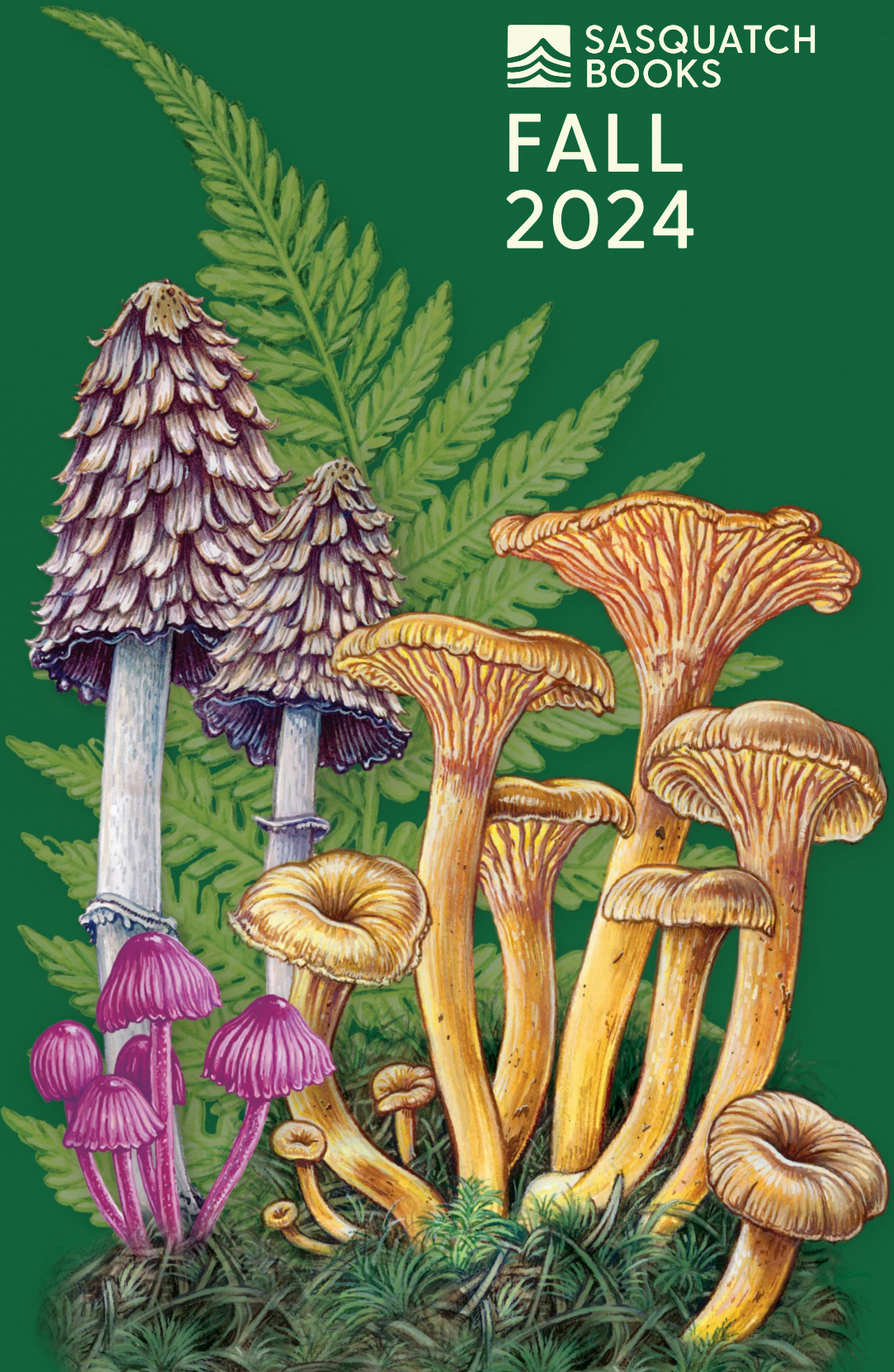


 SASQUATCH
BOOKS

FALL
2024



Discover our distinct imprints, each part of Sasquatch Books—one of the country’s leading boutique presses—located in downtown Seattle.



SASQUATCH BOOKS publishes visual nonfiction by gifted writers, artists, chefs, naturalists, and thought leaders whose work reflects the adventurous, creative, DIY spirit of the PNW. Their passion becomes ours as we help transform their vision into beautifully crafted books and journals.



LITTLE BIGFOOT, our children’s imprint, draws inspiration from the natural wonders of the PNW and the diverse population that lives here. We publish richly illustrated board books and picture books that spark curiosity and engage the imagination of young readers and their families.

SASQUATCH BOOKS

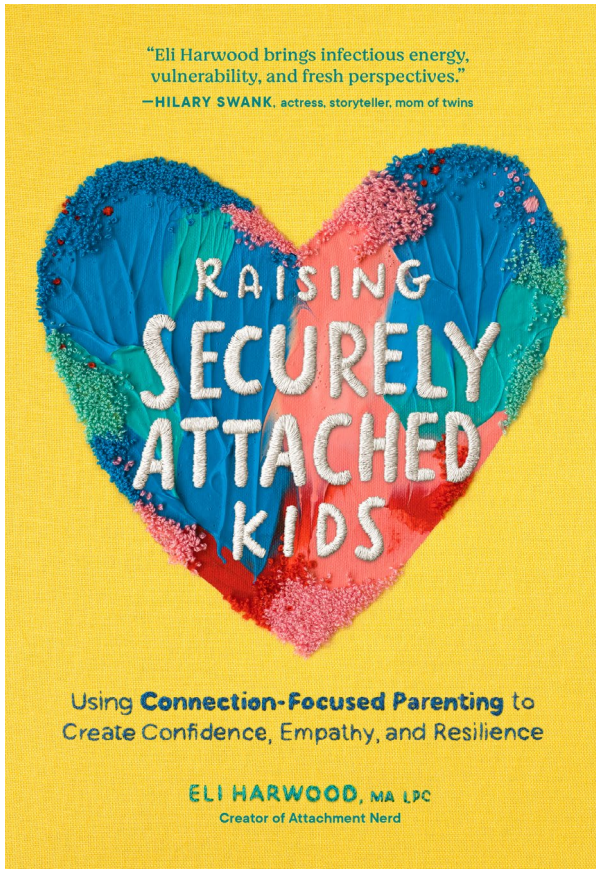
- 4 Raising Securely Attached Kids
- 6 The Universe in 100 Colors
- 8 Feasts of Good Fortune
- 9 Open Sesame
- 10 Field Notes from a Fungi Forager
- 11 The Sound of Seattle

LITTLE BIGFOOT

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- 13 Super Simple Sumi-E
- 14 Claude
- 15 Big Bertha
- 16 A Dinosaur for Washington

BESTSELLING BACKLIST

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- 17 Sasquatch Books
- 18 Cookbooks
- 19 Guided Journals



"Eli Harwood brings infectious energy, vulnerability, and fresh perspectives."
 —HILARY SWANK, actress, storyteller, mom of twins

ELI HARWOOD is a licensed therapist who lives in Colorado with her husband and their three children. Eli has been nerding out on attachment research for the past two decades, through clinical work, writing, and running her mouth on social media. She is the author of *Securely Attached* (Sasquatch Books).

ONLINE:
 AttachmentNerd.com
 @attachmentnerd
 @attachmentnerd
 @attachmentnerd



RAISING SECURELY ATTACHED KIDS

Using Connection-Focused Parenting to Create Confidence, Empathy, and Resilience

Eli Harwood

Create a secure emotional bond with your children for a close, fulfilling relationship that lasts a lifetime. Therapist and popular attachment expert Eli Harwood (@AttachmentNerd) illuminates attachment theory for happy, healthy families.

When children feel seen, heard, and supported, all the other parenting tips and tricks start to work. Author Eli Harwood shares what attachment theory—the science that explores the innate human need to bond with other humans—says about helping our children grow and thrive. Through making complex attachment research accessible, she provides a practical parenting road map.

This book includes strategies and practice scripts for navigating tricky terrain, Nerd Alert! sections to help explain the science, and personal stories of connection-focused parenting.

SEPTEMBER 2024

Family & Relationships – Parenting

\$19.95 · Paperback · 5½ x 8 · 288 pages · 978-1-63217-546-5

"Eli Harwood brings infectious energy, vulnerability, and fresh perspectives without shaming or blaming. Not only is *Raising Securely Attached Kids* a practical and actionable guide, it's grounded in science and entertaining to read."

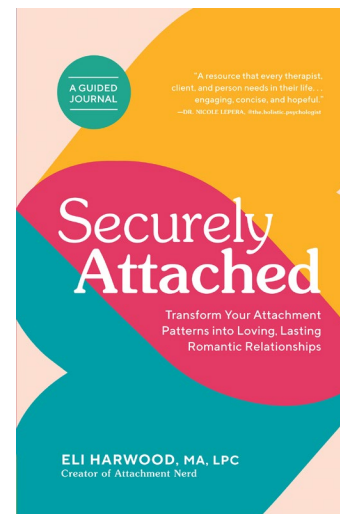
—HILARY SWANK

"*Raising Securely Attached Kids* is a comprehensive road map for parents who want to raise securely attached, emotionally healthy children. A parenting must-read."

—ALYSSA BLASK CAMPBELL, M.Ed., author of *Tiny Humans, Big Emotions*

"Eli uses her charm, humor, and compelling storytelling ability to weave together a narrative that will guide parents toward a deep and transformative relationship with their children."

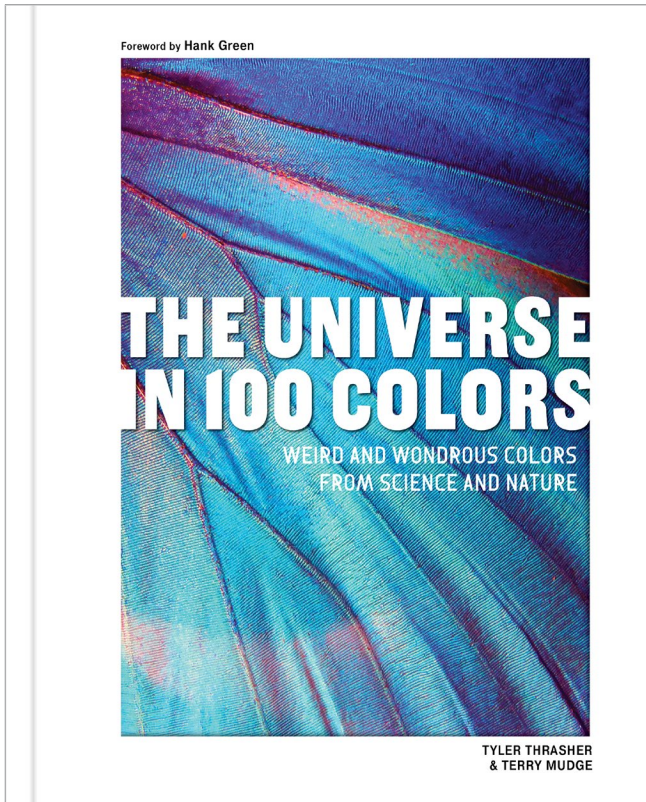
—TAMMY SCHAMUHN, author of *The Parenting Handbook* and cofounder of the Institute of Child Psychology



Also Available

Securely Attached

\$18.99 · 978-1-63217-489-5




TYLER THRASHER is a self-taught chemist and botanist with a BFA in computer animation and art history. He spent time crawling through caves, which inspired a body of art that involves synthesizing crystals onto preserved insects and organic matter such as skulls. He is the author of *Grow a Damn Plant Journal*.

TERRY MUDGE opened the Stemcell Science Shop in 2016 and launched his monthly Matter box, one of the most popular science subscription boxes.

ONLINE:

 @tylerthrasherart

 @stemcellco

THE UNIVERSE IN 100 COLORS

Weird and Wondrous Colors from Science and Nature

Tyler Thrasher and Terry Mudge; Foreword by Hank Green

At the intersection of science, art, and design, this gorgeous design-forward compendium highlights 100 mind-blowing colors in nature's most unique places as well as human-made colors. Bursting with astonishing facts and stunning photography, *The Universe in 100 Colors* is a wonder for the senses.

From Instagram sensation and "mad scientist artist" Tyler Thrasher and creator of the Matter subscription box Terry Mudge, this book contains amazing colors that you might live your whole life unaware of. Think Cosmic Latte: the average color of the universe. Dragon's Blood: a tropical tree that bleeds red resin with incredible medicinal potential. Eigengrau: the color we perceive in the absence of light.

Also includes:

- Snappy descriptions and diagrams
- An introduction to color theory
- A myth-busting section

SEPTEMBER 2024

Art - Color Theory; Science - Physics - Optics & Light
\$35.00 · Hardcover · 8 x 10 · 288 pages · 978-1-63217-492-5



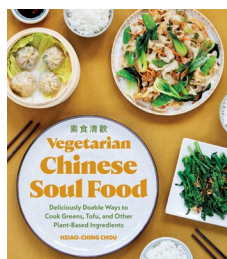
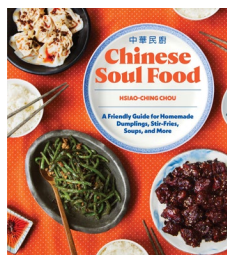
Also Available

Grow a Damn Plant Journal
\$22.95 · 978-1-63217-447-5



HSIAO-CHING CHOU is an award-winning food journalist and author of *Chinese Soul Food* and *Vegetarian Chinese Soul Food*. She lives in Seattle.

MEILEE CHOU RIDDLE is a student whose award-winning films have been featured in regional and national film festivals. She lives in Seattle.



FEASTS OF GOOD FORTUNE

75 Recipes for a Year of Chinese American Celebrations, from Lunar New Year to Mid-Autumn Festival and Beyond

Hsiao-Ching Chou and Meilee Chou Riddle

A deeply personal intergenerational cookbook, cowritten by mother and daughter, *Feasts of Good Fortune* covers everything from traditional Lunar New Year menus with recipes passed down through generations to Thanksgiving get-togethers celebrated with tantalizing side dishes.

Author and former James Beard Foundation cookbook committee chair Hsiao-Ching Chou brings an uncomplicated approach to home cooking for celebrations typical of the Chinese American experience. Cowritten with her 17-year-old daughter, Meilee, this cookbook celebrates the joy of the mother-daughter bond in cooking together.

Organized chronologically by holiday with menus including:

- Lunar New Year (Sticky Rice with Chicken and Chinese Sausage)
- Mid-Autumn Festival (Mooncakes)
- Birthdays & Party Bites (Stir-Fried Long-Life Noodles)
- Side Dishes for East-meets-West Menus (Braised Kale with Dried Cranberries)

DECEMBER 2024
Cooking - Regional & Cultural - Chinese
\$30.00 · Paperback · 8 x 9 · 256 pages
978-1-63217-518-2

Also Available
Chinese Soul Food
\$24.95 · 978-1-63217-455-0
Vegetarian Chinese Soul Food
\$24.95 · 978-1-63217-454-3

RACHEL BELLE is the creator and host of the *Your Last Meal* podcast, a James Beard Award finalist, and host of *The Nosh with Rachel Belle*, a food-themed TV show on Seattle's Cascade PBS. She spent twenty years as a broadcast journalist, winning the national Edward R. Murrow Award for news radio feature reporting. Rachel is an enthusiastic home cook and cookbook recipe tester. She lives in Seattle.

"Irresistible."
—ISAAC MIZRAHI



OPEN SESAME

45 Sweet & Savory Recipes for Tahini & All Things Sesame

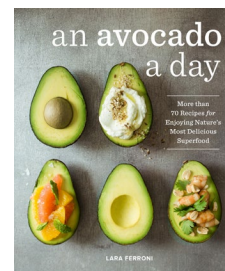
Rachel Belle; Foreword by Isaac Mizrahi

Get creative with these globally inspired recipes—each with a unique sesame twist—in this stylish, palate-pleasing cookbook.

Reimagine how sesame can fit into your everyday food repertoire with 45 inventive recipes with global flair and a sesame twist. This creamy, nutty ingredient is an allergy-friendly nut substitute, replaces dairy in vegan dishes, and is full of heart-healthy fats, plant-based protein, and essential vitamins!

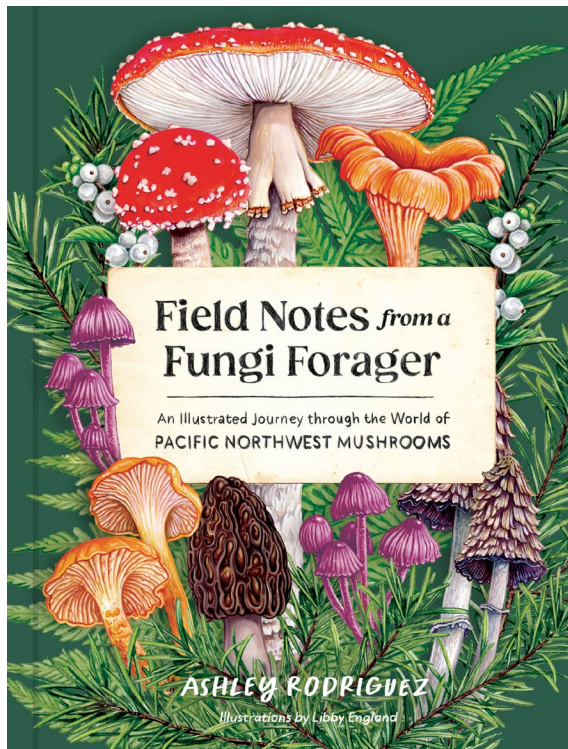
Sprinkle some sesame sparkle into your life with recipes like:

- Everything Including the Bagel Salad
- Falafel-Spiced Tahini Deviled Eggs
- Chocolate Miso Whoopie Pies
- Ethereally Creamy Israeli-Style Hummus



Also Available
An Avocado a Day
\$21.95
978-1-63217-081-1

NOVEMBER 2024
Cooking - Regional & Cultural - Middle Eastern
\$22.95 · Paperback · 6 1/2 x 8 · 176 pages
978-1-63217-527-4



ASHLEY RODRIGUEZ is a Seattle-based author, cooking instructor, food photographer, writer, partner, and mother of three children. She is the co-creator and host of the James Beard Award-nominated outdoor cooking adventure series Kitchen Unnecessary, and top food blog NotWithoutSalt.com. She is the author of three cookbooks, including *The Rooted Kitchen*, and is a certified Nature and Forest Therapy guide.

ONLINE:

@ashrod

@kitchenunnecessary

LIBBY ENGLAND is an artist whose work celebrates nature through both an analytical and spiritual lens.



Also Available
Forage. Gather. Feast.
\$29.95
978-1-63217-486-4

FIELD NOTES FROM A FUNGI FORAGER

An Illustrated Journey through the World of Pacific Northwest Mushrooms

Ashley Rodriguez; Illustrated by Libby England

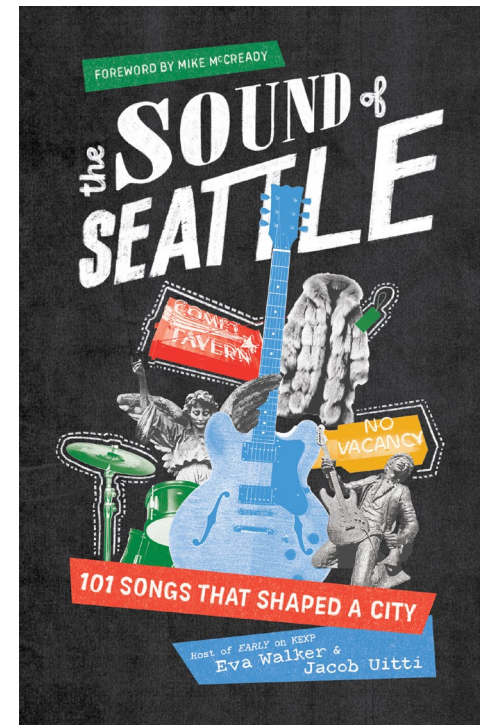
This gorgeously illustrated compendium is a love letter to mushrooms—and to the Pacific Northwest—from forager-chef and forest therapy guide Ashley Rodriguez, author of *Date Night In* and *The Rooted Kitchen*.

From evergreen forests to urban backyards, mushrooms are everywhere in the Pacific Northwest. Ashley Rodriguez provides an evocative personal survey of 50 of the most fantastic mushrooms to be found in the region—from the famous Morchella (morel) to lesser-known species, like the blueish-purple *Clitocybe nuda* (wood blewit), which smells like frozen orange juice.

OCTOBER 2024
Nature – Fungi & Mushrooms
\$22.95 · Hardcover · 6 x 8 · 176 pages
978-1-63217-536-6

EVA WALKER is a DJ on KEXP and the frontwoman of the rock band The Black Tones. She has recorded songs with Mike McCready and released songs with Sub Pop Records. She produced *The Arts Hour* in Seattle for the BBC and has been featured in music videos by Odesza and Macklemore.

JAKE UITTI's work has appeared in *Vanity Fair*, *Interview Magazine*, *Spin*, *The Washington Post*, *The Nation*, *The Guardian*, *The Seattle Times* and many more. He is a staff writer at *American Songwriter Magazine* and author of *Northwest Know-How: Beer* (Sasquatch Books) and *Mugsy Bogues: The Godfather of Smallball*.



THE SOUND OF SEATTLE

101 Songs that Shaped a City

Eva Walker and Jacob Uitti; Foreword by Mike McCready

The ultimate visual playlist—and a love song to the Emerald City—*The Sound of Seattle* explores the musical evolution of Seattle through the lens of 101 songs spanning 80 years, examining the most important music and musicians to come out of Seattle.

KEXP DJ and musician Eva Walker and music writer Jake Uitti take readers on a musical journey of the songs and artists instrumental to developing the “Seattle sound.” It begins in 1942 when Washington-born Bing Crosby records the world’s bestselling single “White Christmas.” From there, readers will delight in a sensory trip through jazz, rock, punk, riot grrrr, pop, rap, grunge, indie, emo, and more. Includes seminal songs profiled and paired with inventive design reminiscent of a favorite zine, interviews with Seattle legends, and sidebars showcasing musical landmarks.



Also Available
Filmlandia!
\$21.95
978-1-63217-425-3

AUGUST 2024
Music - History & Criticism
\$22.95 · Paperback · 5 1/2 x 8 1/2 · 288 pages
978-1-63217-514-4



SHARON MENTYKA is an award-winning children's writer and teacher. She is the author of *Think Smart, Be Fearless: A Biography of Bill Gates*, and *The Heart of the Storm: A Biography of Sue Bird*.

SHELLEY COUVILLION's artwork has been featured in publications such as *The Washington Post*, *Illustrator*, and *Bravery*.

A FLASH OF COLOR AND LIGHT

A Biography of Dale Chihuly

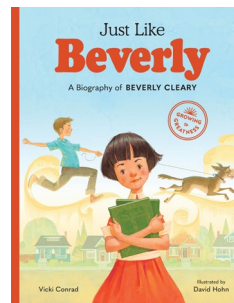
Sharon Mentyka; Illustrated by Shelley Couvillion

The first-ever picture book biography of world-renowned glassmaker Dale Chihuly—with stunning watercolor illustrations that reveal the history of the art—for aspiring artists ages 5–9.

Travel along with Dale Chihuly on his life's journey full of curiosity, discovery, teamwork, and perseverance as he overcomes challenges to become a glass artist of international acclaim. Dale Chihuly's incomparable glass creations provide rich material for the book's gorgeous illustrations.

The narrative story also includes:

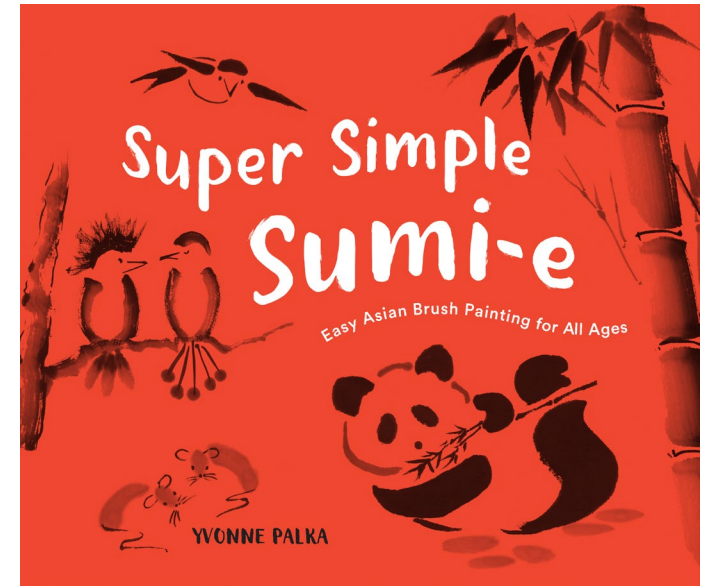
- Supplemental biographical information about Dale Chihuly
- A brief history of the evolution of glassmaking
- A timeline of Dale Chihuly's life
- A glossary



Also Available
Just Like Beverly
\$18.99
978-1-63217-222-8

OCTOBER 2024
Juvenile Nonfiction - Biography & Autobiography - Art
\$18.99 · Hardcover · 8½ x 11 · 48 pages
978-1-63217-190-0

YVONNE PALKA was an award-winning sumi-e artist. A retired college professor, grandmother, artist, and naturalist, she loved introducing children and adults to the wonders of the natural world and the beauty of their own creativity.



"The details make this Asian brush painting technique so appealing that both children and adults will be tempted to work at it together, transforming this activity into a true family experience."

—SEATTLE BOOK REVIEW

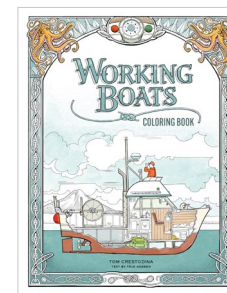
SUPER SIMPLE SUMI-E

Easy Asian Brush Painting for All Ages

Yvonne Palka

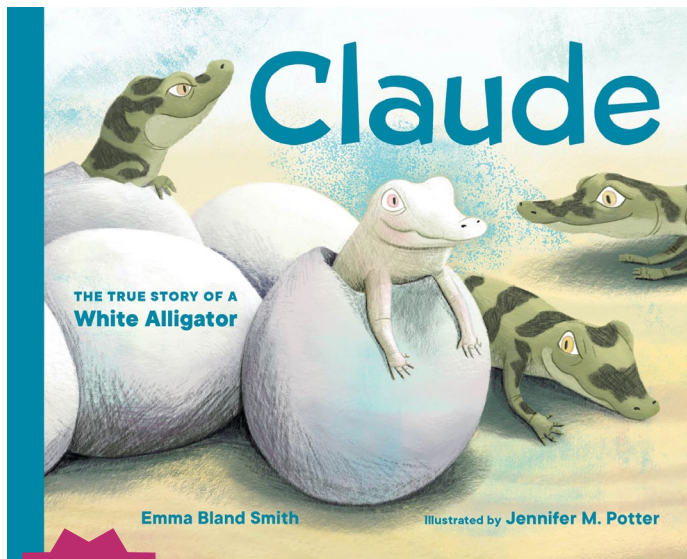
With a few strokes of brush and ink, paint charming animals from pandas to dragons with this introductory book to the traditional art of Asian painting called sumi-e.

Creative children and curious adults will have fun learning the magic of sumi-e with the simple techniques illustrated in *Super Simple Sumi-e*. Learn how to make various sumi-e brush strokes and how to create animals, flowers, and bamboo with this friendly, easy-to-follow guide. Sumi-e means "ink picture" in Japanese. "Sumi" means ink and "e" means painting or picture.



Also Available
Working Boats
Coloring Book
\$14.99
978-1-63217-506-9

AUGUST 2024
Juvenile Nonfiction - Art - Painting
\$10.99 · Paperback · 10 x 8½ · 24 pages
978-1-63217-545-8



EMMA BLAND SMITH is a librarian and award-winning author of children's books. Emma's books feature real-life animals. Emma lives in San Francisco with her family, which includes a dog and a cat (but no alligator.)

JENNIFER M. POTTER lives in San Francisco, where she loves visiting the city's sights. She has visited Claude many times and is thrilled he agreed to let her draw him.

NOW IN BOARD BOOK!

"Ultimately, Claude's hopeful tale is a celebration of individuality and the joy in finding those who appreciate you for exactly who you are."
 —BOOKLIST

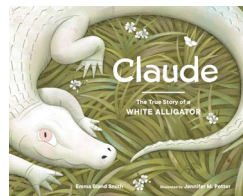
CLAUDE

The True Story of a White Alligator

Emma Bland Smith; Illustrated by Jennifer M. Potter

Toddlers will love this beautifully illustrated board book adaptation of the story of Claude, the California Academy of Sciences' beloved albino alligator, which celebrates individuality and accepting differences.

Claude is a celebrity alligator and the mascot for San Francisco's California Academy of Sciences. His story started when he hatched out of his egg to discover he looked different from the other hatchlings, who didn't like his differences. Claude went to live at the Academy where he now shares a swamp with snapping turtles. The turtles didn't mind that Claude is different! And neither do the millions of people who visit him every year. They know that Claude's differences are exactly what makes him special.



Also Available
 Claude
 \$18.99
 978-1-63217-269-3

AUGUST 2024
 Juvenile Nonfiction - Animals - Reptiles & Amphibians
 \$10.99 · Board · 7 x 5½ · 22 pages
 978-1-63217-533-5

AMANDA ABLER lives in Seattle with her family. She is also the author of *The Spirit of Springer* and *Galloping Gertie*.

KATY WU has illustrated a number of children's picture books, including *A True Wonder: The Comic Book Hero Who Changed Everything* and *Grace Hopper: Queen of Computer Code*. She lives in Portland, Oregon.



BIG BERTHA

How a Massive Tunnel Boring Machine Dug a Highway under Seattle

Amanda Abler; Illustrated by Katy Wu

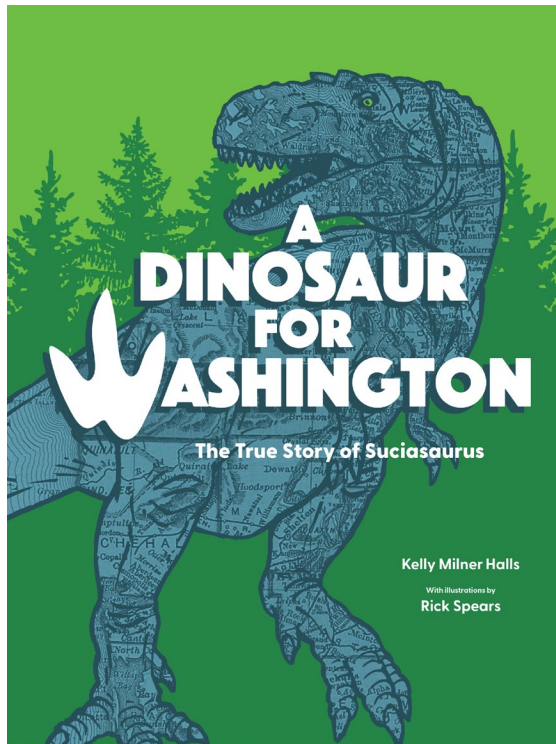
This incredible story about Bertha, the massive tunnel boring machine that successfully constructed the longest and widest road tunnel in the contiguous United States, under the city of Seattle, will appeal to kids ages 7–10 fascinated with big machines and how they work.

In 2013, construction crews raced to replace a crumbling elevated highway along Seattle's waterfront with a double-decker tunnel running almost two miles under the city. Kids interested in engineering and how machines function will love learning about Bertha, how it worked, and how its crew solved problems to construct highway under the city. Also includes fascinating facts about Bertha and the tunnel.



Also Available
 The Spirit of Springer
 \$18.99
 978-1-63217-212-9

SEPTEMBER 2024
 Juvenile Nonfiction - Transportation - General
 \$18.99 · Hardcover · 7¼ x 9¾ · 48 pages
 978-1-63217-306-5



KELLY MILNER HALLS crafts high-interest nonfiction for young readers. Halls delights in drawing even reluctant readers into the realm of discovery through the exploration of dinosaurs, mummies, UFOs, etc. She lives in Spokane, Washington.

RICK SPEARS' dinosaur and cryptid art has found its way into books, magazines, websites, and even a board game. Rick lives in Georgia with his family.

A DINOSAUR FOR WASHINGTON

The True Story of Sucasaurus

Kelly Milner Halls; Illustrated by Rick Spears

Follow the remarkable tale of Washington State's ONLY dinosaur fossil—from the amazing discovery by amateur fossil hunters to the detective work of expert paleontologists trying to determine what ancient creature left the fossilized bone behind millions of years ago.

Young fossil hunters will have fun learning about the discovery and excavation of this rare treasure, with this engaging book filled with colorful dinosaur illustrations and photographs of fossils and dig sites.

Additional content in the book includes:

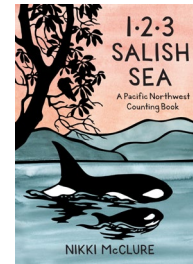
- An illustrated tyrannosaurus family tree
- Where to go and what to take if you go fossil hunting
- A glossary of terms related to paleontology



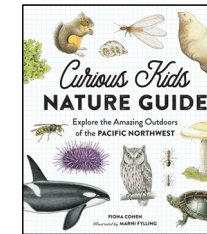
Also Available
Cryptid Creatures
\$16.99
978-1-63217-210-5

SEPTEMBER 2024
Juvenile Nonfiction - Animals - Dinosaurs & Prehistoric Creatures
\$18.99 · Hardcover · 7 1/4 x 9 1/2 · 40 pages
978-1-63217-456-7
\$12.99 · Paperback · 7 1/4 x 9 1/2 · 40 pages
978-1-63217-562-5

PACIFIC NORTHWEST TITLES for KIDS



1, 2, 3 Salish Sea
978-1-63217-336-2 | \$16.99



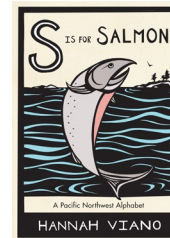
Curious Kids Nature Guide
978-1-63217-083-5 | \$19.99



Let's Explore the Beach!
978-1-63217-442-0 | \$19.99



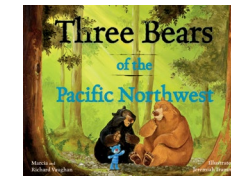
My First 100 PNW Animals
978-1-63217-501-4 | \$9.99
My First 100 PNW Words
978-1-63217-500-7 | \$9.99



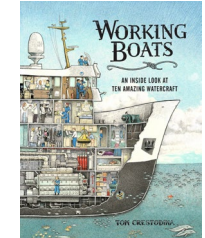
S is for Salmon
978-1-57061-873-4 | \$16.99



The Spirit of Springer
978-1-63217-212-9 | \$18.99



Three Bears of the PNW
(HC) 978-1-57061-684-6 | \$17.99
(BB) 978-1-63217-076-7 | \$10.99

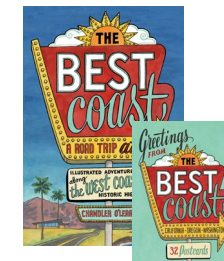


Working Boats
978-1-63217-259-4 | \$19.99

PACIFIC NORTHWEST TITLES for ADULTS



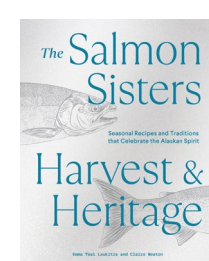
The Portland Book of Dates
978-1-63217-325-6 | \$19.95
The Seattle Book of Dates
978-1-63217-431-4 | \$21.95



The Best Coast
978-1-63217-174-0 | \$27.95
Greetings from the Best Coast
978-1-63217-283-9 | \$14.99



On Island Time
978-1-63217-3-386 | \$24.95



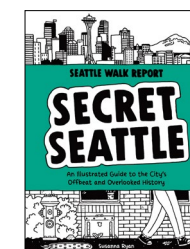
The Salmon Sisters: Harvest & Heritage
978-1-63217-433-8 | \$35.00



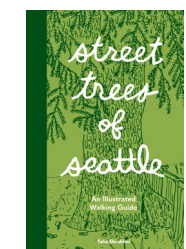
Seattleless
978-1-63217-477-2 | \$24.95



Seattle Walk Report
978-1-63217-261-7 | \$19.95

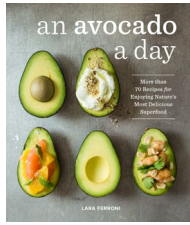


Secret Seattle
978-1-63217-374-4 | \$19.95



Street Trees of Seattle
978-1-63217-458-1 | \$22.95

BESTSELLING COOKBOOKS



An Avocado a Day
978-1-63217-081-1 | \$21.95



Cannelle et Vanille
978-1-63217-200-6 | \$40.00
Cannelle et Vanille Bakes Simple
978-1-63217-370-6 | \$40.00



The Cast Iron Skillet Cookbook, 2Ed.
978-1-57061-905-2 | \$22.95
The Dutch Oven Cookbook
978-1-57061-9-403 | \$19.95



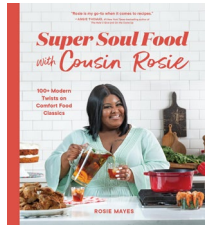
Chinese Soul Food
978-1-63217-455-0 | \$24.95
Vegetarian Chinese Soul Food
978-1-63217-454-3 | \$24.95



Five Marys Ranch Raised Cookbook
978-1-63217-307-2 | \$29.95
Five Marys Family Style
978-1-63217-402-4 | \$40.00



Fire + Wine
978-1-63217-451-2 | \$24.95



Super Soul Food with Cousin Rosie
978-1-63217-423-9 | \$27.00



Pasta for All Seasons
978-1-63217-427-7 | \$22.95

INSPIRING GUIDED JOURNALS and WORKBOOKS



Best Worst Grateful
978-1-63217-346-1 | \$16.95



Best Worst Grateful Herringbone
978-1-63217-482-6 | \$16.99



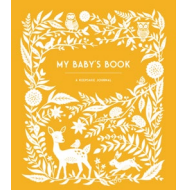
Best Worst Grateful Color Block
978-1-63217-481-9 | \$16.99



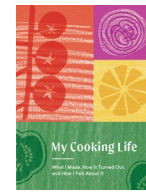
This Life of Mine
978-1-63217-208-2 | \$19.95



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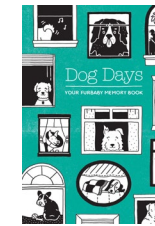
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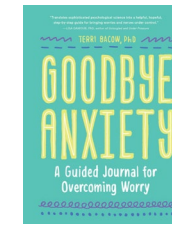
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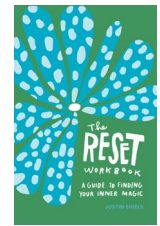
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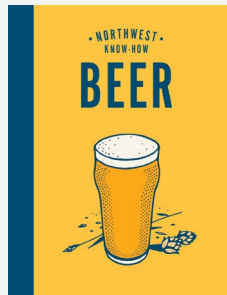
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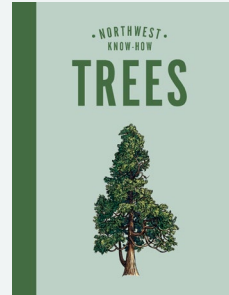
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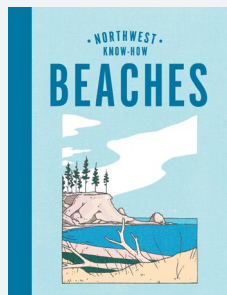
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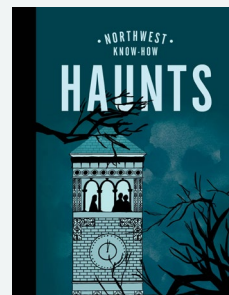
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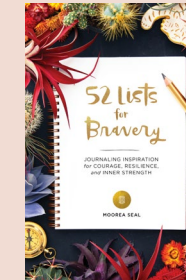
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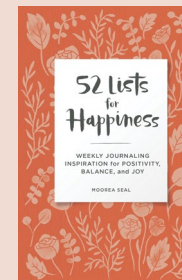
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