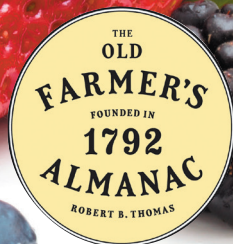


EXTRA!

FROM THE OLD FARMER'S ALMANAC

ROCK YOUR GARDENING WORLD!
MAXIMIZE YOUR VEGGIE MENU
THE FIRST SEE-THROUGH STOMACH
BERRY GOOD RECIPES



JUNE 2020

PHOTO: VITALINA/GETTY IMAGES



THE OLD
FARMER'S ALMANAC

FOUNDED IN 1792

Dear Friends,

In his 1961 inaugural address, President John F. Kennedy said, “Ask not what your country can do for you, ask what you can do for your country.” With these simple but inspiring words, he led a nation to consider their actions in the context of the greater good.

Regardless of what country we’re in, we’re all being asked to do the same today, as we stay home to protect family, friends, and neighbors. As many of us have found out, “doing nothing” can be pretty challenging, but remember that every time you choose to change your routine and embrace the possibilities of this new normal, you’re doing your part for everyone’s sake.

Soon after our last note, we temporarily closed our Almanac offices. Our staff continues to work remotely and collaborate online, which has presented some technological challenges for some of us here in rural New Hampshire! Through it all, we’ve made it work, proving that it is indeed possible to learn new tricks at any age—even 228 years young!

Now that we’re all set up to work in spare bedrooms, on kitchen tables, or wherever there’s a bit of free space, we’re struck by the pace of this new life. While we’ve always been fans of enjoying a sunrise or the stars in the night sky, there now seems to be more time to sit back and appreciate the rhythms of nature in all of their splendor and beauty.

As sleeping gardens begin to awaken to spring splendor, now is the perfect time to plan or play in yours. At [Almanac.com](https://almanac.com), we’ve been busy curating articles and advice for gardeners of every skill level, including [things to consider when selecting a site for a new vegetable garden](#), [15 Essential Gardening Tasks](#), and the [best annuals to grow right](#)



now. As necessity is the mother of invention, consider these [15 Tricks for Gardening with Limited Supplies](#). Also, if you're not using it already, we invite you to try our [Garden Planner](#) free for 7 days!

The kitchen is getting a lot more use these days as people learn new cooking and baking skills like [making scratch sourdough starter](#), [creating delicious meals with basic pantry staples](#), and [baking when flour is scarce](#). If you need a break from dinner prep, consider supporting a local restaurant with a takeout or delivered order, but, of course, there are a [few precautions that you should take to ensure a safe and delicious experience](#).

One of the best gifts that you can give kids during these times is good memories, and some of the best of these can come from daily life! Consider involving kids in your hobbies and experiences, like the cooking or baking projects above, or even in [planning and planting a kids-centric garden!](#)

[Sky gazing](#) is another great activity for kids. In fact, consider doing it virtually with friends and family elsewhere. No matter where we live, we all share the same big and beautiful sky.

Over the past few weeks, we've heard from many of you who have embraced the Almanac's mission of being "useful, with a pleasant degree of humor" in your day-to-day lives. **Starting next Sunday (April 26), our Sunday edition of the Almanac Companion will continue to focus on helping you through these times—with plenty of good advice and reasons to smile.**

And, of course, whenever you have a free moment, we invite you to join us on [Facebook](#), [Instagram](#), and [Pinterest](#) for daily doses of humor, fun facts, activities, and more.

As sure as the Sun will rise and set each day, *The Old Farmer's Almanac* is here for you, now and always.

Your Friends in *The Old Farmer's Almanac* Family

FEATURES

FOOD

Berry Good Recipes

GARDENING

Rock Your Gardening World!

LIVING NATURALLY

Maximize Your Veggie Menu

ANNIVERSARY

The First See-Through Stomach



WEATHER FORECASTS

How We Make Our Predictions

June U.S. and Canadian Weather Forecasts

Weather Update

DEPARTMENTS

CALENDAR

June Holidays, Fun Facts, and More

ASTROLOGY

Best Days to Do Things

Gardening by the Moon's Sign

ASTRONOMY

Sky Map for June

WIT

Humor Me
Grins and groans from the Almanac

WHAT'S NEXT

See what we have in store for our July issue!



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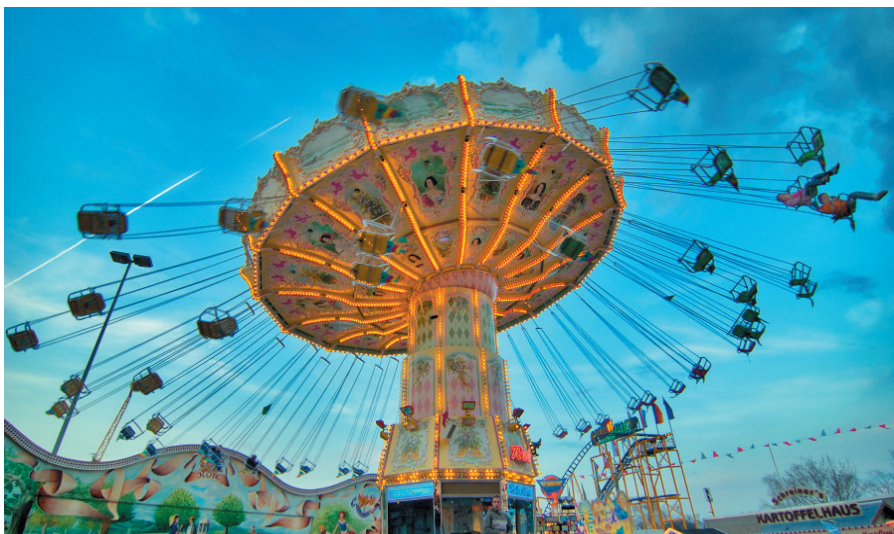


JUNE

Holidays, Fun Facts, and More

HOLIDAY TRADITIONS AROUND THE WORLD

Wäldchestag (Germany)



Note: Due to the COVID-19 pandemic, this festival has been canceled for 2020.

Every year, for 4 days ending on the Tuesday (June 2 this year) after Whitsunday, residents of Frankfurt, Germany, celebrate *Wäldchestag*, or the “Forest Day” festival. A centuries-old tradition, this

observance calls for people to leave their homes and workplaces (some schools and businesses let their people out around mid-day) to walk into the Frankfurt City Forest, Am Oberforsthaus, to celebrate their city and

community. There, they may find carousels and carnival rides, live music and shows, games and activities, and lots of food for their enjoyment. Picnicking and family fun is the order of the day.



EYE ON THE SKY

MOON PHASES

Full Strawberry Moon: June 5, at 3:12 P.M. EDT

Last Quarter: June 13, at 2:24 A.M. EDT

New Moon: June 21, at 2:41 A.M. EDT

First Quarter: June 28, at 4:16 A.M. EDT

SPECIAL EVENT

The June solstice occurs on the 20th at 5:44 P.M. EDT. In the Northern Hemisphere, it marks the start of the summer season. In the Southern Hemisphere, winter begins.

▶ TAP FOR MORE ABOUT MOON PHASES

▶ TAP FOR MORE ABOUT JUNE'S FULL MOON

HOLIDAY HAPPENINGS

June 5: World Environment Day

June 14: Flag Day

June 21: Father's Day

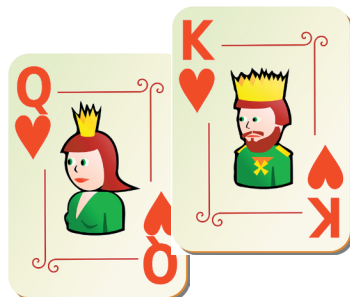
June 21: National Indigenous Peoples Day (Canada)



JOKE OF THE MONTH

Q: Why did the King of Hearts marry the Queen of Hearts?

A: They were perfectly suited to each other.



Just Released!



Grow your best garden ever
with tried-and-true advice from
The Old Farmer's Almanac!

[LEARN MORE](#)



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*

OUTDOORS

Begin logging: 7, 8

Go camping: 5, 6

Go fishing: 1–5, 21–30

Set posts or pour concrete: 7, 8

IN THE GARDEN

Destroy pests and weeds: 14, 15

Graft or pollinate: 21, 22

Harvest aboveground crops: 25–27

Harvest belowground crops: 7, 8

Mow to slow growth: 14, 15

Mow to promote growth: 3, 4, 30

Pick fruit: 25–27

Plant aboveground crops: 2–4

Plant belowground crops: 11–13



Prune to discourage growth: 14, 15

Prune to encourage growth: 23, 24

ON THE FARM

Breed animals: 2–4, 30

Castrate animals: 9, 10

Cut hay: 14, 15

Purchase animals: 21, 22

Set eggs: 1, 9, 10, 29

Slaughter livestock: 2–4, 30

Wean animals: 7, 11

PERSONAL

Advertise to sell: 2, 3

Ask for a loan: 11, 18

Begin diet to lose weight: 18

Begin diet to gain weight: 4, 27

Buy a home: 4, 27

Color hair: 16–18

Cut hair to discourage growth:
11–13

Cut hair to encourage growth: 1, 28,
29

Get married: 1, 28, 29

Have dental care: 25–27

Move (house/household): 19, 20

Perm hair: 9, 10

Quit smoking: 7, 11

Straighten hair: 5, 6

Travel for pleasure: 23, 24

Wean children: 7, 11

AROUND THE HOUSE

Bake: 21, 22

Brew: 2–4, 30

Can, pickle, or make sauerkraut:
11–13

Demolish: 2–4, 30

Dry fruit/vegetables/meat: 14, 15

End projects: 20

Lay shingles: 23, 24

Make jams/jellies: 11–13

Paint: 1, 28, 29

Start projects: 22

Wash floors: 11–13

Wash windows: 14, 15



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



TAP FOR
MERCURY IN
RETROGRADE
DATES



TAP FOR
JUNE MOON
PHASES

MERCURY IN RETROGRADE

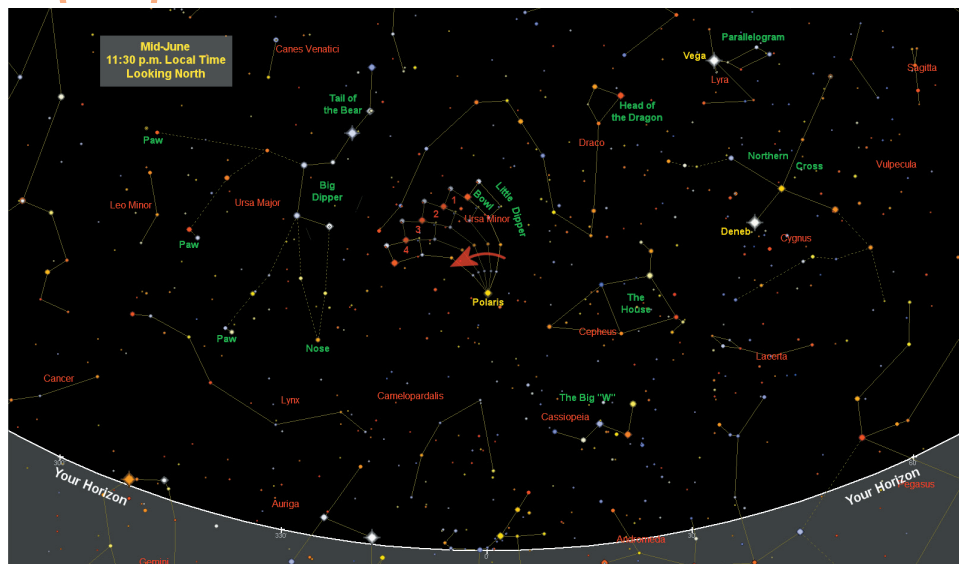
Sometimes the other planets appear to be traveling backward through the zodiac; this is an illusion. We call this illusion *retrograde motion*.

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 2020 retrograde periods are **June 18–July 12** and **October 14–November 3**.

–Celeste Longacre



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 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



Berry Good Recipes

There's nothing like berries at the peak of season—juicy, sweet, and ripe! Sure, you can buy berries all year-round, but they're not as flavorful. After you've gathered your berries (from your garden, farmers' market, or local pick-your-own patch), bring them into the kitchen and try them in these recipes.

Strawberry Walnut Quick Bread With Strawberry Spread

 TAP FOR RECIPE

STRAWBERRY WALNUT QUICK BREAD WITH STRAWBERRY SPREAD

BREAD:

- 3 cups all-purpose flour
- 2 cups sugar
- 1 tablespoon ground cinnamon
- 1 teaspoon salt
- 1 teaspoon baking soda
- 4 eggs, beaten
- 1-1/4 cups vegetable oil
- 1-1/2 cups chopped walnuts
- 2 cups fresh or frozen sliced strawberries (if frozen, save juice)

SPREAD:

- 1 package (8 ounces) cream cheese, softened
- 1/2 cup chopped fresh 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 stir to blend. Add walnuts and strawberries with juice and stir to blend.

Pour mixture into prepared loaf pans. Bake for 1 hour, or until a toothpick inserted into the center comes out clean.

Let cool for 5 minutes before removing loaves from pans and cooling on wire racks.

For spread: In a bowl, combine cream cheese and strawberries.

Makes 2 loaves.



SHARE
THIS
RECIPE

FOOD

 TAP FOR RECIPE

Lemon Blueberry Muffins

PHOTO: SAM JONES / QUINN BREIN

LEMON BLUEBERRY MUFFINS

- 2 cups all-purpose flour, divided
- 1 cup sugar
- 2 tablespoons baking powder
- 1 teaspoon salt
- 1 teaspoon ground cinnamon
- 2 eggs, slightly beaten
- 3 tablespoons grated lemon zest
- 1-1/2 cups milk
- 1/2 cup (1 stick) butter, melted
- 2 cups fresh blueberries

Preheat oven to 375°F. Grease muffin pans or line with papers.

In a bowl, combine 1-1/2 cups of flour, sugar, baking powder, salt, and cinnamon. Add eggs, lemon zest, milk, and butter, stirring only enough to dampen the flour; batter will be lumpy.

In a separate bowl and working quickly, combine remaining 1/2 cup of flour with blueberries and toss to coat. Gently stir into batter. Spoon batter into muffin cups, filling each two-thirds full. Bake for 30 to 35 minutes.

Makes **18** muffins.

SHARE
THIS
RECIPE

FOOD



TAP FOR
RECIPE

Blackberry Cream Cheese Pie

PHOTO: SAM JONES/QUINN BREIN

BLACKBERRY CREAM CHEESE PIE

5 cups blackberries, divided

1 to 3 tablespoons cornstarch

2/3 cup sugar

1 tablespoon lemon juice

2 packages (8 ounces each) cream cheese, softened

1 tablespoon milk

3 teaspoons grated lemon zest

1 baked 9-inch pie shell

In a saucepan, combine 3 cups of berries with 1/2 cup of water. Bring to a boil. Let cool, then strain to remove seeds. Return syrup to saucepan. Stir in cornstarch 1 tablespoon at a time until desired consistency is reached. Stir in sugar and lemon juice. Bring to a boil, stirring, and boil for 2 minutes. Cool.

Using a stand or hand mixer, blend cream cheese, milk, and lemon zest until smooth. Spread evenly in the baked pie shell. Top with remaining 2 cups of berries. Pour cooled, thickened syrup evenly over berries. Refrigerate for 1 hour or more before serving.

Makes 6 to 8 servings.

 SHARE
THIS
RECIPE



Rock Your Gardening World!

Ever notice how rocks seem to turn up in your garden each year, even in soil that you thought was cleared? Ever wonder what to do with them? We have some ideas.

A MOUND OF HERBS

A garden of culinary herbs brings joy to many home cooks. Many culinary herbs that are native to the Mediterranean thrive in rocky soil. Lavender, marjoram, oregano, parsley, rosemary, sage, and thyme, for example, prefer stony settings. Their ideal bed would be a stone-strewn Mediterranean mound that enables the plants to send down deep roots to absorb water while keeping their crowns high and dry.

To build such a mound, mark off and excavate the area, setting the soil aside. Remove 4 to 5 inches of soil in a 12-inch-wide path around the perimeter.

Dig the bed down 1 foot below the level of the path. Amend the excavated soil by mixing in a wheelbarrow-full each of grit, rock rubble, and compost. Return the soil to the bed, shaping it into a mound. To

add interest, place a few large rocks on the mound. Plant herbs, along with a selection of other Mediterranean plants, putting those that will grow tallest and require good drainage high on the mound and setting low growers that tolerate more moisture lower. Mulch between the plants and around the bed with gravel or organic matter such as wood chips.

Cover the path around the bed with permeable landscaping fabric (to prevent weeds) and several inches of coarse gravel to allow rainwater to penetrate and provide

deep-water reserves for the plants.

STEPPING-STONES

A row of stepping-stones that is overplanted with ground covers can turn a well-trodden footpath into a whimsical, decorative pathway.

Large (1- to 2-foot-wide) stones with rough surfaces and at least one flat side work best. Avoid marble and shale; both can be slick when wet.

Place your stones on the ground more or less where you want the path. Set each stone individually: Note the shape and depth of the

TYPES OF ROCK

- *Rubble* is rock of irregular sizes.
- *Pebbles* are pea- to kiwi-size round or oval stones.
- *Gravel* is an aggregate of small stones; sizes, shapes, and colors vary. Crushed gravel has sharp edges and resembles rubble; uncrushed gravel is pebbly and round.
- *Grit* is rough, hard, sand or rock particles.
- *Sand* is finer than gravel but larger than dust. Beach sand is round and smooth; sharp sand has edges (it is used for building projects).



stone's underside.

Dig a hole slightly larger and deeper than the stone itself, setting aside the soil. Put several inches of sand into the hole; the sand will make it easier to situate the stone so that it is level with the path. Place the stone with the flat side up, adjusting its angle and height.

Measure the distance to the next stone by taking a step using a normal stride. Set the next stone as above and repeat the process. Amend the excavated soil with compost, if necessary, and fill around the stones with it. If you need to, remove additional sod from between the stones to plant low-growing ground covers. Blue

star creeper, Irish moss, mazus, and creeping Jenny (all hardy) stand up to being stepped on, feel good on bare feet, and will keep the mud down when it rains.

A STONE PATIO

As a natural, beautiful surface for an outdoor space, nothing beats a stone patio. This is a relatively easy project, but it will require continued maintenance as stones shift over time. Use flagstone or stones that are flat on at least one side.

Mark off the proposed patio area and try it out. Place outdoor furniture in the space for a few days or weeks and note the traffic pattern as well as the space.

When you're ready to start, excavate the area to a depth of 6 inches. Fill with 2 inches of gravel and tamp it down to level it. Cover the area with a layer of permeable landscaping fabric.

Edge the perimeter with wood, brick, or metal and then lay down approximately 2 inches of sand (the depth of the sand depends on the thickness of your stones). Situate the stones firmly in the sand, with the flattest side up, adding more sand underneath, if necessary, to cradle oddly shaped stones. Sweep sand between the stones and wet the area. Repeat with sand and water until the surface is flush. —*Andrea Curry*

LIVING NATURALLY

*Winter squash
smoothie*

Maximize Your Veggies Menu

PHOTO: VESELOVA ELENA/GETTY IMAGES

A few years back, my adult daughter moved to a toney Virginia suburb, where she found it challenging to live on her modest salary.

One evening, the phone rang. “Exciting news, Mom! I finally found a fresh vegetable that I can afford here—a gigantic bag of kale for only 99 cents! It will last me a whole week.”

I wondered why the kale was priced so modestly, when a head of broccoli in the same store cost \$2.50.

“Well, I don’t think that people actually eat much kale around here,” she replied. “The bag was labeled ‘Decorative Greens.’ I guess they figure that people only use them around the edges of serving platters.”

MORE IS BETTER

I’m always on the lookout for ways to add veggies to our meals. This works out well with my growing passion for vegetable gardening (despite being in a two-person household).

Not only is it healthy to eat more vegetables, but also research shows that it’s beneficial to eat a wider variety of vegetables (and fruit). As a gardener, I enjoy trying new crops and varieties.

But many folks can’t muster much enthusiasm for vegetables other than potatoes. Sadly, only about a quarter of American adults eat the once-recommended three servings of vegetables a day.

SOME FRESH IDEAS

Here are a few suggestions for getting

more vegetables into your menus:

- **Main-dish salsa.** Chop lots of fresh tomatoes, green and red peppers (hot, if you like them), a bit of raw onion and minced garlic, and herbs and spices to taste. Serve hot or cold, topped with a few spicy black beans, cold chicken, or a wedge of cheese.
- **Try roasting.** Onions, potatoes, sweet potatoes, winter squash (all with skins intact), asparagus, peppers, carrots, parsnips—if you’ve eaten these vegetables only steamed or boiled, you haven’t begun to enjoy their flavors. Roasting deepens and improves the flavors of almost any sturdy vegetable.
- **Extra lettuce?** Steam or stir-fry outer lettuce leaves or a handful of mild mesclun mix with stronger-flavor kale,

Not only is it healthy to eat more vegetables, but also research shows that it’s beneficial to eat a wider variety of vegetables (and fruit).

LIVING NATURALLY

collards, or chard.

• **Salad for breakfast?**

Try this: a whole sliced beet, a chopped hard-boiled egg, a serving of berries, and sliced melon or orange sections, topped with a splash of honey mustard dressing.

• **Winter squash**

smoothie. If you love pumpkin pie, try this quick breakfast or anytime smoothie. Blend a cup of cooked winter squash (or pumpkin), a cup of plain or vanilla yogurt, a tablespoon of maple syrup or honey, and pumpkin pie spice to taste. Add milk to thin if needed. Variations include adding half a frozen banana or half a cored pear.

• **Love pickles?** Create a “perpetual pickles” crock for summer snacking. This is especially good if you have a large

vegetable garden, but useful even if you don’t. Partially fill a large jar or small crock with half water and half vinegar, a few peeled garlic cloves, a few sprigs of fresh dillweed, and pickling salt to taste. Toss in small cucumbers, peppers, tiny onions, baby carrots, cauliflower florets, and/or green beans. Keep it on a kitchen shelf and snack from it at will. Add new vegetables every day or two. Discard the old brine and make a fresh one every 2 or 3 weeks. (Use the discarded brine for household cleaning.)

• **Try a new spice mixture.** You could try making *baharat*, a Middle Eastern/North African mixture of sweet, warm, and resinous spices and herbs that comes in many regional variations and goes

with everything. We especially love it on bean/grain dishes that incorporate a lot of chopped greens. Another Mideast favorite, *za’atar*, transforms vegetables and pretty much everything else. The sumac listed as a major *za’atar* ingredient is none other than the dried red berries of the staghorn sumac that grows in dry waste places around here as a weed.

• Finally, don’t be afraid to **make your own** crispy kale chips, spinach chips, sweet potato fries, zucchini chips, and even beet chips! Just search on Almanac.com for the recipes.

—Margaret Boyles



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

Sadly, only about a quarter of American adults eat the once-recommended three servings of vegetables a day.

AGE-OLD WISDOM

Encourage pollinators with companion planting

Reduce pests and diseases with crop rotation

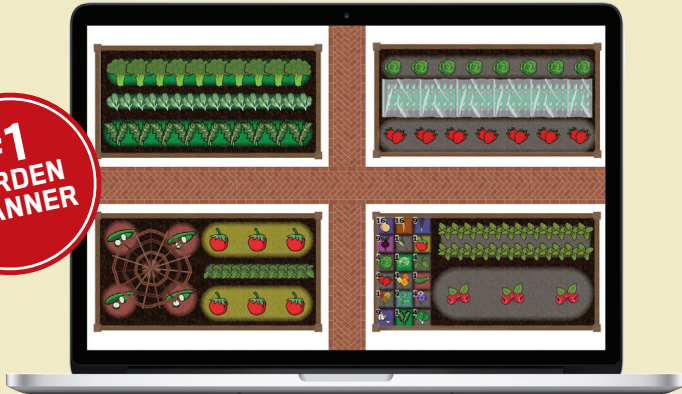
Maximize harvests with succession planting

Learn more from your garden with detailed records



MODERN TOOLS

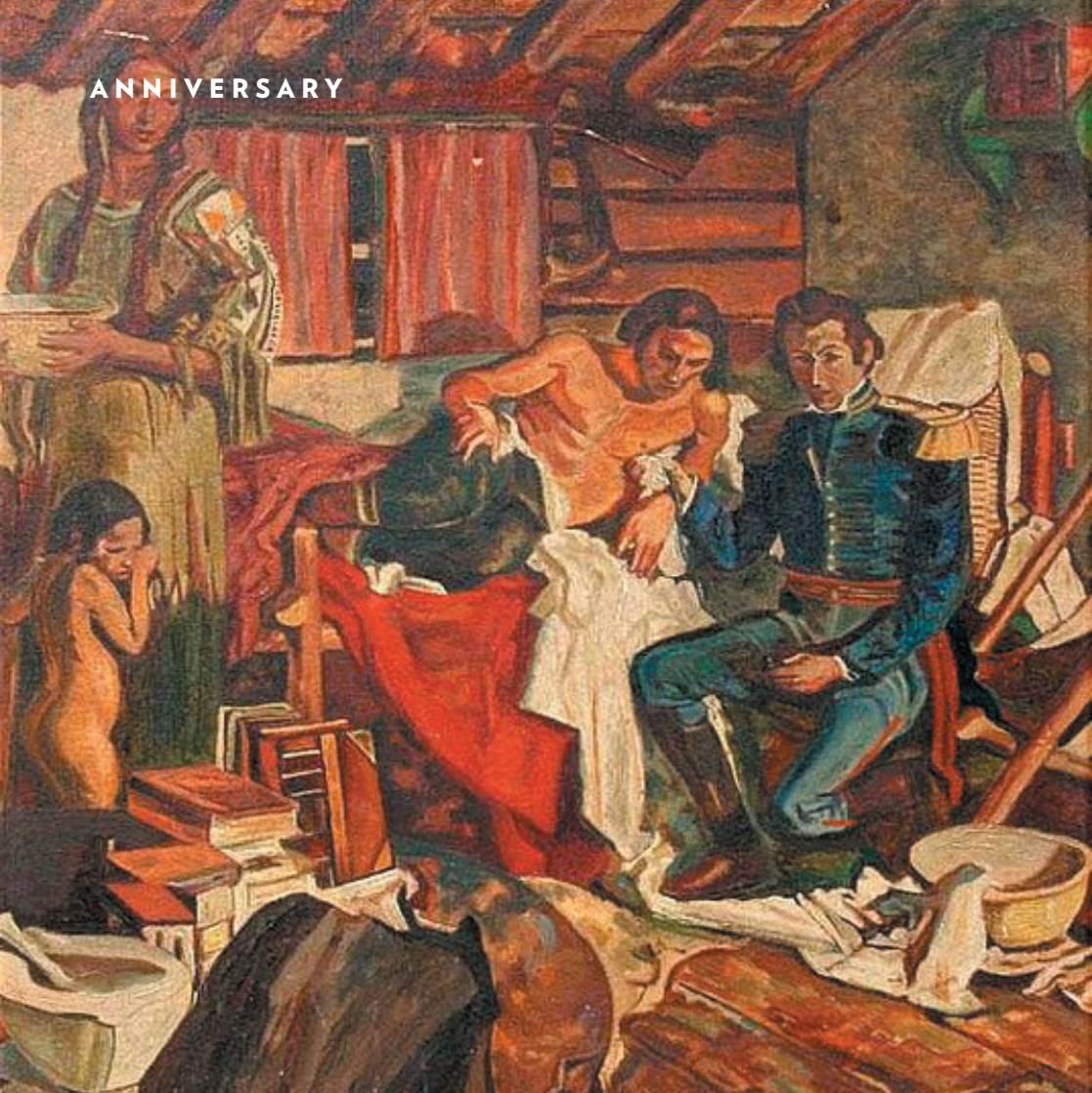
**#1
GARDEN
PLANNER**



The **Old Farmer's Almanac Garden Planner** makes planning a productive garden easy. Try the **Free 7-day Trial** with no credit card details required. Includes free online Garden Journal!

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ANNIVERSARY



The First See-Through Stomach

Unbelievable but true!

PAINTING: DEAN CORNWELL

On June 6, 1822, Dr. William Beaumont's infirmary at Fort Mackinac, Michigan, was visited by a French fur trapper, Alexis St. Martin, who had been accidentally shot in the stomach by a companion's shotgun. Beaumont, who had distinguished himself as a capable and talented surgeon during the War of 1812 as well as later in private practice, immediately set upon the young trapper.

The buckshot had struck his abdomen at an oblique angle, literally blowing a hole in his stomach several inches in circumference. Dr. Beaumont dressed St. Martin's wound and estimated that the trapper would live no more than 36 hours. However, due to his skill as a surgeon and the young man's incredible strength, exactly one year later to the day, the doctor was able to report the wound fully healed, except for a small hole in St.

Martin's stomach.

Since he had the inclination and drive of a scientist, Dr. Beaumont realized at once what tremendous potential St. Martin offered him as a way to test the action of the human stomach. At this time, very little was known of the function of this important organ, and Dr. Beaumont determined to use St. Martin's unusual wound to learn more about it.

May 1825 marked the beginning of Dr. Beaumont's now famous experiments on St. Martin, but it also records the start of a stormy relationship between the scientist and his subject.

Forced to lie on his side for extended periods while Dr. Beaumont tied string on different foods and suspended them in his stomach, the trapper endured the experiments for only 2 months before fleeing to Canada. Unconvinced of the importance of Beaumont's experiments,

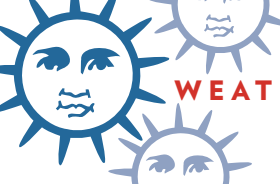
St. Martin refused to return.

Despite his injury, the trapper went on to live a normal life: He married and started a family. Oddly enough, it was his family that drove St. Martin to return to Dr. Beaumont 4 years later. He needed the means to support them, and Dr. Beaumont, then stationed at Fort Crawford, Prairie du Chien, Wisconsin, offered to pay St. Martin to be his guinea pig.

In all, Dr. Beaumont performed some 56 different experiments on St. Martin's see-through stomach. His book *Beaumont's Experiments* was published in 1833 and still stands as one of the authoritative works on gastric action.

In 1834, Alexis St. Martin felt that he had endured enough as an object of scientific interest and returned to work in the Canadian woods, where he lived to be 80 years old.

—Bernard Lamere



WEATHER FORECASTS

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. Most-recent tabulations 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.

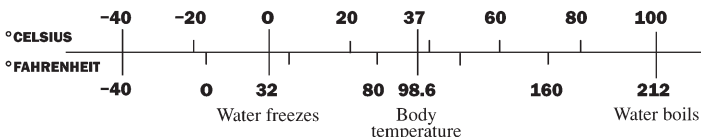


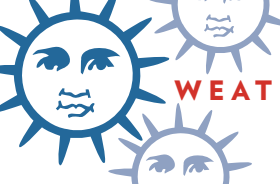
TAP TO FIND OUT THE WEATHER HISTORY OF THE DAY



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

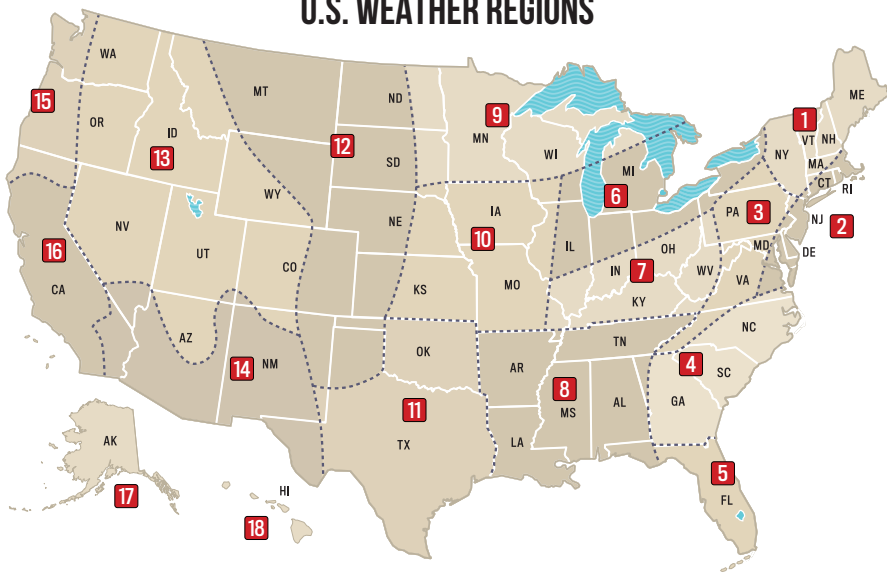
CELSIUS-FAHRENHEIT TABLE



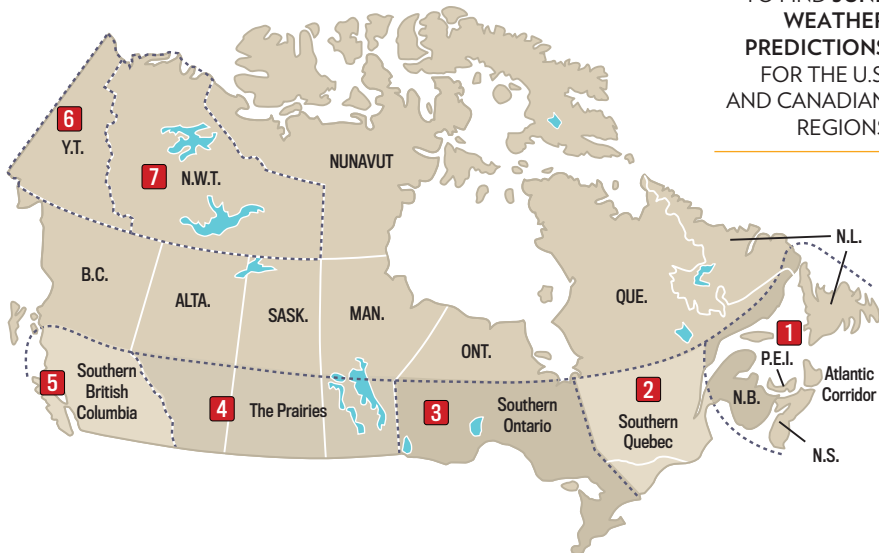


WEATHER FORECASTS

U.S. WEATHER REGIONS



CANADIAN WEATHER REGIONS



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WEATHER
PREDICTIONS
FOR THE U.S.
AND CANADIAN
REGIONS





HOT SUMMER FORECAST

June begins with Dare Day and Flip-a-Coin Day, which both occur on the 1st. For those of you who don't dare to flip a coin to find out June's weather, our forecast for the month—and the summer—is below.

Before we get to that, let's talk about the most important holiday in June, Father's Day, which arrives on the 21st. This year, that day also happens to be National Selfie Day, so to celebrate I will be sending my kids a selfie, which is sure to make them recall that June 12 was National Jerky Day.

Another day of note in June is Hug Your Cat Day on the 4th, when I will definitely be hugging my cat. Hopefully, my kids will remember to hug me on Father's Day—at whatever the proper distance happens to be at that time!

The weather on Father's Day will be ideal for Dad to fire up the grill in the Atlantic Corridor, from the Ohio Valley northward to the Lower Lakes, in the Heartland, from the Desert Southwest westward to the Pacific Southwest, in



most of Alaska, and in the Northwest Territories of Canada. Most other areas will have mainly dry weather, but thunderstorms will be scattered about. Showers will be more widespread in Hawaii and the Pacific Northwest and especially from Florida into the southeastern states, where a tropical storm is possible.

June 20 is the summer solstice, the day of maximum sunlight in the Northern Hemisphere and the first day of summer. In most places, this summer is shaping up to be a hot one.

June will set the tone, with above-normal temperatures in the northeastern quarter of the United States, the Pacific Northwest, Alaska, and all of Canada, except for the Atlantic provinces. June temperatures will be cooler than normal in most other areas, although still warmer than May.

Most areas will have near- to above-normal rainfall, but drier weather will be the rule in the Northeast, Appalachians, Southeast, Desert Southwest, Pacific Northwest, Hawaii, southern Alaska, and much of the Atlantic Provinces, Quebec, and British Columbia.

Summer's steamiest weather will hold off until mid-July in most areas. Gardeners almost everywhere—in the Intermountain and Pacific regions, northern Alaska, from most of Texas northward to Canada, and eastward to the Atlantic—may be relieved to hear that summer rainfall will be above normal. I'm sorry to say that watering cans will be needed in the Sunshine State (Florida).

Farther north, summer temperatures will be hotter than normal across the entire Canadian Commonwealth. Rainfall will be below normal in most of Atlantic Canada and in a swath from western Ontario northward to southeastern Nunavut and above normal elsewhere.

And, of course—as we reported last month—June 1 marks the beginning of Atlantic hurricane season, which officially runs until November 30. Tropical storm activity will be near average, with the best chance for a major hurricane strike in mid-September from Florida to North Carolina. Other threats of hurricanes or tropical storms will occur in the same area in mid- to late June, in Florida in mid- to late July and mid- to late October, and in early to mid-October from the Deep South and Southeast northeastward to New England.

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



HUMOR ME

GRINS AND GROANS FROM THE ALMANAC



DRAMATIC EXAMPLE

Famous actor Francis Wilson (1854–1935) was once asked by an amateur playwright what his idea of the perfect play was.

“Bright and short,” came the reply.

“But what do you mean?,” asked the writer. “Can you give me an idea?”

“Certainly,” said

Wilson. “Here’s one. It’s bright and short and leaves much to the imagination.

“It’s in one act.

“When the curtain goes up, two persons are discovered on a sofa: one, a pretty young woman, and the other, a nice-looking young fellow. They embrace; neither of them says a word.

“Then a door opens at the back and a man walks in. He wears an overcoat and carries an umbrella. You can tell at once by his manner that he is the husband of the young woman—or at least that would be the inference of every intelligent playgoer.

“The husband takes off his coat, draws from his pocket a heavy



Colt revolver, and, in the midst of a silent embrace by hero and heroine, fires.

“The young woman falls.

“He fires again and the young man is similarly disposed of.

“Then the murderer comes forward, puts on a pair of eyeglasses, and proceeds to contemplate his sanguinary work.

“‘Great heavens!’ he exclaims. ‘I am on the wrong floor!’”

KNAVE, INDEED!

As an architect met a lady acquaintance of his on the street one day, he remarked that he had just been to see the nave of the new church to which they both belonged.

“You needn’t mention names,” said the lady, with an apprehensive glance.

“I know the man to whom you refer.”

PASSING FANCY

A young man from New York who had tried to make it in Boston had gone broke in that city. Not knowing how else to get back to New York, he took a chance and just boarded a train heading south.

When the conductor came through, the traveler told him that he was a reporter for a certain metropolitan New York newspaper who had been sent to Boston on assignment. He declared that he had inadvertently mislaid his pass and unfortunately didn’t have any cash. However, he said, if the conductor would allow him through to New York, he would pay him as soon as they arrived.

“I guess that will be all right,” said the conductor. “But, by the way, your editor is in the parlor car. Come up with me, and if he says that you are a member of his staff, I will take you through.”

They went up to the parlor car, and to the young man’s surprise, the editor vouched for him and assured the conductor that everything was correct and legitimate.

As soon as the conductor was out of hearing range, the young traveler thanked the editor for his kindness and said, “Of course, you know that I’m not connected with your paper, and I was fearfully afraid that you would give me away.”

“Young man,” said the other. “I’m not the editor—I’m just traveling on his pass.”

NEW!

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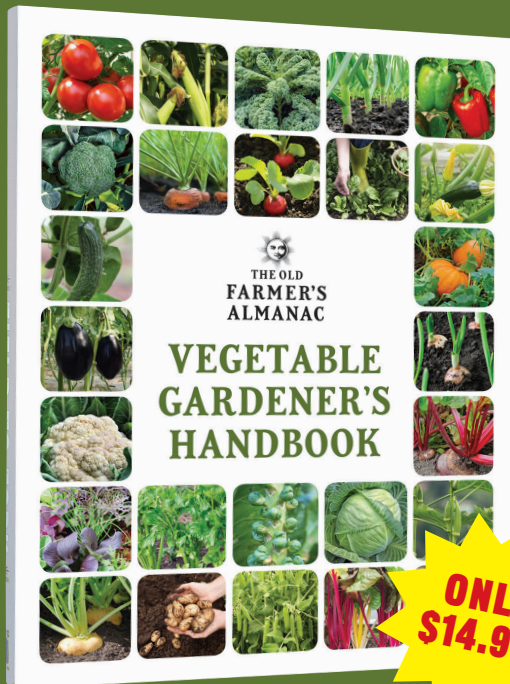
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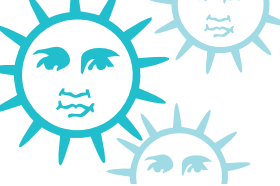
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Explore with our Sky Map



CALENDAR

Moon phases, July holidays, Earth at aphelion, France's Bastille Day, Joke of the Month



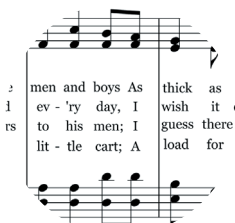
LIVING NATURALLY

Town Dump—Friend or Foe?



GARDENING

Pining for a Pantry



HISTORY

A Salute to "Yankee Doodle"



FOOD

Cool Summer Beverages

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 July *EXTRA!*

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