



## What Do Soap, Snow, Shooting Stars, Honeybees, Sweet Potatoes, Weeds, and Persimmons have in common?

### *The Farmers' Almanac!*

When you hear the words “Farmers’ Almanac” you may think weather. Rightly so - each print edition contains 16 months of weather forecasts that help you plan for your vacations, special events, holidays, and gardens!

But what you may not realize is how many more interesting, unusual, entertaining, and informative articles are published in each edition.

For example, in this year’s 2022 *Farmers’ Almanac* you will find answers to the unusual such as:

#### **What does a persimmon seed have to do with the weather?**

According to folklore, the shape of the persimmon seed inside this fruit predicts the winter weather to come. If the seeds looks like a fork, winter will be mild. A spoon? There will be a lot of snow. A knife - winter will be cold and cut like a knife.

- *More on page 78*

#### **What about aches and pains?**

The idea that body aches can predict the weather is a very ancient bit of weather lore. As far back as the 1960s, medical researchers have found, over and over again, that there is a genuine connection between increased pain and cold, wet weather. While the effect is most commonly linked to arthritis sufferers, many have also reported feeling increased pain from nerve disorders, recently healed fractures, migraines, toothaches, corns, and even scars when the weather was about to change. No one knows exactly what causes aches and pains to flare up, but the most likely culprit is the drop in atmospheric pressure that occurs right before a storm begins. This shift in air pressure may be enough to dilate the blood vessels in the body, stimulating the nerve endings in sensitive areas, like sore feet, creaky knees, or bad teeth.

- *Check out the other 4 weather lore sayings that made our favorite list on pages 24 and 25.*

### Why toothpaste is a must for your car cleaning chores.

Over time, your vehicle's headlights, which are made out of plastic, can become oxidized, causing visibility issues. If your headlights don't need a new bulb but seem dull or foggy, try cleaning them with toothpaste and a little baking soda. First, clean the lights with a window cleaner. Then rub a small amount of toothpaste mixed with baking soda onto a clean cloth and rub onto the headlights. Wet the rag with some plain water and wipe the lights down again. You should see the dirt on your rag after you're done.

### Indigestion?

Chew on a spring of fresh parsley. Eat some fresh papaya or pineapple. Drink a cup of chamomile tea.  
*-More life hacks and hints starting on page 12.*

### Mother nature is changing the way we garden

If you've been wondering if nature's timing is off, you're not alone. Reports of plants blooming at odd times and migratory birds showing up early or late are becoming more and more common. Climate change has made nature's documented cycles unreliable, and we can no longer use the calendar to plan for our gardening. Given that, some savvy gardeners are turning to phenology as a way to garden that's less dependent on set dates and more in tune with nature.

*---Be sure to turn to page 18 to learn how the practice of phenology gets us in synch with ever-changing nature.*

### The unusual, smelly, history of soap

From elementary school on, we're taught about the Boston Tea Party. But revolutionaries could have brought their tax dissent to a sudsy conclusion. A huge tax on soap from across the pond tripling the cost of the product might well have been as offensive to colonists as extravagant fees placed on their warm beverage of choice. For nearly 150 years, England imposed a healthy tax on soap to help fund its wars abroad, including those in the New World! Find out how and thankfully when soap became more affordable and used more often than not.  
*-Page 88.*

### Bee the change we want to see

Bees need our help. We share why as well as how you can help and what you should grow on page 44. Be sure to check out some unusual honey facts and how cooking with honey could win you some money.  
*- Page 46*

### Shooting stars

Each year we share a list of meteor shower dates and times. This year we're also including an article on a possible new meteor shower that may or may not put on a show late the nights of May 30-31, 2022.  
*- See page 104 for details.*

### Winning sweet potato recipes

Like sweet potatoes? Your mouth will start to water when you check out our award-winning, reader submitted sweet potato masterpieces. Recipes include: Sweet Potato Pecan Crisp, Drunken Sweet Potato Tacos, and Sweet Potato Biscuits. - Page 40

### A good time to weed?!

You may think there's never a good time to weed, but our Gardening by the Moon Calendars suggest better and best times to not only weed but also plant, transplant, and harvest vegetables and flowers. Gardening by the Moon—or more specifically, according to the phases of the Moon—is an idea that has been around for as long as humans have been growing their own food. It's becoming more and more in vogue, cropping up in books, blogs, and other educational materials coming out of the permaculture movement, “a philosophy of working with, rather than against nature.” We explain the theory behind why the Moon is so important to gardening tasks on page 170.

### Why you may want to grow lemon balm next year

Did you know that lemon balm contains more citronella—as much as 400 times more—than the mosquito plant? And it easy to grow. Check out page 54 for a review of mosquito repelling plants.

### Make your own yeast?

While most people know about sourdough, there is an equally old and nearly foolproof way of wrangling yeast without having to incessantly feed a starter. And all you need is about a week and a handful of raisins to capture the natural yeast on the fruit. We share the recipe as well as tips on making your own vinegar and sourdough starter. - Page 48

### Will there be snow? How much? Will next summer be a scorcher?

Yes, we have it all including winter and summer weather maps, a detailed look at the weather for 2022, and 16 months of weather forecasts, all in the print edition of the 2022 Farmers' Almanac.

### Whimsical fun

The Almanac is really a great read for every member of the family. On page 180 you'll find a fun Tree Toad Tongue Twister, and on pages 10 and 73, our very own Philosofacts - part philosophy part fact - including the Almanac's Thought of the Year: Life is short. Spend it with people who make you laugh and feel loved.

**Plus so much more** - including Fall Birding Questions and Best Practices, American Trailblazers--two stories about inspiring and amazing people who turned adversity into opportunity (Benjamin Banneker and Charley Parkhurst), answers to top cooking questions, best days to fish, and so much more! Just ask us!

Call us today for a media copy and/or to set up an interview.

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