

Welcome again to **BOOKBEAT** a bi-monthly newsletter about Hawai'i books, particularly Mutual titles. Reaction from readers continues to amaze us as they let us know they didn't realize there was so much going on in Hawai'i's book world. In future issues we will illuminate more as to what goes on behind the scenes in getting a local title published. Keep sending us questions and also tell us what interests you.

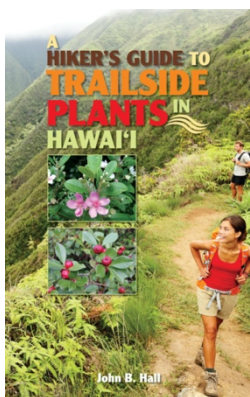
Curbside Pick Up

For those of you who live on O'ahu, take advantage of our curbside pick up! We care about your health and safety. The next time you order, let us know you'd like curbside pick up, then call us when you arrive and we will bring your book(s) out to you. You don't have to park or come inside. Just pull up and call **808-732-1709**.

FEATURED BOOK

A Hiker's Guide to Trailside Plants by John B. Hall

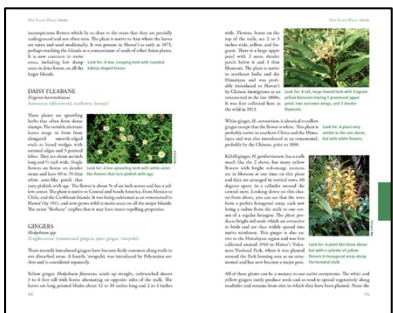
Now available at the special price of \$9.99 (retail \$16.95) through the month of July!



Even though Hawai'i is opening up, it feels safer to be outdoors in nature rather than inside with crowds of people. With the summer months upon us, now is a great time to hit the trails and become novice naturalists—learn about all the kinds of plants you can see while hiking in John B. Hall's book *A Hiker's Guide to Trailside Plants in Hawai'i*.



From arid coastal plains to chilly cloud forests, Hawai'i is home to an astonishing range of flora. Many of our plant species, like the regal koa and hardy silversword, can be found nowhere else in the world! Knowing how to identify these plants, and learning about their historical uses and associated legends will greatly enrich your hiking experience. In *A Hiker's Guide to Trailside Plants*, Hall introduces you many of the plants both native and nonnative that you are likely to encounter on Hawai'i's trails. For easy reference, plants in this handy book have been divided into the following climatic zones: Coastal, Dry Forest, Mesic Forest, Wet Forest, and Alpine. Each color-coded zone is further subdivided into Herbs, Shrubs, Trees, Vines, Ferns, and Miscellaneous. Along the way, Hall points out notable features leaf shape, flower color, and even taste that will help you to identify each plant.



To get you started, we had a little chat with John Hall:

What's your favorite hike to take either here on O'ahu or on a neighbor island? Why is it your favorite?

I try to hike twice a week, so when I have a favorite trail, I eventually get bored with it and find that I favor a different one. There are many good hikes on Tantalus, and at the moment I like the Tantalus Crater rim hike from the Pu'u 'Ōhi'a trail.

What are some plants you would see on that hike?

This hike passes through a bamboo forest, which is an introduced plant and very invasive, but also a pleasant experience, especially when the wind is sighing through this giant grass or causing the canes to clack together. The 'ōhi'a on this trail is often the *tremuloides* species, with its slender, willow-like twigs and leaves, and you should note the lovely, delicate little fern, wahine noho mauna—woman who lives on the mountain—*Adenophorus tamariscinus*, which grows on the tree limbs and has such tiny leaflets.

What advice would you give novice hikers and naturalists who are interested in learning more about the flora and fauna they see on their hike? What should they be on the lookout for?

Take your time and pay attention to the little things. Many of our native plants have small, inconspicuous flowers. I like to notice the liverworts, especially the slender black ones that form tree-like patterns on the gray bark of the Java plums or other trees. Unless you have a fantastic memory, you can't learn everything at once, so just pay attention to the things you find curious or interesting. I found I had to "learn" a plant about 5 times or so before I remembered it for good—it helps to have someone quiz you on the plants you see on a given trip, and 4 or 5 different plants is probably the maximum to try to learn in one session. The same advice probably applies to the birds, although these are often small and hard to see unless you bring binoculars, and even then, they won't stand still and let you watch them unless you're lucky! That's why I like plants!

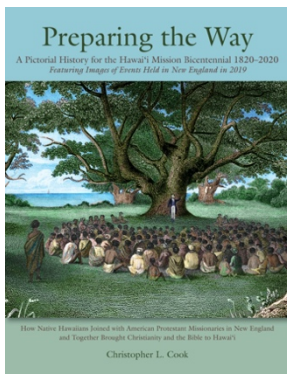
Can you explain the difference between indigenous and endemic?

Indigenous plants are the plants that got here by themselves without human help, but are found naturally in other places in the world as well as in Hawai'i. Endemic plants got here by themselves long before any humans arrived and have evolved to be so different that they are considered to be different species from plants that are found anywhere else in the world. That is, they are unique to Hawai'i, sometimes unique to a particular Island or even to one particular spot on an Island.

How many hikes did you have to embark on to write your book?

I grew up in Denver, and my parents loved the mountains, so I learned to hike at a very tender age. I didn't really know anyone (except one old college friend) when I arrived in Hawai'i in 1962, so I watched the paper until I found the notice of a hike by the Hawaiian Trail and Mountain Club, the only hiking group in town at that time, and started going out with them. One of their members, Pete Holt, was an old retired chap who had been a plant collector for the Smithsonian Institute, I think, working all through the Amazon and Central America, and he started teaching me about the local plants. Later I went out with John Obata and Dan Palmer who were experts on Hawaiian plants and learned a great deal from them. So my hiking and botanizing stretched over many years and hundreds if not thousands of hikes. For a number of years I was a docent for the Nature Conservancy and led hikes in their Palikea Reserve, which usually featured a lot of discussion of the plants seen along that trail. On one hike, my old friends, John Hoover and Marcia Stone, were along and John, who was also an expert scuba diver and author of books on Hawaiian marine life, suggested that I should write a book on plants, and so, after some thought, I did.

NEW RELEASE



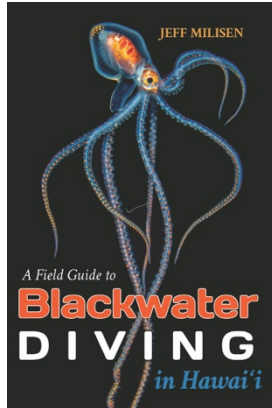
Preparing the Way by Chris Cook arrived right before Hawai'i shut down due to the Covid-19 pandemic, which is unfortunate because it's a fascinating look at the history of the first American Protestant mission to arrive in Hawai'i as told through the lives of three Polynesian men: 'Ōpūkaha'ia, Hopu, and Auna.

'Ōpūkaha'ia (Henry Obookiah) and his close companion Hopu (Thomas Hopoo) were instrumental in requesting the American Board of Commissioners for Foreign Missions to send a Protestant missionary company to Hawai'i. The untimely death of 'Ōpūkaha'ia in 1818 led to

the publication of his *Memoirs*, which in turn drew financial and spiritual support from across the United States for the formation of the pioneer American Protestant missionary company to Hawai'i. They departed for Hawai'i from Boston in October 1819. Their arrival in Hawai'i led to the conversion to Christianity of the majority of the ali'i nui rulers of Hawai'i and their people, and the rapid spread of literacy as the Hawaiian people sought to read Bible scriptures printed in the Hawaiian language. In 1822, the Tahitian Christian ali'i, Auna, explained the Christian religion in Polynesian terms to the rulers of Hawai'i, ensuring the success of the mission to Hawai'i.

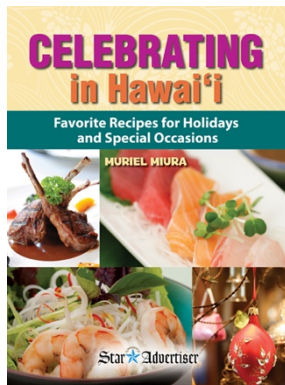
This book's release coincides with the celebration in New England of the Hawai'i Mission Bicentennial of the sending of the Pioneer company from Boston in October 1819, and the arrival of the Sandwich Islands Mission in Hawai'i in Spring 1820.

WHAT WE'RE WORKING ON



The world's greatest migration of animal life occurs every evening when uncountable numbers of mostly small marine organisms rise up from the dark, chilly depths of the open ocean to its surface waters. *A Field Guide to Blackwater Diving in Hawai'i* is designed to satisfy the curious ocean aficionado by presenting beautiful photos and information on over 300 strange pelagic animals, most of which you won't find in a standard field guide to reef animals. This book is intended to present an overview of life in the open ocean at night. Each epipelagic creature is given five minutes in the spotlight to explore a little of what we know about them.

FEATURED RECIPE



Chinese Chicken Salad

This versatile dish while enjoyable all year long is particularly suitable for the warm summer months and is ideal to bring to picnics and barbecues. Enjoy this recipe from Muriel Miura's *Celebrating in Hawai'i: Favorite Recipes for Holidays and Special Occasions*.

Makes 10 to 12 servings

1 pound cooked boneless chicken breast, shredded
1 medium head lettuce, shredded

¼ cup minced green onion



1 bunch Chinese parsley, chopped
¼ cup thinly sliced celery, optional
1 package (3 oz.) fried won ton strips
¼ cup chopped roasted peanuts

Sesame Vinegar Dressing

2 tablespoons toasted sesame seeds
1 teaspoon salt
½ teaspoon freshly ground pepper
¼ cup sugar
1/3 cup rice vinegar
¼ cup canola oil

Combine all ingredients except won ton strips and peanuts in salad bowl.

Combine ingredients for Sesame Vinegar Dressing in jar; cover and shake vigorously to mix well.

Just before serving, pour dressing over salad. Toss gently and top with won ton strips and peanuts.

BOOK NEWS

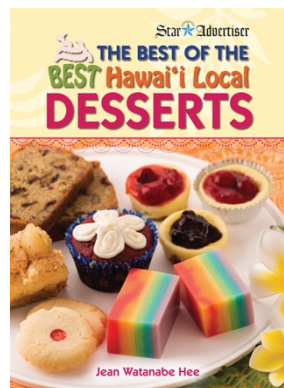
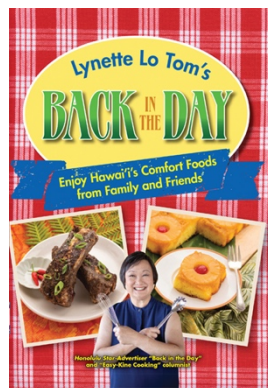
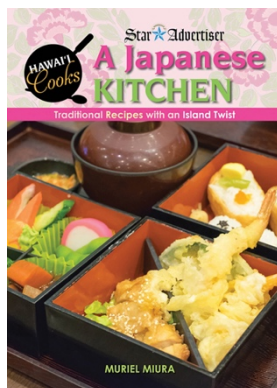
Mainland

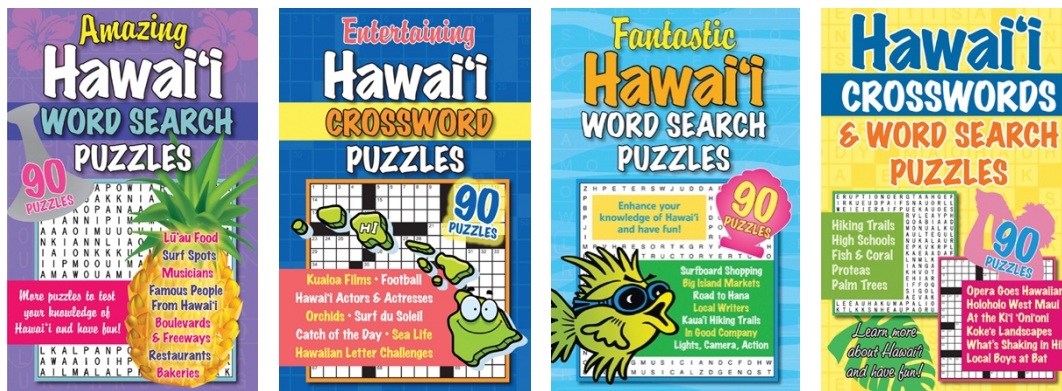
In early spring, when the Covid-19 pandemic forced most bookstores to close and disrupted print book sales through Amazon, no one could have predicted that by summer unit sales of print books would be up 1.4% for the year to date over the same period in 2019, nor that sales would hit a weekly high for the year. But that is what happened in the week ended June 20, when unit sales topped 15 million—22.9% higher than the similar week last year—and total units sold for the year hit 295.7 million, up from 291.6 million in the first 24 weeks of 2019.

The increase came from a combination of continued strong sales of books on racism and social justice, as well as from Father's day books. Sales also benefitted from the slow reopening of more bookstores and continued solid online orders. (*Publishers Weekly*, June 26, 2020, Jim Milliot). [Read article here.](#)

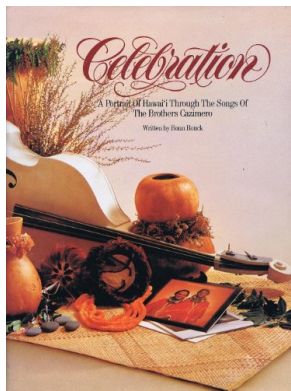
Mutual's book sales

Online and Amazon sales continued to increase. Local sales have increased as the economy opens up. In particular, Hawai'i readers are buying our cookbooks and puzzle books. The big surge will come when tourism resumes.





HALL OF FAME



Every issue we visit an out-of-print title that has become a publishing classic and can be viewed when you visit the Mutual Office Book Store.

Celebration—A Portrait of Hawai'i Through the Songs of the Brothers Cazimero by Ronn Ronck

When released in 1989, *Celebration* was the first coffee table book to combine song lyrics, photography by Hawai'i's leading photographers, and innovative graphic design to present a then-modern day portrait of the Islands. The Brothers were enjoying being the most popular contemporary Hawaiian group. The text narrative integrated Hawaiian legends, ancient chants, hula, the *Hōkūle'a*, and an account of Kamehameha the Great with modern day topics.

A few vintage new copies are available for sale at \$25.00. **Call us at 808-732-1709 to order.**

THIS MONTH IN HISTORY



July 7, 1827—The first Catholic missionaries to settle in Hawai'i arrive (Father Louis Maigret, left).

July 5, 1913—Duke Kahanamoku breaks world-swimming records in the 75- and 100-yard races.

July 11, 1842—An English language school for missionary children is established. It is known today at Punahou.



MUTUAL'S 2020 CATALOG

Our 2020 catalog is available on our website. Click [here](#) to view a PDF. Or, call us at **808-732-1709** to ask for a catalog and we will mail one to you.