

EXTRA!

FROM THE OLD FARMER'S ALMANAC

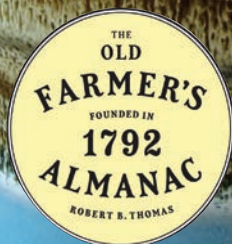


**HAPPINESS IS A
HOUSEPLANT**

EGGS-ELLENT
AUTUMN RECIPES

THE MAN
WHO CRIED
FOR EVERYONE

AN APPLE
(OR PEAR,
OR ONION)
A DAY



OCTOBER 2018

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AMUSEMENT
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LIVING NATURALLY
An Apple (or Pear,
or Onion) a Day



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Humor Me
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See what we have
in store for our
November issue!



FOLLOW US:



THE MONTH OF OCTOBER

Holidays, History, and More



HOLIDAY HAPPENINGS

- Oct. 1: Child Health Day
- Oct. 8: Columbus Day, observed
- Oct. 8: Indigenous Peoples' Day
- Oct. 8: Thanksgiving Day (Canada)
- Oct. 9: Leif Eriksson Day
- Oct. 24: United Nations Day
- Oct. 31: Halloween

JUST FOR KIDS

First proclaimed in 1928 by President Coolidge, Child Health Day is a national observance that encourages individuals and organizations to focus on the physical and mental health and safety of children in the United States and may cover subjects such as prenatal care, environmental hazards, and adolescent issues. Originally observed on May 1, in 1960 the day was moved to the first Monday in October.

MOON WATCH

Last Quarter:

October 2, at
5:45 A.M. EDT

New Moon:

October 8, at
11:47 P.M. EDT

First Quarter:

October 16, at
2:02 P.M. EDT

Full Hunter's Moon:

October 24, at
12:45 P.M. EDT

Last Quarter: October
31, at 12:40 P.M. EDT



TAP FOR MORE ABOUT
MOON PHASES



TAP FOR MORE ABOUT
OCTOBER'S FULL MOON

OCTOBER BIRTHDAYS

50 YEARS AGO (1968)

Oct. 17: Heather McDermid (Canadian rower, Olympic medalist)

55 YEARS AGO (1963)

Oct. 20: Julie Payette (Canadian astronaut and engineer; 29th governor-general of Canada)



60 YEARS AGO (1958)

Oct. 10: John Mace Grunsfeld (American astronaut)

70 YEARS AGO (1948)

Oct. 7: Diane Ackerman (American poet and naturalist)



75 YEARS AGO (1943)

Oct. 31: Brian Piccolo (American football player)

100 YEARS AGO (1918)

Oct. 11: Jerome Robbins (American choreographer)

125 YEARS AGO (1893)

Oct. 1: Faith Baldwin (American writer)

Oct. 14: Lois Lenski (American children's writer and illustrator)

145 YEARS AGO (1873)

Oct. 5: Merritt Lyndon

Fernald (American botanist)

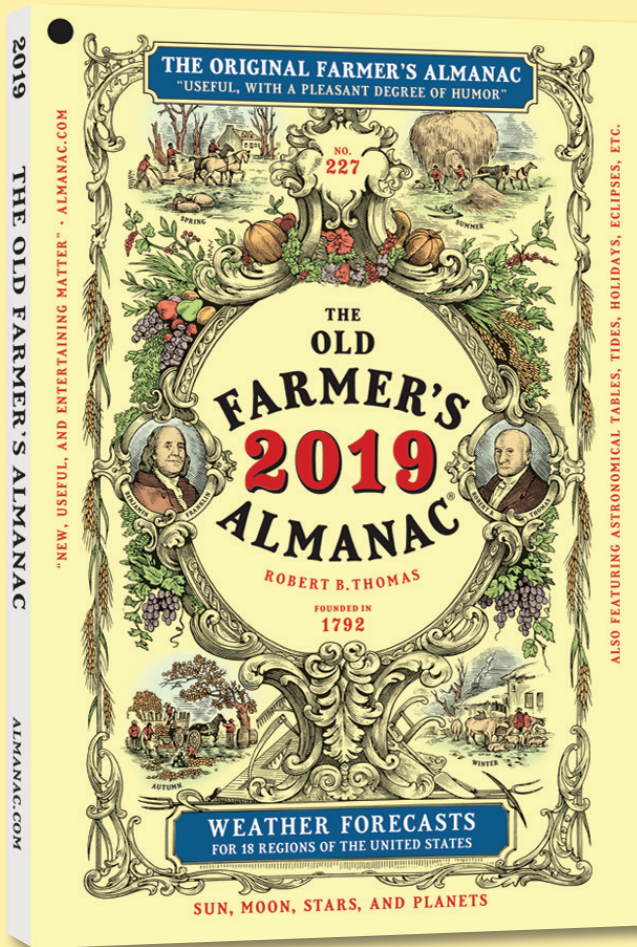
200 YEARS AGO (1818)

Oct. 3: Alexander Macmillan (Scottish publisher; first owner of *Nature* scientific journal)



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THE 2019 OLD FARMER'S ALMANAC



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BEST DAYS TO DO THINGS

These October 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*

IN THE GARDEN

Destroy pests and weeds: 22, 23

Graft or pollinate: 2, 3, 29, 30

Harvest aboveground crops: 15, 16

Harvest belowground crops: 6, 7, 26

Mow to decrease growth: 6, 7

Mow to increase growth: 12–14

Pick fruit: 6, 7

Plant aboveground crops: 10, 11, 20, 21

Plant belowground crops: 2, 3, 29, 30

Prune to discourage growth: 4, 5, 31

Prune to encourage growth: 12, 13



PERSONAL

Advertise to sell: 11, 21
Ask for a loan: 7, 26
Begin diet to gain weight: 11, 21
Begin diet to lose weight: 7, 26
Buy a home: 11, 21
Color hair: 24–26
Cut hair to discourage growth: 25, 26
Cut hair to encourage growth: 20, 21
Get married: 8, 9
Have dental care: 6, 7
Move (house/household): 1, 27, 28
Perm hair: 17–19
Quit smoking: 7, 26
Straighten hair: 12–14
Travel for pleasure: 4, 5, 31
Wean children: 7, 26

AROUND THE HOUSE

Bake: 2, 3, 29, 30
Brew: 10, 11
Can, pickle, or make sauerkraut: 2, 3, 29, 30
Demolish: 10, 11

Dry fruit/vegetables/meat: 4, 5, 31
End projects: 8
Lay shingles: 4, 5, 31
Make jams/jellies: 20, 21
Paint: 8, 9, 24–26
Start projects: 10
Wash floors: 20, 21
Wash windows: 22, 23

OUTDOORS

Begin logging: 15, 16
Go camping: 12–14
Go fishing: 8–24
Set posts or pour concrete: 15, 16

ON THE FARM

Breed animals: 10, 11
Castrate animals: 17–19
Cut hay: 22, 23
Purchase animals: 2, 3, 29, 30
Set eggs: 17, 18, 26, 27
Slaughter livestock: 10, 11
Wean animals: 7, 26



GARDENING BY THE MOON'S SIGN

Use the October 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 OCTOBER

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



TAP FOR
MERCURY IN
RETROGRADE
DATES



APP EXTRA!
TAP FOR
OCTOBER
MOON PHASES

MERCURY IN RETROGRADE

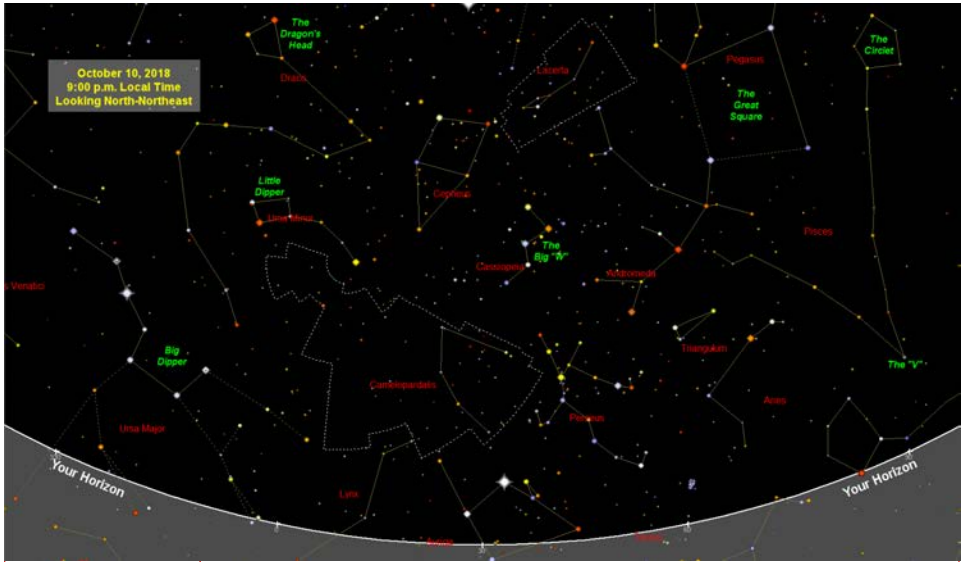
Sometimes the other planets appear to be traveling backward through the zodiac; this is an illusion. We call this illusion *retrograde motion*.

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.

In 2018 to come, Mercury will be retrograde during November 17–December 6.

—Celeste Longacre



CONSTELLATIONS, THEN AND NOW

As human beings, it is in our nature to seek order from chaos, to find patterns where none exist. We look for ways to organize our world, from properly arranging books on a shelf to making sense of the stars in the sky. It's no surprise, then, that no matter how far we look back into recorded history, we find ancient peoples drawing sky maps and giving names to what they've observed.

Inevitably, ancient observers of the sky saw patterns in the stars—patterns that we now call constellations. Beginning at least 7,000 years ago, early astronomers started documenting mythological creatures, supernatural beings, even ordinary tools and weapons, all composed of stars. Across the millennia, the names and even the patterns of most constellations have changed as different cultures applied their own mythology to the stars. In fact, the 88 constellations that we recognize today were finally agreed upon less than 100 years ago.

For most of recorded history, only the brightest or most

APP EXTRA!
TAP TO GET
A PRINTABLE
OCTOBER
SKY MAP

APP EXTRA!
TAP TO
FOLLOW
OHIOAN JEFF
DETRAY'S SKY
ADVENTURES



distinctive star patterns were recognized as constellations. Some parts of the sky belonged to no constellation at all. This was the case in the 2nd century, when the renowned Greco-Roman astronomer Claudius Ptolemy produced one of history's most important scientific writings, the *Almagest*. This colossal work comprised 13 books, each devoted to a different aspect of astronomy.

Books VII and VIII concerned the stars and identified 48 constellations. Of Ptolemy's 48 constellations, all but one are still recognized today.

Over the next many centuries, astronomers slowly invented additional constellations from stars that Ptolemy had failed to include in his original 48. This month's sky map shows two of them.

In 1612, Dutch astronomer Petrus Plancius invented the constellation Camelopardalis, the Giraffe, from a jumble of faint stars between Ursa Major and Perseus. The constellation Lacerta, the Lizard, was created in 1690 by Polish astronomer Johannes Hevelius from otherwise unassigned stars between Cepheus and Pegasus. A prolific constellation inventor, Hevelius created seven new constellations where none had been recognized before. The star pattern of Camelopardalis looks nothing like its namesake, but the stars of Lacerta can be imagined as a lizard of sorts.

Throughout the 16th, 17th, and 18th centuries, new constellations were invented to fill in those parts of the sky where none existed. Occasionally, there were conflicts, such as when Edmond Halley (of Halley's Comet fame) invented a new constellation to honor King Charles II of England. Other astronomers rejected the idea of naming constellations for contemporary persons.

The question of constellations was one of the matters discussed by the International Astronomical Union (IAU) at its first General Assembly in 1922. The IAU determined that there would be 88 constellations and that their boundaries would be drawn so that every part of the sky lies within a constellation. No more unassigned stars! All but one of Ptolemy's original 48 constellations made the modern list of 88. Because every point in the sky must lie within a constellation, the boundaries of some constellations (Camelopardalis, for example) resemble a gerrymandered Congressional district.

The items labeled in green on the sky map are known as asterisms. These are distinctive star patterns that lie within constellations. When getting your bearings under the stars, it's often easiest to spot an asterism and use it as a guide to finding the parent constellation. *—Jeff DeTray*



Happiness Is a Houseplant

As the days grow shorter, surround yourself with lovers of low light.



Dieffenbachia produces abundant leaves in variegated patterns.

Less water, less light, and less care. If you're like most people, you have little time to fuss with plants yet you love the character and style that houseplants bring to indoor settings. Perhaps you don't have that perfect sunny window? Not a worry. Plants with foliage color or those that flower in low light are the most carefree way to get a lush effect.

Numerous common houseplants are easy to care for and can be

exotically colorful; in fact, some foliage can often be dazzling. Take dieffenbachia, which produces abundant leaves in variegated patterns of cream, yellow, or white. Its upright habit makes it ideal for any setting, from kitchen to bath to corner office or office corner. White-speckled leaf, white-stemmed 'Star White' dieffenbachia is one of numerous cultivars, each equally attractive, not to mention deceptive: Did you know that this

eye-catcher is related to skunk cabbage, goes by the common name dumbcane, and has a defense system that can cause stinging and burning? Handle with care: Avoid touching eyes after touching the plant and keep pets and small children away.

Ferns are another favorite for low-light settings, and none so much perhaps as the Boston fern. Its discovery was a happy accident: The plant came to the attention



The Boston fern can be fussy in winter.

of Fred C. Becker, a florist in Cambridge, Massachusetts, when, in 1894, a nurseryman in Philadelphia shipped 200 fern plants to Becker. (Victorians loved ferns!) He noticed that one fern was distinctly different from the rest. He began to propagate it, and soon thereafter, botanists identified it and proposed the name.

Light needs aside, the Boston fern can be fussy in winter. In northern climes, it survives best in a room that's kept cool (50° to 55°F) and has a

south-facing window. Water only occasionally until you see new fronds appear (sometime in February), then increase water.

Love plants that bloom? Flowering plants such as spathiphyllum and anthurium have been bred to produce flowers nearly all year long.

Spathiphyllum, aka peace plant, is native to rain forests. Is it any wonder, then, that it thrives in warmth, humidity, and low light? Filtered light

and fluorescents are fine; direct sun should be avoided. (Yellow leaves are a sign of too-harsh light.) Keep soil moist, not wet, and the environment between 68° and 85°F. You will be doubly rewarded for your care: NASA found peace lily to be one of the top 10 natural air cleaners.

Look for anthuriums with flower colors beyond the usual red. Purple, lavender, pink, and hot-orange blooms cover plants 10 months out of the year. Because



Spathiphyllum thrives in warmth, humidity, and low light.

of their multiheading characteristic, there can be dozens of flowers on the plant at a time.

Another desirable trait—thicker leaves—allows plants to better endure the low humidity in most homes.

Alocasias, with their big-veined, heart- or arrow-shape leaves, and crotons, with their eye-catching, fire-hued foliage, thrive in environments that maintain a temperature between 60° and 65°F and a humidity of 25 to 50 percent. Crotons like

more light, which brings out their rich colors, but do not put them in direct sun. (However, if the leaves become dull—or worse, fall off—move it to a brighter spot.) Water sparingly; these plants also can go without water for long periods.

‘Red Gold’ aglaonemas are tough plants, with thick, leathery leaves tolerant of low humidity and vividly splattered with hundreds of red, yellow, and gold spots. ‘Red Gold’ requires little light and will thrive in a north window.

Calathea do well in east or west windows with about 50 percent humidity. Spray them daily or place pots on a tray of pebbles and water. Look for ‘Dottie’ calathea. Its round, shiny leaves are a blend of purple and black, but it’s the vibrant burgundy zigzag lines on each leaf that set this plant apart from all others.

‘Brasil’ philodendron, aka heart leaf, sports lemon and lime—color stripes on every green, heart-shape leaf. The



Philodendron leaves are thick and broad.

viner plants make excellent hanging baskets. ‘Autumn’ and ‘Prince of Orange’ have burnt- and bright-orange leaves. These philodendrons are self-heading, meaning that there are multiple growth leaders, and their leaves are thick and broad to tolerate low humidity. Other colorful philodendrons in the same class include ‘Moonlight’, a brilliant yellow, and ‘Black Cardinal’, which has deep-burgundy leaves that are almost black.

The spider plant, a mainstay of low-light situations, has a colorful cousin, the ‘Flash Fire’ mandarin plant. Discovered in Indonesia, it’s not what you might think: This variety does not produce offsets or runners like spider plants do. Instead, the plant grows upright in a whorl of oblong leaves. The main stem and leaf ribs are brilliant orange. ‘Flash Fire’ is happy in an east or west window.

Finally, give a cheer for rex begonias: They

beautify indoor windows with their stunning mixes of colored leaves. Some are bred to tolerate lower humidity and are even more spectacular in color. Favorite rex begonia varieties to look for are ‘Fireworks’, a plum and silver combination, and ‘River Nile’, noteworthy for wavy, spiral leaves that are 6 inches across and colored chartreuse with ruby markings. In winter, it produces pink flowers to help you make it to spring.

—Doreen G. Howard



FOOD

Eggs-ellent Autumn Recipes

Eating eggs is an inexpensive way to get more protein, vitamins, and minerals into your diet. Eggs are not just for breakfast anymore; try these tasty egg dishes at any time of the day this fall—or in any season.

PHOTO: DZEVONIIA/GETTY IMAGES

FOOD

 TAP FOR
RECIPE

Ratatouille- Poached Eggs

PHOTO: BECKY LUGART-STAYNER



SHARE
THIS
RECIPE

RATATOUILLE-POACHED EGGS

1/4 cup olive oil
1 onion, finely chopped
1 medium zucchini, diced
2 cups peeled, finely diced eggplant
2 cloves garlic, minced
1/2 teaspoon paprika
2 cups finely diced plum tomatoes
salt and freshly ground black pepper, to taste
balsamic vinegar, to taste
8 teaspoons pesto
4 large eggs
chopped fresh parsley, for garnish
chopped pitted olives, for garnish

In a large, nonreactive skillet, warm oil over medium heat. Add onions and cook for 5 minutes, or until soft. Add zucchini and eggplant and cook for 3 to 4 minutes more, or until soft. Add garlic and paprika and cook for 1 minute. Add tomatoes and bring to a simmer. Add salt and pepper and balsamic vinegar and simmer for 7 to 8 minutes.

With the back of a large spoon, make four depressions in the ratatouille. Drop 2 teaspoons of pesto into each. One at a time, crack each egg into a small bowl, then slide the egg into a depression in the ratatouille. Cover skillet and cook for 4 to 6 minutes, or until eggs are done to your liking. Garnish with parsley and olives before serving.

Makes 4 servings.

FOOD

Frittata Della Nonna

 TAP FOR
RECIPE

FRITTATA DELLA NONNA

- 9 eggs
- splash of milk
- 2 tablespoons olive oil
- 1/2 onion, diced
- 3 cloves garlic, chopped
- 1/2 to 3/4 cup chopped vegetables (any combination of fresh vegetables and leafy greens)
- salt and freshly ground black pepper, to taste
- 2 handfuls grated, shredded, or crumbled cheese of your choice

Preheat oven to 350°F. Grease a pie plate or an 8x8-inch baking dish.

In a bowl, beat eggs with milk until combined. Set aside.

In a skillet, warm oil over medium heat. Add onions and garlic and cook for 2 to 3 minutes, or until soft. Add vegetables and cook, stirring, until softened. Season with salt and pepper.

Slide vegetables into prepared pie plate, sprinkle cheese on top, and pour eggs evenly over all. Bake for 20 minutes; eggs should be set and firm, but not too dry. Let sit for 10 to 15 minutes before serving.

Makes 8 servings.

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THIS
RECIPE

FOOD

Broccoli and Cheddar Strata

 TAP FOR RECIPE



BROCCOLI AND CHEDDAR STRATA

5 tablespoons unsalted butter, divided (including 2 tablespoons softened)

1 large loaf soft French or Italian bread, crust removed

1 medium onion, chopped

1 clove garlic, minced

2 cups bite-size broccoli florets

1 cup diced smoked sausage

6 large eggs

2-1/2 cups half-and-half or milk

2 teaspoons Dijon-style mustard

1 teaspoon dried basil

3/4 teaspoon salt

1/4 teaspoon freshly ground black pepper

2 cups shredded sharp cheddar cheese

Butter a 13x9-inch casserole or 6 to 8 individual ones lavishly with 2 tablespoons of softened butter.

Cut bread into 1-inch cubes (about 8 cups) and spread to cover bottom of casserole(s).

Melt remaining 3 tablespoons of butter in a large skillet over medium heat, add onions, and cook for 5 minutes, or until soft. Add garlic, broccoli, and sausage, and cook for 3 minutes more, or until broccoli is soft. Remove from the heat and spoon broccoli mixture over bread.

In a bowl, whisk eggs lightly. Add half-and-half, mustard, basil, salt, and pepper and whisk to blend. Ladle or pour egg liquid over bread. Press gently with a large fork or spoon to moisten all of the bread. Sprinkle with cheese, cover with plastic wrap, and refrigerate for at least 2 hours or overnight.

Preheat oven to 350°F.

Remove plastic wrap and bake small casseroles for 25 to 30 minutes or one large casserole for 45 to 55 minutes, or until a knife inserted into the center comes out clean. Cool for 10 minutes before serving.

Makes 10 to 12 servings.



SHARE
THIS
RECIPE

AMUSEMENT



The Man Who Cried for Everyone

*A strange, tragic, and true story about an occurrence
in Bartonville, Illinois, in 1910.*

When I took charge of the Peoria State Hospital for the insane, I recognized that the disposal of the dead must have attention. We buried only the bodies of the friendless and unclaimed; the remains of the well-to-do were handled by friends and relatives.

The burial corps consisted of a reliable employee and a half

he was committed to us as A. Bookbinder. Soon he became known as Old Book.

He developed an interesting trait at the first funeral in which he participated. At the end of the ceremonies, Old Book removed his cap, began to wipe his eyes, and finally gave vent to loud lamentations. When at each succeeding burial his feelings overcame him, it was realized

began to descend into the grave, he would walk over and lean against the big elm that stood in the center of the lot and give vent to sobs that convulsed his frame and which were heard by the entire assemblage.

The tree was known as the "Graveyard Elm" and was recognized as one of the finest of its species.

It came Old Book's turn to be carried to his last resting place.

When at each succeeding burial his feelings overcame him, it was realized that Old Book was possessed of a mania that manifested itself in an uncontrollable grief.

dozen male residents. Of these, the most unusual was a bookbinder. He had been working in a printing house when his mental aberration manifested itself in the loss of coherent speech. Later, as he could not express himself in writing, the clerk of the court gave as his name that of his calling; thus,

that Old Book was possessed of a mania that manifested itself in an uncontrollable grief.

Old Book never varied the routine of his mourning. He would step back, spade in hand, in an attitude of waiting. First his left, and then his right sleeve would be raised to wipe away a furtive tear. As the coffin

The hour was set for noon on a beautiful October day. More than 100 uniformed nurses gathered, in addition to the staff and several hundred patients.

I officiated. The coffin rested upon two crossbeams over the open grave, and four sturdy men stood by ready to man the ropes

by which it was lowered. Just as the choir finished “Rock of Ages,” the men grasped the ropes, stooped forward, and, with a powerful muscular effort, prepared to lift the coffin in order to permit the removal of the cross beams and allow it to gently descend into the grave. At a given signal, they heaved away the ropes. In the next instant,

We stood transfixed, for there was Old Book, weeping and moaning in earnest. No one moved or spoke, and a paralytic fear came over us.

Finally, I summoned the helpers to remove the coffin lid. Their hands trembled as they loosened the screws. I nerved myself up to peer into the coffin but just as they lifted the lid, the wailing sound

to wither, and over the next year, it died. Later, after the dead limbs had dropped, workmen tried to remove the huge trunk, but they stopped after hearing at the first cut of the ax an agonized despairing cry of pain emanating from the heart of the tree.

I suggested that they burn it, which they tried. However, as soon as the

In the midst of this commotion, a wailing voice was heard, and every eye turned toward the Graveyard Elm whence it emanated.

all four lay on their backs. For the coffin, instead of offering resistance, bounded into the air like an empty eggshell.

The nurses shrieked. Half of them ran away, while the other half came over to the grave. In the midst of this commotion, a wailing voice was heard, and every eye turned toward the Graveyard Elm whence it emanated.

ceased and we gazed upon the calm features of our old mourner.

Everybody was invited to identify the remains. After casting a glance at the corpse, every eye wandered over to the Graveyard Elm. The tree stood there in all its stateliness, the apparition had vanished, and the funeral was completed.

A few days later, the Graveyard Elm began

flames got going around the tree’s base, the men quickly extinguished them, saying to me later that the roar of the flames had become a sobbing, crying sound as often heard at funerals.

—edited from an account related by the late George Zeller, superintendent of the asylum at the time



TAP TO LEARN THE REST OF THE STORY

The Peoria State Hospital closed in 1973 and was deconstructed in 2017. On October 31, 2010, Phil Luciano of the Peoria *Journal Star* reported that Bill Turner, who had worked as an activity therapist at the asylum from 1962 to '73, had purchased a gravestone for Old Book in 2006 and had it inscribed as follows: "In each death, he found great sorrow. He wept at each, passing tears for the unloved and forgotten. Now, 'Old Book,' we weep for you." The Graveyard Elm is nowhere to be seen. According to Turner, it burned to the ground after having been struck by lightning years ago.




LIVING NATURALLY

An Apple (or Pear, or Onion) a Day

PHOTO: LIGHTFIELDSTUDIOS/GETTY IMAGES

LIVING NATURALLY

A photograph showing two slices of a green apple, likely a Granny Smith variety, resting on a light-colored wooden surface. The slices are cut horizontally, revealing the pale green flesh and the central core with seeds. The lighting is bright, highlighting the texture of the fruit and the grain of the wood.

I've already written about the health benefits of eating a variety of richly pigmented plant foods—the glorious reds, purples, oranges, and yellows found in fresh produce aisles, farmers' markets, and backyard gardens.

Well, it turns out that fruit and vegetables with white flesh—apples, pears, onions, cauliflower, cucumbers, and bananas—may also confer health benefits.

Specifically, people who eat more white fruit and vegetables have far fewer strokes than those who don't.

Dutch researchers followed more than 20,000 adults free of cardiovascular diseases at the start of the study for 10 years and found that “the risk of stroke was 52 percent lower for people with a high intake of white fruit and vegetables compared to people with a low intake. Each 25 gram per day increase in white fruit and vegetable consumption was associated with a 9 percent lower risk of stroke. An average apple is 120 grams.” (The study classified potatoes as starches, not vegetables.)

Of course, the researchers urge caution in interpreting their data. They say that their findings are preliminary and represent correlation, not necessarily causation. The benefits observed might result from other factors such as an overall healthier diet and lifestyle among people who eat lots of apples, pears, and onions.

Our garden onions (both red- and white-flesh) are safely tucked away in

LIVING NATURALLY

the cellar, and it's apple season here in central New Hampshire.

The onions, as well as local apples, will last all winter, which makes it easy to tuck away a couple of white-vegetable servings each day. For anyone seeking more variety, most supermarkets carry bananas, cauliflower, and cucumbers year-round.

SIMPLE RECIPES THAT GO WITH EVERYTHING

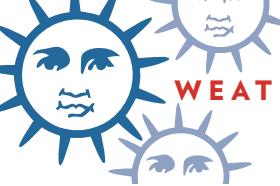
- Try slicing apples and/or pears, poaching them in a skillet with a tiny bit of water until soft, and then sprinkling with a little cinnamon on them before serving as a side dish. Or try a combination of red or green cabbage, onions, and apples. The proportions don't matter much.
- Prepare a marinade of $\frac{1}{4}$ cup apple cider vinegar, $\frac{1}{2}$ cup apple cider, 2 tablespoons of your favorite sweetener, plus a pinch of salt. Shred a small cabbage and toss with marinade. Sauté a diced onion in a little olive oil in a large skillet until soft. Add the cabbage with its marinade, and simmer for 20 minutes. Finally, add two or three diced apples and simmer a few more minutes until the apples are soft and most of the liquid has evaporated.

—Margaret Boyles



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





SPRING RAIN DAMPS, AUTUMN RAIN SOAKS.

HOW WE MAKE OUR PREDICTIONS

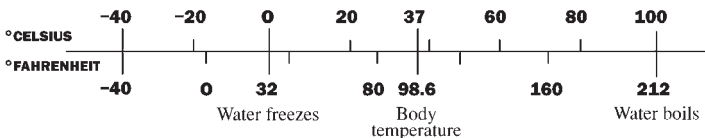
We derive our weather forecasts from a secret formula that was devised by the founder of this Almanac, Robert B. Thomas, in 1792. Thomas believed that weather on Earth was influenced by sunspots, which are magnetic storms on the surface of the Sun.

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.

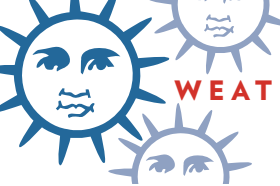
CELSIUS-FAHRENHEIT TABLE



TAP TO FIND OUT THE WEATHER HISTORY OF THE DAY

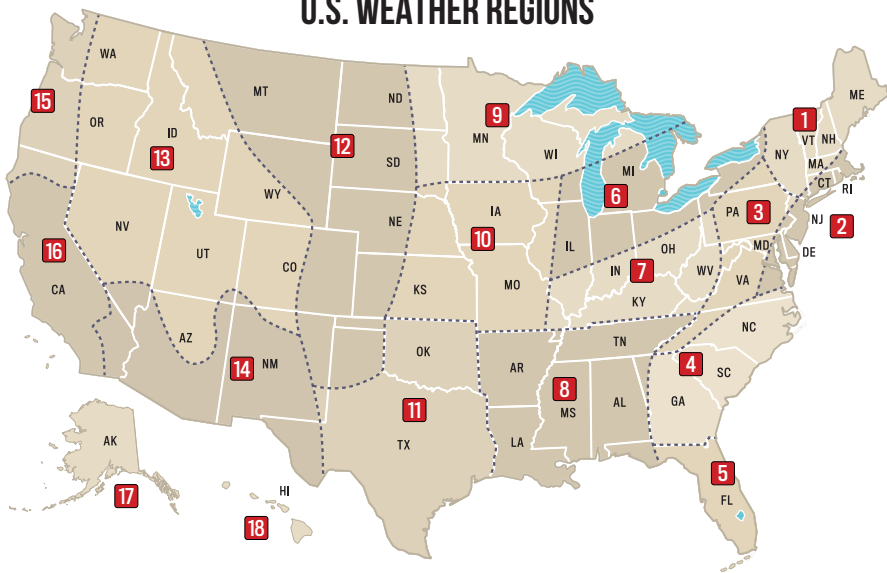


LOVE ALL THINGS WEATHER? TAP FOR THE WEATHER FOLKLORE OF THE DAY

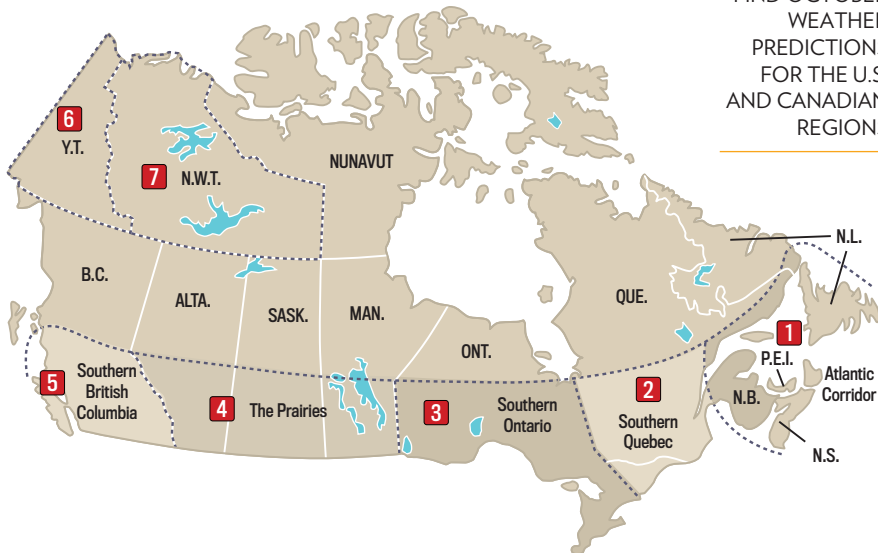


WEATHER FORECASTS

U.S. WEATHER REGIONS



CANADIAN WEATHER REGIONS



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WEATHER
PREDICTIONS
FOR THE U.S.
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A romanticized print of Antonio Stradivari examining a violin

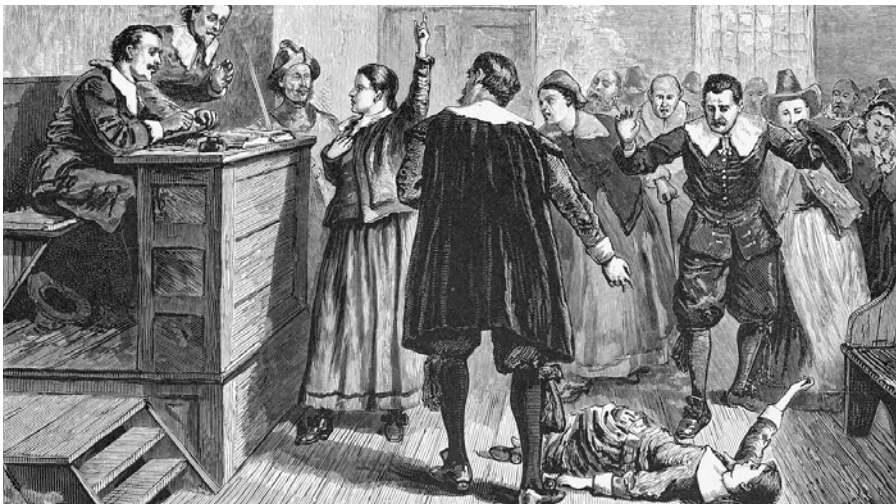
WEATHER'S EFFECTS ON CULTURE AND THE ARTS

Weather has played a critical role in history on a number of occasions, dramatically changing the flow of events and what might have been. A few months ago in this space, we saw that in both the American Revolutionary War and World War II, changes in the weather might have led to the opposite side emerging victorious. We have also seen that weather events have had major impacts on religion. This month, we will look at a few times when weather has impacted culture and the arts.

You are likely familiar with the “Little Ice Age” centered in the late 1600s and reports of frozen rivers and exceptionally cold temperatures

in Europe. But you have probably not considered that the colder temperatures during this period caused the wood in trees to grow differently than before or after. At the peak of the Little Ice Age, **Antonio Stradivari** used that wood to craft violins that remain unique among musical instruments—one sold for \$45 million just a few years ago.

These violins are renowned for their rich, powerful sound—and musicians and scientists have sought to determine what it is that makes a Stradivarius so resonant. While some have theorized that it was the formula for the varnish, others say that it was a secret Italian manufacturing method.



*“Witchcraft at Salem Village,” engraving from William A. Crafts, *Pioneers in the Settlement of America: From Florida in 1510 to California in 1849* (Boston, 1876: Samuel Walker and Co.)*

More recently, climatologists and tree-ring scientists have determined that the colder temperatures of the Little Ice Age created unique characteristics in the wood used by Stradivari to make the violins whose sound has become so revered.

The Little Ice Age may have also been responsible for the **Salem witch trials**. When cold temperatures led to crop failures and economic hardship in New England, the people needed someone to blame—and witches fit the bill perfectly. Witches were thought capable of controlling weather, and the Salem (Mass.) witch trials fell within an extreme cold spell that lasted from 1680 to 1730.

Some diaries and sermons dating from that period cite weather as the main cause for the prosecutions, which reached their peak in 1692. From 1730 on, the climate became warmer and more stable, and so did the general mood of the New England settlers.

Nearly a century later, and on the other side of the globe, the Mount Tambora volcanic eruption on April 5–15, 1815, in the Dutch East Indies (what is now Indonesia), had a global impact on weather, the economy, and culture.

The world’s largest eruption since 180 A.D., this event helped lead to the so-called “Year Without a Summer,” 1816, which featured unusual cold and snow



*Edvard Munch's famous painting
The Scream was inspired by vivid red sunsets
caused by a volcanic eruption.*

from May to August and consequent crop failures, famine, epidemics, riots, arson, and looting in parts of the United States, Europe, and Asia.

Weather reported in July 1816 included lake and river ice in northwestern Pennsylvania, snow on Long Island (N.Y.), and several killing frosts across most of New England.

The “Year Without a Summer” also had some interesting cultural effects:

- The price of oats in the United States rose from 12 cents per bushel in 1815 to 92 cents in 1816. The lack of oats to feed horses in Europe likely inspired the German inventor Karl Drais to research new ways of horseless transportation, which led to his invention of **the precursor to the bicycle**.

- Many Americans left New England for the Midwest, accelerating the westward movement of the American people. The family of Joseph Smith moved to Palmyra, New York, which led to discovery of the **Book of Mormon** and the founding of the Church of Jesus Christ of Latter-day Saints.

- In June 1816, Mary Shelley was forced by the weather to spend her Swiss holiday indoors with her literary companions, where to pass the time they decided to have a contest to see who could write the scariest story. The result was **the novel Frankenstein**.

Our final example of weather’s impact on the arts was the major eruption of Mount Krakatoa, also in the Dutch East Indies, on August 26–27, 1883, which spewed ash, dust, and sulfur dioxide into the atmosphere, creating vivid colors in the skies in many locations around the globe.

In particular, vivid red sunsets are thought to have inspired the surreal sky in **Edvard Munch’s painting *The Scream***. As he wrote at the time, “clouds like blood and tongues of fire hung above the blue-black fjord and the city.”

As we are constantly reminded, weather is often much more than weather.

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



HUMOR ME

GRINS AND GROANS FROM THE ALMANAC ARCHIVES



TAKE THAT!

A country man deep in dyspeptic despair once called upon the local doctor, who gave him some dietary advice and wrote him a

prescription for some tonic, saying, “Take this and come back in a fortnight.”

In 10 days, the patient came back, blooming and happy,

quite well.

Delighted and not a little proud of his skill, the doctor asked to see the prescription that he had given the man, having forgotten what it was in the meantime.

The man said he didn’t have it.

“Where is it?”

“I took it, like you said.”

“I know, but where is it?”

“Well, you told me to take it, so I ate it.”

AND HOW QUIET WAS IT?

A traveler, describing a very quiet village, said: “It was still, very still—so still at night that I could almost hear my bed ticking.”



THE MEANING OF A MIRACLE

Having preached a sermon on miracles, a priest in Ireland, while walking homeward, was asked by one of his congregation to explain a little more clearly what a miracle meant.

“It’s a miracle you want to understand?” asked the clergyman. “Then walk on ahead a little and I’ll try to think of how I can explain it to you.”

After the man had walked on a little, the priest came after

him and gave him a tremendous kick.

“Ow-w-w!” roared the man. “What did you do that for?”

“Did you feel it?” asked the priest.

“To be sure, I did,” replied the man.

“Well, then, it would have been a miracle if you had not.”

TIPSY

A tipsy chap, who was seated on the box with the stage driver, swayed backward till he tumbled off. But the mud was deep, and he fell softly.

“I declare!” he said as he crawled out of the muck. “I knew you’d tip over if you didn’t take care!”

Upon being told that they indeed had not tipped over, he continued: “Didn’t tip over? If I’d known that, I wouldn’t have gotten off!”

QUAKING

Fearing an earthquake, a father sent his two boys to a distant friend’s until the peril passed. A few weeks later, the man received a letter from his friend: “Please take your boys home and send the earthquake.”

NOT ME

A schoolteacher was getting exasperated by her class, which apparently had not done its homework.

For the second time, she asked, “Who signed the Magna Carta?”

Again, no one stirred. “Tell me, who was it who signed the Magna Carta!” she insisted.

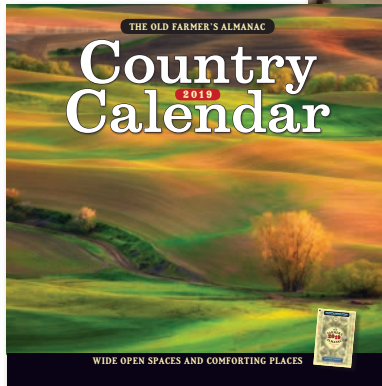
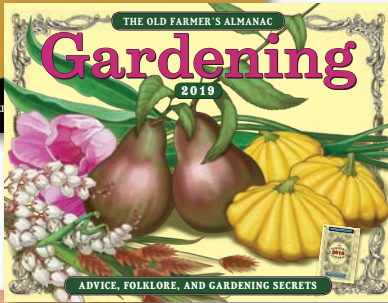
“Please, ma’am,” a little voice was heard to say, “I didn’t do it.”



2019 Old Farmer's Almanac Calendars

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APRIL 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	Easter Monday		Easter Tuesday		

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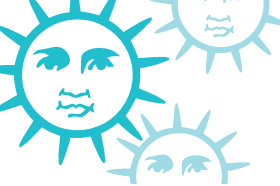
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CALENDAR
Moon Watch;
November birthdays;
famed botanist Asa Gray



**LIVING
NATURALLY**
There's More
to a Potato Than
Meets Its Eye



AMUSEMENT
Taller-Than-
Typical Tales



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Super-Yummy
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