisms that, once seen, is easily recognized in the future.



TAP TO GET  
A PRINTABLE  
SEPTEMBER  
SKY MAP



TAP TO  
FOLLOW  
OHIOAN JEFF  
DETRAY'S SKY  
ADVENTURES





Directly below Deneb, you'll find the even brighter star Vega, in the constellation Lyra, the Lyre. Moviegoers were introduced to Vega in the 1997 film *Contact*, starring Jodie Foster. In the movie, a planet orbiting Vega was home to the first alien civilization to contact Earth. To the left of Vega is a small group of four stars that form the Lyre, a delicate, near perfect parallelogram.

Look to the left to find Altair, the third member of the Summer Triangle, in the constellation Aquila, the Eagle. Altair is midway in brightness between Deneb and Vega. Its name derives from an Arabic phrase that translates as "the flying eagle." So, both the star and its constellation have roughly the same name. As interstellar distances go, Altair is a close neighbor—a mere 17 light-years (99.9 trillion miles) from us!

The three stars of the Summer Triangle are helpful for guiding you to other celestial sights. Following the line from Altair rightward past Vega brings you to the head of Draco, the Dragon. Once you have spotted its head, try to follow the sinuous body of the Dragon that slants upward and then bends downward to curl under the Little Dipper.

Below Vega lies the sprawling constellation Hercules, the mighty hero of Roman and Greek mythology. (The Greeks called him Heracles.) Four of the brighter stars of Hercules form the nicely symmetrical Keystone asterism. The Keystone is often visible even when most other stars in Hercules are obscured by streetlights and other manmade light pollution.

Just beneath the Keystone is the lovely constellation Corona Borealis, the Northern Crown. To me, Corona Borealis more closely resembles a Tiara or, if you are a Harry Potter fan, the Lost Diadem of Ravenclaw. In Harry's magical world, the Diadem was said to grant wisdom to its wearer and to carry the famous inscription: "Wit beyond measure is man's greatest treasure."

Just to the right of Corona Borealis and very near the horizon stands the kite-shape form of Boötes, the Herdsman. You'll need a dark location that's free of trees and buildings to get a good view of the Kite and its brightest star, Arcturus.

September nights are among the most pleasant of the year. Plan to spend at least one of them enjoying the Summer Triangle and the many sights within and around it.

—Jeff DeTray

FOOD



# Sensational Sweet Potato Recipes

*Sweet potatoes are versatile, nutritious, and low in calories, making for the perfect addition to any meal.*

*We've gathered some delicious recipes that incorporate them into a lunch wrap, fries, and ice cream. Yes! Ice cream!*



# Caribbean Mango Wraps

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/](http://Store.almanac.com/cookbook-best-everyday-recipes/).

## CARIBBEAN MANGO WRAPS

- 1 tablespoon canola or vegetable oil
- 2 cloves garlic, minced
- 1 small sweet potato, peeled and cut into 1/2-inch cubes
- 1 chile pepper, diced
- 1 small red bell pepper, diced
- 1 can (15 ounces) black beans, with liquid
- juice from 1 orange
- 1/2 teaspoon salt
- 1/2 teaspoon cumin
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon paprika
- 4 flour tortillas (10-inch diameter)
- 1/2 cup mild mango chutney
- 6 ounces Monterey Jack cheese, shredded

Preheat oven to 375°F. Get out a baking sheet.

In a saucepan, heat oil over medium-high heat and sauté garlic, sweet potatoes, and peppers for 3 minutes. Add beans, orange juice, salt, and spices and bring to a boil. Continue cooking at a slow boil for about 10 minutes, or until liquid is reduced.

In the center of each tortilla, spread 2 tablespoons of chutney. Top with one-quarter of the vegetable mixture and cheese. Roll up wraps, place seam side down on baking sheet, and bake for 15 minutes.

**Makes 4 servings.**





# Sweet Potato Oven Fries With Spicy Crema



## SWEET POTATO OVEN FRIES WITH SPICY CREMA

### FRIES:

- 1-1/2 pounds sweet potatoes, preferably similar in size
- 3 tablespoons olive oil
- 1/4 cup shredded Parmesan cheese
- 1/4 cup panko bread crumbs
- 1 tablespoon brown sugar
- 1-1/2 teaspoons salt
- 3/4 teaspoon ground cumin
- 3/4 teaspoon chili powder
- 1/8 teaspoon cayenne pepper, or to taste

### CREMA:

- 1 cup sour cream
- 1 teaspoon minced jalapeño pepper, or to taste
- 1/2 teaspoon fresh lime juice
- 1/4 teaspoon salt

*For fries:* Preheat oven to 425°F. Get out a large baking sheet.

Peel and cut sweet potatoes in half lengthwise, then cut into equal-size strips or wedges about 1/2-inch thick.

Place sweet potatoes in a single layer on baking sheet. Drizzle with oil and toss to coat.

In a bowl, combine Parmesan, bread crumbs, brown sugar, salt, cumin, chili powder, and cayenne. Sprinkle mixture over fries and toss to coat. Arrange in a single layer on baking sheet.

Bake on center oven rack for 30 minutes, or until tender and well browned, turning once or twice during cooking.

*For crema:* In a bowl, combine sour cream, jalapeño, lime juice, and salt.

Chill until ready to serve with fries.

**Makes 4 servings.**

# No-Churn Sweet Potato Ice Cream



## NO-CHURN SWEET POTATO ICE CREAM

- 1-1/2 tablespoons unsalted butter
- 3/4 cup chopped pecans
- 1-1/4 tablespoons brown sugar
- 1 cup mini marshmallows
- scant 2 cups puréed sweet potatoes
- 1 can (14 ounces) sweetened condensed milk
- 1 teaspoon vanilla extract
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- pinch grated nutmeg
- 2 cups heavy whipping cream, chilled

Place a 9x5-inch loaf pan in the freezer and allow to chill while preparing ice cream. Line a baking sheet with parchment paper and set aside.

In a skillet, melt butter over medium heat. Add pecans and toast lightly, stirring occasionally, for 2 minutes, or until fragrant. Sprinkle brown sugar over pecans and cook, stirring constantly for 2 to 3 minutes, or until sugar caramelizes and makes a glaze. Pour candied pecans onto prepared baking sheet in a single layer. Set aside and allow to cool and harden.

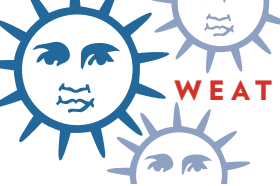
On a nonstick baking sheet, spread out marshmallows, making sure that they are not touching. Place baking sheet in oven and broil marshmallows until lightly browned. Watch them closely. Set aside and allow to cool completely.

In a bowl, combine sweet potato purée, condensed milk, vanilla, cinnamon, ginger, and nutmeg and mix until smooth.

In the bowl of a stand mixer, whip heavy cream for 3 to 5 minutes, or until medium peaks form. Using a spatula, very gently fold sweet potato mixture into whipped cream. Add candied pecans and marshmallows and gently fold a few times to fully incorporate.

Pour mixture into chilled loaf pan and cover tightly with plastic wrap, making sure the plastic touches the ice cream to help in preventing crystallization. Place a second layer of plastic wrap over the top, sealing the edges of the pan, and put into freezer for at least 6 hours.

**Makes 10 to 12 servings.**



IF MICHAELMAS [SEPT. 29] BRINGS MANY ACORNS, CHRISTMAS WILL COVER THE FIELDS WITH SNOW.

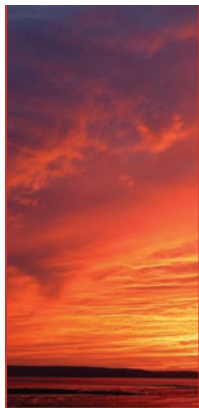
# HOW WE MAKE OUR PREDICTIONS

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.

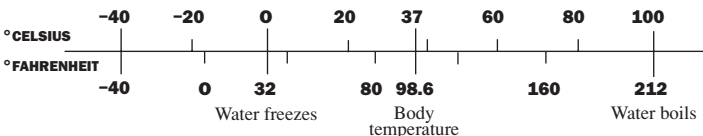


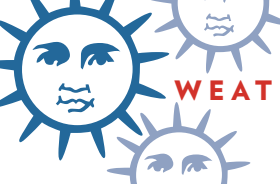
TAP TO FIND OUT THE WEATHER HISTORY OF THE DAY



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

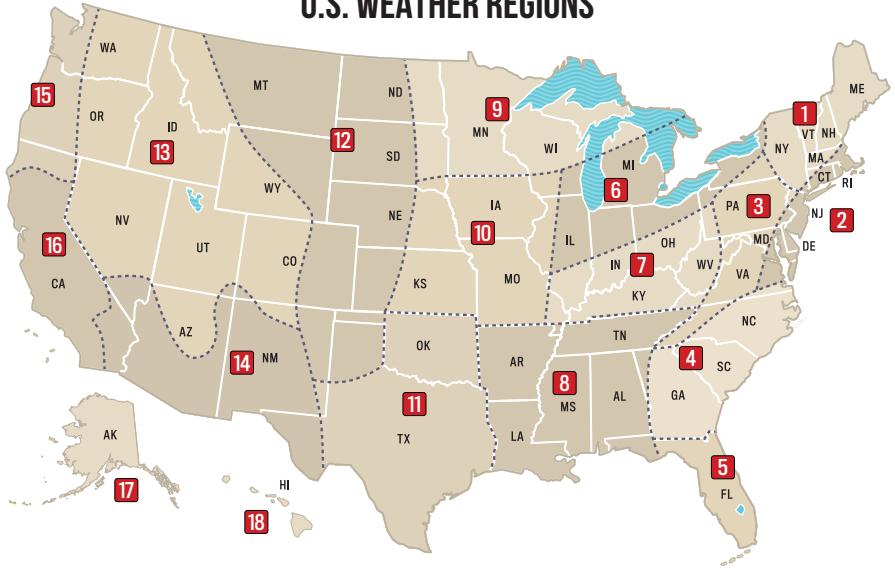
## CELSIUS-FAHRENHEIT TABLE





# WEATHER FORECASTS

## U.S. WEATHER REGIONS



## CANADIAN WEATHER REGIONS



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







## RAYS OF SUNSHINE

**T**he unofficial end of summer, Labor Day, which falls on September 2 this year, looks pleasant with some sunshine for much of the United States east of the Mississippi, which means great weather for folks there planning to travel or enjoy late-summer barbecues. A couple of showers will form in northern New England, while a few spotty thunderstorms will pop up in Florida and parts of the Southeast. Expect isolated thunderstorms across the Plains and Intermountain West. In the West, Labor Day will be warm, with a few showers in the Pacific Northwest and a good deal of sunshine across the Southwest. It also looks mild across Alaska, with a bit of rain across the panhandle but sunshine elsewhere. In Canada, there will be a tropical storm threat in the Maritimes, with scattered showers across southern Quebec and southern Ontario. Periods of rain will be found in the Prairies and from southern British Columbia to the Yukon.

The official arrival of autumn on September 22 will start with rainy periods along the East Coast, with even a few thunderstorms across the Southeast. Sunshine will accentuate the early hints of fall foliage from the Great Lakes to the Upper Midwest. Outside of a few isolated showers and thunderstorms,



much of the Plains and Intermountain West will be dry. Autumn will begin on a toasty note along the West Coast, with sunshine much of the time, while some snowflakes may be in the air across northern Alaska. Throughout Canada, there will be pockets of showers from Atlantic Canada to southern Ontario, while it will be mostly dry and quite warm in the Prairies. Rainy periods are likely from southern British Columbia to the Yukon, while several snowflakes could fly in parts of the Northwest Territories.

Looking at September as a whole, we foresee near- to above-average temperatures across the Northeast and Mid-Atlantic. Below-average temperatures are expected from the Great Lakes and Appalachians southward to the Southeast. Much of the Plains and Midwest will be on the warmer side, while Texas and Oklahoma will see a few shots of cooler, less humid air. The western United States will experience above-average temperatures for the most part, including Alaska and Hawaii. In Canada, temperatures will be near average across southern Quebec and the Maritimes, with above-average temperatures across most of the rest of the country.

Much of the eastern third of the United States will see near- to above-average rainfall this month. Drier-than-average conditions are forecast from the Midwest and the Plains through a good part of the West. Near- to below-average precipitation is expected across Alaska and Hawaii. In Canada, rainfall will be near to above average from southern Ontario eastward to the Maritimes. The Prairies and southwestern British Columbia will be on the drier side, while parts of the Yukon and the Northwest Territories will see above-average precipitation.

With autumn arriving, it's time to start looking ahead to the upcoming winter. Last winter's El Niño is starting to shift more toward a neutral condition. There is an 80% to 90% chance that there will be a La Niña by this coming winter, although there are still some questions as to whether this will be a weak or a moderate La Niña. The lower stratosphere Quasi-Biennial Oscillation (QBO) should be westerly through the winter, which, when combined with high solar activity, will likely allow the polar vortex to weaken and shift occasionally. This shifting could produce some cold shots across North America (at least more than the minimal cold shots last winter) even if the overall pattern is still on the warmer side.

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