

The 2020 Farmer's Calendar



6 January	Slight Heat	Make sure you are eating a good lunch – no salads! Eat a decent meal at lunch, 1 – 3pm is best digestion time.
20 January	Great Heat	
4 February	Autumn Begins	Immunity preparation for autumn starts today. Watch out for constipation.
19 February	Limit of Heat	From this day to the 5 th of March is the Indian Summer. Watch out, don't be fooled by cooler mornings.
5 March	White Dew	
20 March	Autumnal Equinox	Are you wearing a scarf yet? Important to ensure the cooler winds are not blowing on your neck.
4 April	Cold Dew	
19 April	Frost's Descent	
5 May	Winter Begins	This is the best time to be saying "no" to extra-curricular activities and eating nourishing soups and stews.
20 May	Light Snow	
5 June	Great Now	
21 June	Winter Solstice	This is Gallbladder day! Organise the day off in advance – meditate, turn inwards.
6 July	Slight Cold	
22 July	Great Cold	
7 August	Spring Begins	We should be starting to think about doing a "spring clean" on our body starting today. Exercising legs are important.
22 August	Rain Water	May need help with insomnia during this season and through to 6 November.
7 September	Insects Awaken	Cramps and tendon/ligament problems can be in focus in spring. Be sure to warm up properly before exercising.
22 September	Spring Equinox	
8 October	Clear and Bright	
23 October	Grain Rain	Usually rains this day; late spring shower. Look for rain on the 22 nd of October.
7 November	Summer Begins	Now is the time to begin cooling types of foods and being careful that we don't "loose our minds". Exercising hands are important.
24 November	Grain Full	Put down the icy cold drinks. Ice is 'dry fire'. Eat plenty of spicy food!
6 December	Grain in Ear	Got some acne? Now is the time for Mung Bean Soup.
21 December	Summer Solstice	This is when we begin treating for winter health challenges – such as asthma, lung health is important.