



November 1, 2023

Welcome again to **BOOKBEAT**, a monthly newsletter about Hawai'i books focusing on Mutual Publishing titles.

It's already November and the time of year when we start thinking about the holidays. We know it's been a tough year for a lot of folks with rising food and gas prices, high interest rates, and the tragedy of Maui's wildfires. We want to help ease your holiday shopping this season.



Starting November 6, we will offer a **Weekly Special** on various titles that make wonderful gifts for family and friends in Hawai'i and those missing Hawai'i.

We have stocking stuffers like our **Little Hawaiian Cookbooks**; highly illustrated cookbooks like our new, beautiful **Hawai'i Washoku**; spiritual books to comfort during these troubled times like **Meditations Hawai'i**; children's books; military books; history books; and more.

We also have a large clearance section of books in our office bookstore—come by any time between M-F, 9-4:30 pm. We have discounted jigsaw puzzles, too!



BOARD BOOK HOLIDAY SALE!

Is there a baby or toddler in your life? Don't miss out on our holiday sale of BeachHouse Board Books! **Buy 2 and Get 1 FREE!**

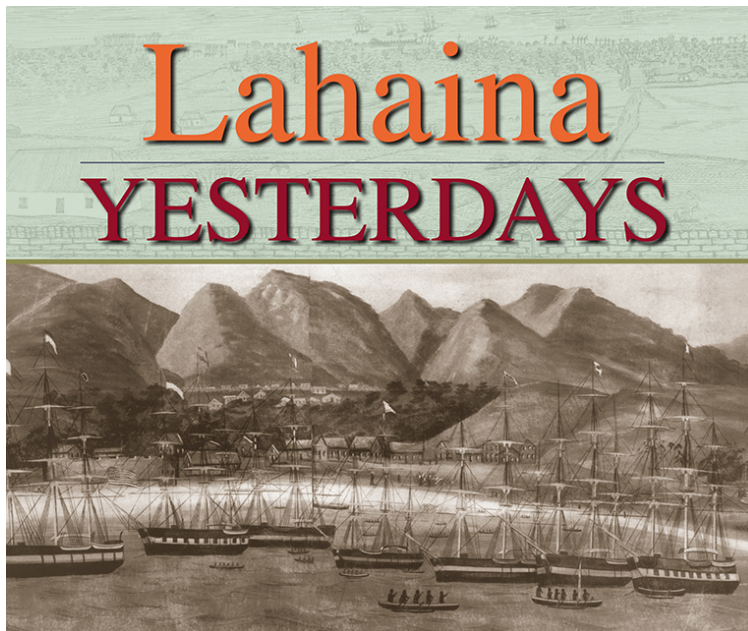
These sturdy board books are perfect for tiny hands and help create lasting memories of snuggly story times. It's never too early to start reading with your kids. We have a variety of board books from concept books that teach the alphabet, counting, and colors; to lullabies; to fun

rhymes about favorite local foods, places, and things; and Hawaiian legends.

Only available on our website and in our office bookstore. (Book Club discount cannot be added to this special.)

FEATURED BOOK

On sale the month of November!



Lahaina Yesterdays

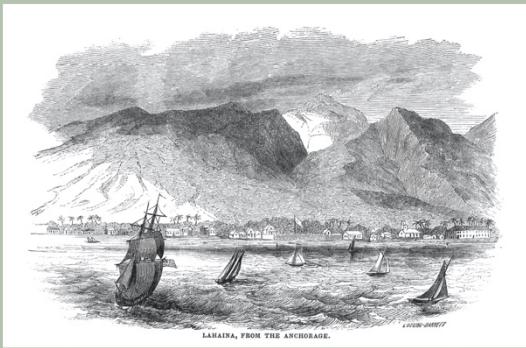
8 x 6.5 in • 72 pp • hardcover •
retail \$14.95

ON SALE \$11.96

**A portion of proceeds will be
donated to The Maui Strong Fund.**

Before the twentieth century, Lahaina was home to Hawaiian royalty, whaling ships, missionaries, plantation workers, and travelers. Many cultural landmarks harkened back to the time of Kamehameha I;

the days of whalers and sailors; the arrival of missionaries; the rise of sugar plantations and the arrival of plantation workers from China, Japan, Korea, and Portugal; World War II; and the growing tourism industry that kept Front Street alive with restaurants, art galleries, and shops.



Lahaina, from the Anchorage, a wood engraving by Benson John Lossing and William Barritt with a view of Lahaina Fort in the center and Hale Pu'ula to the right, published in 1854 in *Sandwich Island Notes* by George Washington Bates.

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Lahaina port as seen in this half of a two-part panorama watercolor by the Englishman James Sawkins, 1855. In the distance are some of the many ships that brought prosperity to the town. The large center building under construction was leased to a variety of businesses, including a hotel and saloon. [National Library of Australia]

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Lahaina Yesterdays looks back at the town's history through its landmarks and landscapes. Early drawings of Lahaina Missionary Seminary and views of the coastline show the harbor's evolution into a bustling seaport. Early photos of Front Street show horse-drawn carriages, the old courthouse, and the Pioneer Mill and Inn. There are portraits of leading figures in Lahaina's history as well as residents from the turn of the twentieth century. The buildings constructed by Hawaiian monarchy, missionaries, and businessmen such as the U.S. Seaman's Hospital, the Masters' Reading Room, and The Pioneer Inn illustrate the governance, industriousness, and community of those who shaped Lahaina.



Commissioned by Kamehameha III in 1833, this two-story stone building became the U.S. Seaman's Hospital in 1844 and then The Saint Cross School for Girls in 1864. Published in *Five Years' Church Work in the Kingdom of Hawaii*, by Thomas Nettleship Staley in 1868.

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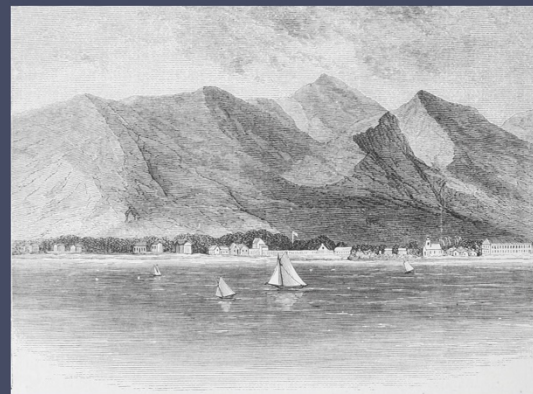


Illustration of Lahaina by American journalist Charles Nordhoff, published in *Northern California, Oregon, and the Sandwich Islands* in 1875.

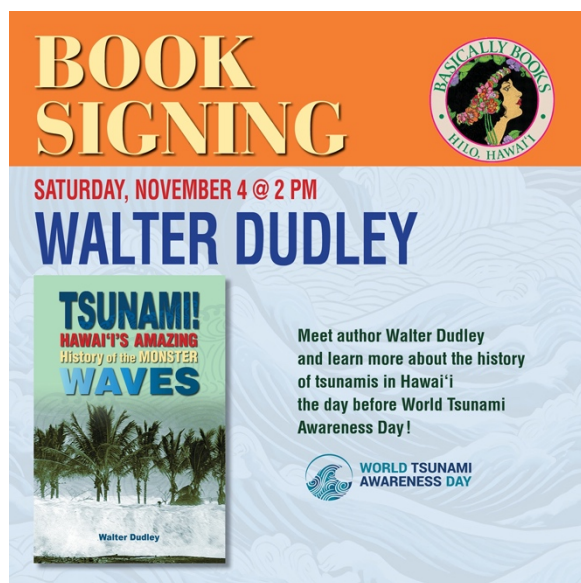
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On August 8, 2023, many of these historically significant structures were destroyed or damaged by the nation's deadliest wildfire in over a century. Thousands of residents who kept Lahaina a quiet, yet active seaside town full of music, food, art, and culture lost their homes, loved ones, and livelihoods. Although many structures were lost, they are sure to be rebuilt and will never be forgotten.

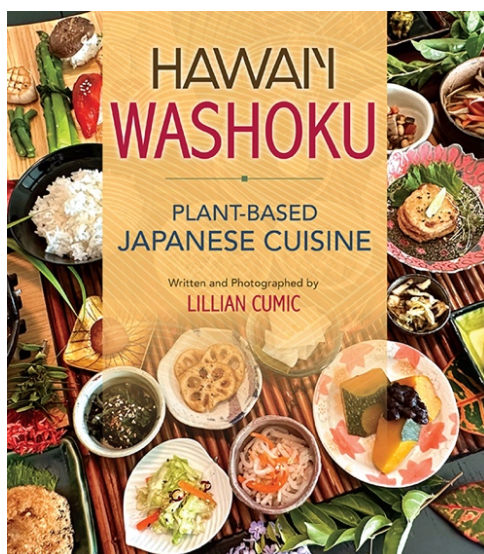
UPCOMING EVENTS

Saturday, November 4 @ 2 pm

Basically Books in Hilo



NEW TITLES AVAILABLE NOW!



Hawai'i Washoku

Plant-Based Japanese Cuisine

written and photographed by Lillian Cunic

7.5 x 9 inches, 288 pages, hardcover wire-o, \$31.95

Hawai'i Washoku unites one of the world's great cuisines with the spirit of Aloha to create harmony and peace at your table. Through a superbly photographed collection of over 175 plant-based and gluten-free Japanese recipes, vegan chef Lillian Cunic's third cookbook is the ultimate chaperone for reimagining Japanese recipes into deliciously "planted" successes.

Lillian began her cooking career in Japan where she lived for thirty years and fell in love with the people, its culture, and the food, leading her to the way of *washoku* and a whole new outlook on the dining experience.



CHAPTER 2

PICKLED THINGS (TSUKEMONO)

Virtually every meal is accompanied by some kind of *tsukemono*, or “pickled thing”, as a garnish adding flavor, crunch, color and nutrition. They’re also served with rice as *okazu* (side dishes), with drinks as an *otsumami* (snack), and as a course in the *kaiseki* portion of a Japanese tea ceremony. Japanese food culture is heavily influenced by the principals of *kaiseki* (Japanese haute cuisine) which suggest meals should contain five flavors and cooking methods while taking into account sensory and aesthetic

considerations. *Tsukemono* helps create this harmony by cleansing the palate and providing piquancy to balance the strong *umami* flavors of Japanese food.

To guide you on your travels through *Washoku* I’ve pulled together some *tsukemono* recipes for simple salt-based pickling and the more lengthy, complex process of creating *umeboshi* (Pickled Sour Plums p. 68). *Gari* is the “Sushi Ginger” (p. 66) you’ll see served alongside your *sushi* plate and is made with young ginger. The best young ginger on the planet is grown locally in Hawai‘i, so take advantage of the zesty rhizome when it’s in season and make your own rose pink palate cleanser. Get friendly with *amazuke* “sweet and sour” pickles where virtually any vegetable can be marinated in a universal *Amazuke* Pickling Liquid (p. 50). I’ve also included a fairly traditional style of *tsukemono* called *mukazuke* “rice bran pickles” made by fermenting vegetables in a rice bran bed which imbues a refreshingly tangy flavor and aroma, while maintaining their crunch. The rice bran mixture is a suitable environment for the microorganisms in vegetables such as lactic acid bacteria and yeast to ferment which enhance the nutritional value of the vegetables. And the best part is, you can keep your rice bran bed indefinitely if you take care of it, just like a bread starter that keeps on giving.

You’re going to learn a lot about Japan’s *tsukemono* in this chapter and I’m excited for you. Happy experimenting!



Washoku is based on the Japanese Buddhist principals of incorporating five colors, five flavors, five cooking methods, five senses, and five reflections in every meal to bring balance and alignment to the mind, body, and spirit. *Hawai‘i Washoku* teaches the basics of modern Japanese cooking from a plant-based perspective with stellar recipes including colorful *tsukemono* “pickled things,” pub-style *izakaya* sides and nibbles, traditional simmered dishes with *ofukuro no aji* “mother’s taste,” and jaw-dropping “planted sashimi” hard to believe isn’t from the briny deep, while fascinating *wagashi* sweets confirm Japan’s cuisine as a true art form.



NIGIRI SUSHI *Nigirizushi* Yield: 8 pieces

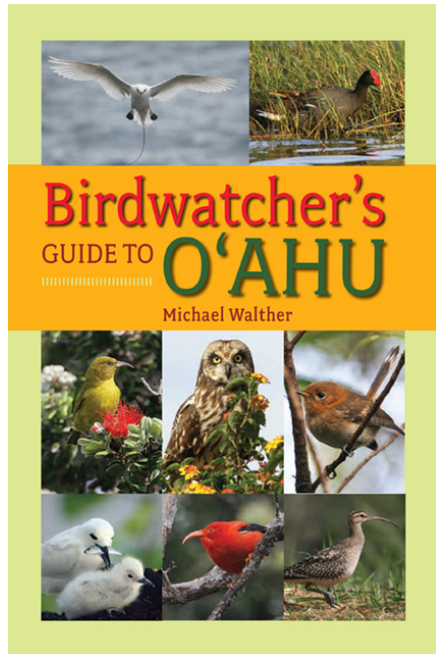
Nigirizushi means “hand-pressed” *sushi* in Japanese and is one of the easiest to prepare. It’s made by shaping *sushi* rice into small oval shapes topped with a pinch of *wasabi* and raw fish, or in this case “planted *sashimi*.” The proper etiquette is to use your hands when eating *nigiri*, not chopsticks, and dip the *sushi* topping-side down (not the rice) into the soy sauce (or *tamari*).

8 pieces “Planted Tsuna” (p. 230)
1 batch Sushi Rice (1 rice cooker cup p. 212)
Wasabi
Soy sauce or gluten-free *tamari*

Dip your hands into water to prevent the rice from sticking. Place a slice of “planted *sashimi*” in the palm of your left hand and dab a pea-sized portion of *wasabi* into the center using your right index finger. Grab a small ball of rice (about 20g) with your right hand and softly ball it in your right palm. Place it on the *sashimi* and press down with your left thumb to make a hole in the center of the rice ball (this allows it to easily fall apart in the mouth). Adjust the shape of the rice with your right thumb and index finger or middle finger. Flip the *nigiri* over and adjust the shape using your right index and middle fingers. Place the *nigiri* on a serving plate and repeat with remaining ingredients. Serve with soy sauce (or *tamari*) and *wasabi* to taste for dipping.



Hawai'i Washoku is a complete guide to help you master *washoku* with a plant-based twist. Lillian shares in-depth commentary on key ingredients and where to find them to stock your pantry. A must-have for Japanese foodies and a great table topper to evoke story and add to your cookbook collection.



A Birdwatcher's Guide to O'ahu

by Michael Walther

6 x 9 inches, 224 pages, softcover, \$16.95

Birdwatcher's Guide to O'ahu provides the necessary information to plan a visit to twenty-four of the best locations on O'ahu to see our fascinating avifauna. It is divided into seven geographic regions—Honolulu, Southeast, East, North Shore, Central, Ko'olau Range, and Pelagics. Birding hotspots in the island's coastal, rainforest, urban and offshore environments are also included.

Despite O'ahu being densely populated with people and buildings, there are excellent opportunities to see birds across the island—from urban areas to beaches to hiking trails to wildlife refuges. O'ahu is an ideal place for birding with 218 species on the official bird list that include waterfowl; game birds; seabirds; herons, egrets, and ibis; shorebirds; skuas and jaegers; gulls and terns; birds of prey; songbirds; and endemic forest birds.

O'ahu has more breeding seabirds on the island than any other in the Southeastern Hawaiian Islands. It is the best island to see the rare Bristle-thighed Curlew and the only island with breeding White Terns which are extremely rare on the neighbor islands.

Whether you're a backyard birder or a seasoned birder ready to hit the hiking trails with binoculars in hand, *Birdwatcher's Guide to O'ahu* is a must have with maps, charts, and information on all the birds you can find on the island.

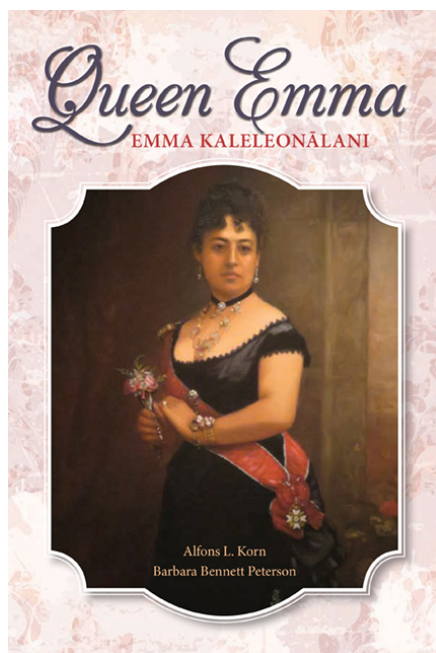
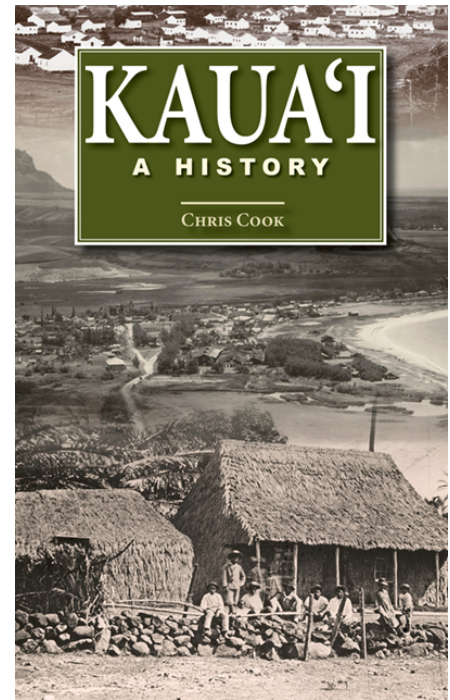
Kaua'i A History

by Chris Cook

6 x 9 inches, 136 pages, softcover, \$14.95

Kaua'i A History paints a portrait of Old Kaua'i in words and images, bringing back to life the rich heritage and independence of an island portrayed as the Separate Kingdom by historian Edward Joesting.

The narrative and images concisely offer informed accounts of Kaua'i's history, both island-wide and individual towns. Explored are the mythical ancient days of a primordial island and the arrival of Polynesian settlers voyaging from Kahiki, their homeland in the South Pacific; the western discovery of the Hawaiian Islands by Captain James Cook landing at Waimea, Kaua'i; the bringing of Christianity and literacy by New England missionaries; Baja California cowboys of the 1830s establishing the paniolo ranching culture; the establishment of the first commercially-run sugar plantation at Kōloa, the first ever in Hawai'i; the Victorian Era of the monarchy at Princeville; the overthrow of the Hawaiian Kingdom and annexation by the United States opening the floodgates of federal funding to develop the island; the drama of World War II in the Pacific bringing extended stays of thousands of off-islanders modernizing local ways; Hollywood choosing Kaua'i as its favorite tropical location island; tourism displacing sugar plantations in the economy.



Queen Emma: Emma Kaleleonālani

6 x 9 inches, 64 pages, softcover, \$11.95

Queen Emma, published in partnership with Queen Emma Summer Palace, is an intimate history of her extraordinary life and legacy—from her birth; to her marriage to Alexander Liholiho (Kamehameha IV); to her role in establishing The Queen's Hospital and introduction of the Episcopal Church in Hawai'i; to the birth and death of her son, Prince Albert; to her world travels and dedication to philanthropy, education, and healthcare; to her death and legacy of maintaining Queen's Hospital, St. Andrew's Priory, and St. Andrew's Cathedral.

Princess Ruth Ke'elikōlani

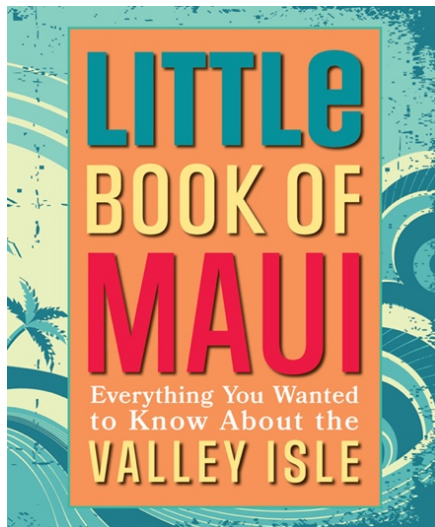
by Kristin Zambucka

6 x 9 inches, 104 pages, softcover, \$12.95

Princess Ruth Ke'elikōlani, a pictorial biography, is a colorful account of the life and times of the controversial Princess Ruth (1826–1883), one of the last chiefesses of old Hawai'i.

Ruth never left the islands throughout her life—Hawai'i was her world—and stubbornly, she clung to the old Hawaiian ways, ignoring the missionaries and their growing influence.

When the lava flow of 1881 threatened the town of Hilo, the High Chiefess was credited with stopping the fiery molten rock in its tracks by interceding with Pele, the goddess of volcanoes.



Little Book of Maui

Everything You Wanted to Know About the Valley Isle

5 x 6 inches, 176 pages, softcover, \$9.95

Everything you ever wanted to know about the island of Maui is right here—facts and figures, the major districts, beaches, Hawaiian legends, historical figures, ancient sites, natural wonders, special events, movies, music, and food. Pick up the book and read any page to broaden your understanding and appreciation of the Valley Isle. Maui nō ka 'oi—Maui is the best!

Maui This & That

4.375 x 6 inches, 96 pages, softcover, \$5.95

Which beach is the best for windsurfing?

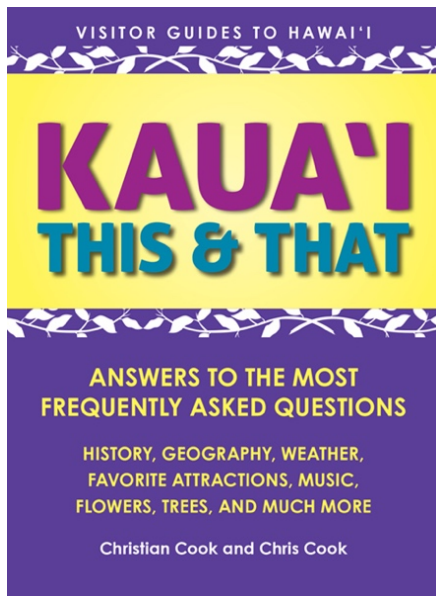
How many people visit Haleakalā National Park every year?

How much does it cost to live on Maui?

How many miles is the Road to Hāna?

When is the best time to see humpback whales?

Here are quick, easy answers to these and many other questions about the Valley Isle, statistics, facts and figures, and a historical timeline of significant events. Brush up on your knowledge of Maui and gain a deeper appreciation for Hawai'i's beautiful and beloved island.



Kaua'i This & That

4.375 x 6 inches, 96 pages, softcover, \$5.95

How high is Mount Wai'ale'ale?

How many people visit Waimea Canyon every year?

How much does it cost to live on Kaua'i?

What happened on Kaua'i after the overthrow of the Hawaiian monarchy? Where is the best place to see native birds?

Here are quick, easy answers to these and many other questions about the Garden Isle, statistics, facts and figures, and a historical timeline of significant events. Brush up on your knowledge of Kaua'i and gain a deeper appreciation for Hawai'i's oldest and beloved island.

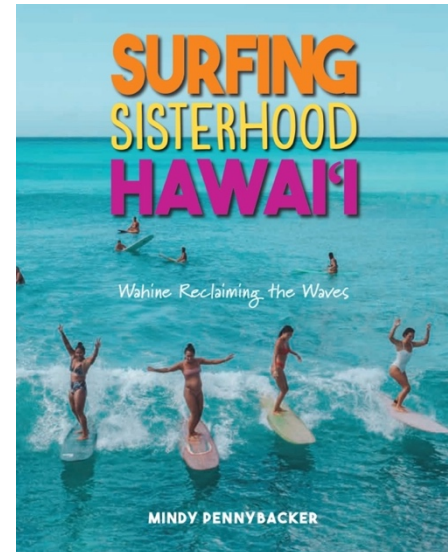
Surfing Sisterhood Hawai'i

Wahine Reclaiming the Waves

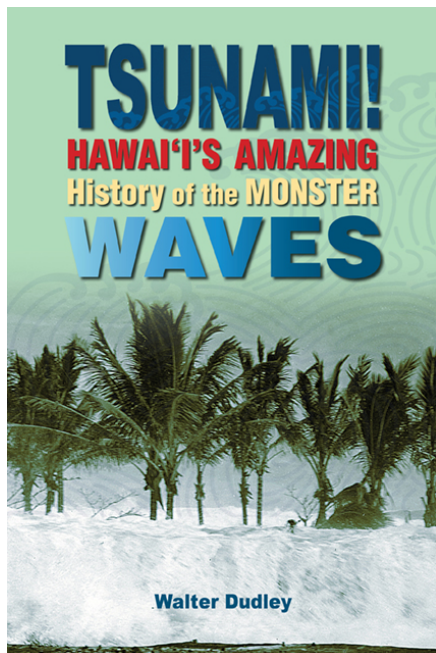
by Mindy Pennybacker

7 x 9, 200 pages, softcover, retail \$21.95

Surfing Sisterhood Hawai'i, written by Honolulu Star-Advertiser surf columnist, Mindy Pennybacker celebrates women surfers in Hawai'i. Not just the pro surfers, but the everyday moms, daughters, and aunts who hit the waves despite a myriad of obstacles they need to overcome like sexist attitudes both on the waves and off, limited time and resources, and personal anxieties.



Above all, the book is a celebration of the freedom these women surfers have created for themselves, carving out a space for women on waves meant to be shared by both sexes. Pennybacker, herself an avid surfer, includes a historical look at women who surfed in ancient Hawai'i, personal stories that shine a light on why surfing is so enticing for women, how it's different than for men, and a brief yet comprehensive look at the trailblazing women pro surfers of Hawai'i who paved the way and broke barriers. She also includes tips and advice for beginner surfers and explains surf etiquette.



Tsunami!

Hawai'i's Amazing History of the Monster Waves

by Walter Dudley

6 x 9, 152 pages, softcover, retail \$14.95

Tsunamis are Hawai'i's most deadly natural hazard, having killed more people than earthquakes, volcanic eruptions, and hurricanes combined. The 1946 tsunami from the Aleutians killed 159 people across the Islands causing deaths on Kaua'i, O'ahu, Maui, and especially on the Big Island. Furthermore, our volcanic islands experience their own periodic earthquakes, which can generate local tsunamis.

Hawai'i's history of tsunamis extends far back in time with accounts from missionaries in the 1800s and indigenous Hawaiian lore predating written records. But it is the true stories of those here in Hawai'i who survived the tsunamis of 1946, 1960, 1964, and 1975 that can teach us what the near-death tsunami experience was actually like.

This book contains true stories told to the author by some forty-five tsunami survivors and includes over seventy-five remarkable photos. You will learn what mistakes were made and what actions we need to take to stay safe. Improvements in the Tsunami Warning System are carefully explained, along with what actions to take during a tsunami warning. Learn from our cousins in American Samoa of how tsunami evacuation training at local schools saved hundreds of children's lives. We don't want you to be scared, we want you to be prepared. It's not "if" but "when" the next tsunami strikes.

'Ike Pāpālūa

Science Fiction & Fantasy Stories from the Hawaiian Islands

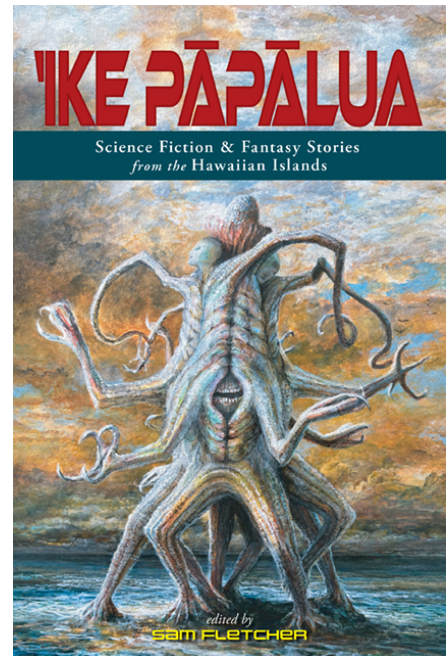
edited by Sam Fletcher

6 x 9 inches, 336 pages, softcover, \$16.95

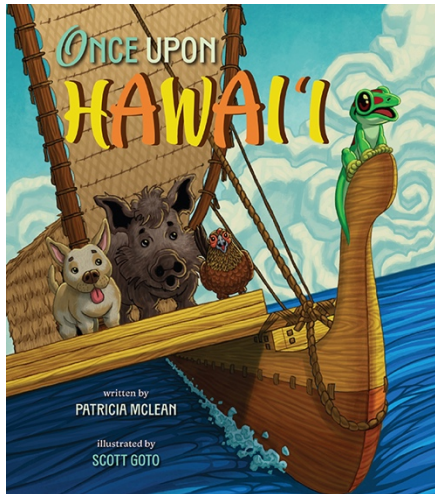
Are you a fan of science fiction? This new collection of science fiction and fantasy short stories set in Hawai'i by some of the islands' foremost fiction writers will transport you to other dimensions and have you think about Hawai'i in a whole new way.

Twenty-one tales of adventure, magic, beasts, gods, Menehune, advanced technology, apocalypse, ghosts, robots, and shapeshifters across the Hawaiian Islands. Featuring stories from A.A. Attanasio, Gregory Norman Bossert, Alan Brennert, A.M. Dellamonica, Tom Gammarino, Darien Gee, Alaya Dawn Johnson, Lehua Parker, Rhiannon Rasmussen, and more.

A child is born as the kahuna prophesied, but to a misinterpreted prophesy. A Menehune duo plays pranks on tourists in Hāna. A Navy Diver attempts to salvage a wreck off Honolulu and finds something else lurking in the deep. After his grandfather passes, a young boy can still hear his call—but is it really him or a trickster spirit? Vampires have taken over Hawai'i, harvesting the last remaining humans in concentration camps. An ensign of the Star Union high above the Islands must prove worthy of their rank—and lineage.



NEW FROM BEACHHOUSE



Once Upon Hawai'i

written by Patricia McLean and illustrated by Scott Goto

8 x 9 inches, 32 pages, picture book, \$14.95

This beautifully illustrated story introduces kids to the early voyaging Polynesians who set out to find distant land and found the islands of Hawai'i.

As the villagers stock their canoes, three animals: a pig, a dog, and a chicken, declare how important they are to such a big journey and how they can help. The dog exclaims that he's the best paddler. The chicken declares she is the best navigator. The pig announces he can steer the best. Meanwhile, a little gecko becomes an accidental stowaway and finds himself tucked away inside the canoe. He's not ready for such a big journey and can't understand how he got into this situation.

As the voyage begins, they sail smoothly along until one day, the clouds come, the wind blows, and the waves start to churn. The dog, the chicken, and the pig are all seasick and unable to help the crew. The stowaway gecko, however, is not seasick. He gathers his courage and decides he is the one who can help them out of the storm.

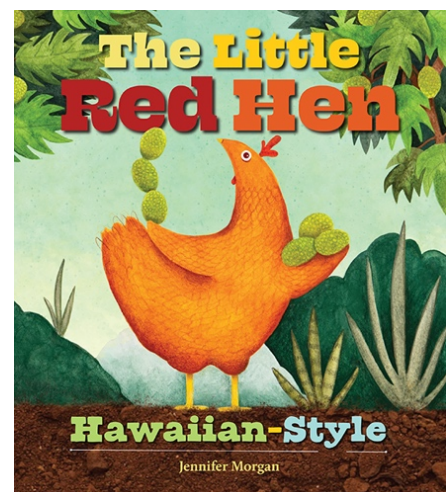
With a brave heart, the gecko leads the canoes to land in his half-shell coconut proving that even a little gecko can help when help is needed.

The Little Red Hen Hawaiian-Style

by Jennifer Morgan

8 x 9 inches, 32 pages, hardcover, \$14.95

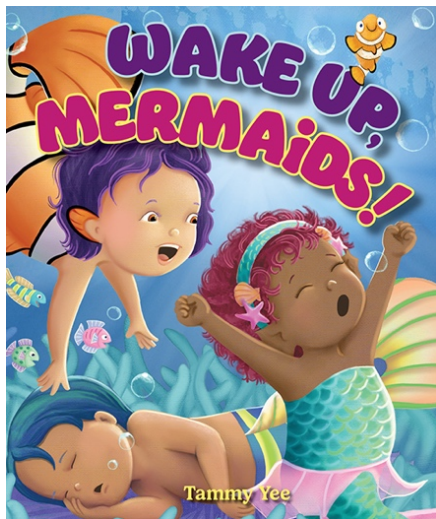
A local version of the classic fable about a little red hen who decides to cook some ulu in an imu. As she sets about digging the hole, gathering lava rocks and banana leaves, she asks her friends the cat, dog, and pig to help. But at every step, they each say they are too busy to help.



When the ulu is cooked and the red hen uncovers the imu, letting out enticing aromas, cat, dog, and pig come sniffing over. But the little red hen will not have any of it. She exclaims that they

cannot have any of the delicious ulu because they didn't help her dig the hole, collect the lava rocks, or cut the banana leaves.

After her outburst, the little red hen feels terrible. In Hawaii, she knows she must show aloha. So she shares the ulu and to her surprise, her friends also bring food to share. The reason they were unable to help the little red hen the day before was because they, too, were busy gathering food to make a big feast. Cat was out catching fish; dog was collecting mangoes, and pig was harvesting kalo to make poi. After all their hard work, they sit together and enjoy their ono feast.



Wake Up, Mermaids!

written and illustrated by Tammy Yee

5 x 6 inches, 16 pages, board book, \$8.95

Wake up with three keiki mermaids and join their daily routine in Hawai'i's underwater world. After brushing their teeth, combing their hair, and making their beds, they're off to swim with seals and sing with whales...all except one sleepy mermaid...Toddlers will relate to the mermaid's daily routine and laugh at the one mermaid who simply sleeps

throughout the day's adventures.

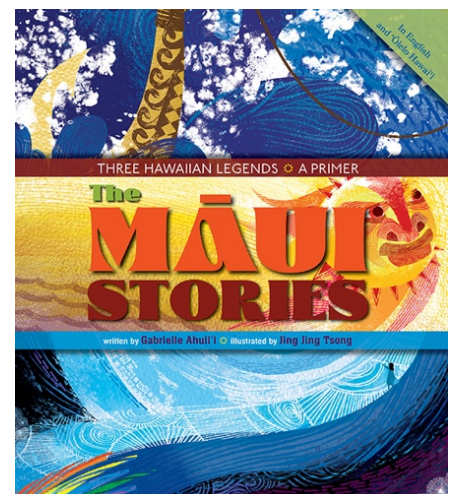
The Māui Stories

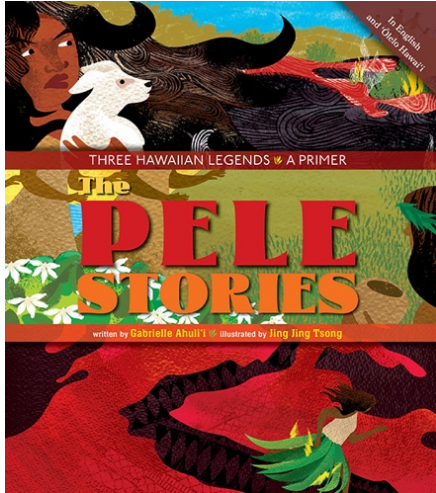
Three Hawaiian Legends, A Primer

written by Gabrielle Ahuli'i, illustrated by Jing Jing Tsong

8 x 9 inches, 60 pages, hardcover, bilingual, \$16.95

A collection of three Hawaiian legends written in English and Hawaiian: *Māui Hooks the Islands*, *Māui Slows the Sun*, and *Hina* for kindergarten through second grade. These stories, written by elementary school librarian, Gabby Ahuli'i, introduce young kids to the demigod Māui and his mother, Hina.





The Pele Stories

Three Hawaiian Legends, A Primer

written by Gabrielle Ahuli'i, illustrated by Jing Jing Tsong

8 x 9 inches, 60 pages, hardcover, bilingual, \$16.95

A collection of three Hawaiian legends written in English and Hawaiian: *Pele Finds a Home*, *Hi'iaka Battles the Wind* and *Naupaka* for kindergarten through second grade. These stories, written by elementary school librarian, Gabby Ahuli'i, introduce young kids to stories about Pele, the

volcano goddess.

20% OFF PROMO CODE STILL VALID FOR BOOK CLUB MEMBERS

We are still offering free shipping to Hawai'i addresses for orders of \$30 and over. And be sure to use your Book Club member promo code to get 20% off all regular-priced books! Let your family and friends know that if they join our Book Club they will receive a special promo code and receive notice of all our upcoming promotions.

CURBSIDE PICK UP is still available. Just call us at 808-732-1709 when you're here and we will bring your order out!

FEATURED RECIPES



This recipe is from *Muriel Miura's Home Cooking Hawai'i-Style*.

Chicken Sukiyaki

Yield: 4 to 6 servings

1½ pounds boneless chicken, cut into bite-sized pieces

1 tablespoon butter or margarine

½ cup chicken broth

¼ cup sugar

¼ cup soy sauce

2 tablespoons sake (Japanese rice wine)

1 cup sliced bamboo shoots

1 cup sliced mushrooms (matsutake)

1 cup shirataki (yam flour noodles)

1 onion, sliced

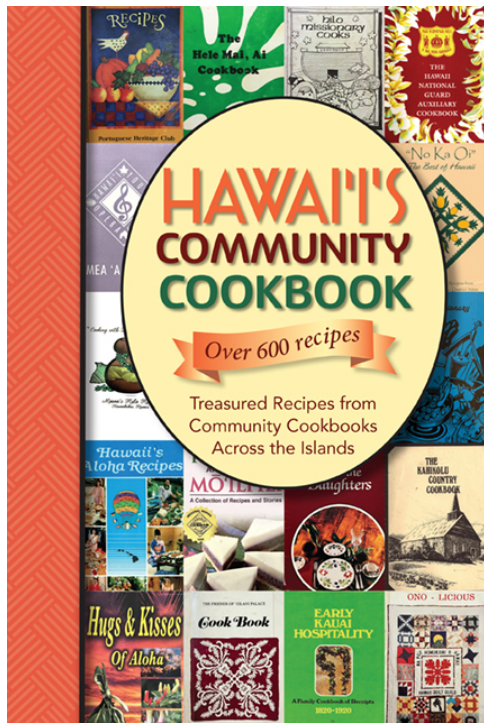
1½ cups sliced green onion (cut into 1 ½-inch lengths)

4 cups sliced watercress (cut into 2-inch lengths)

Sauté chicken in butter or margarine. Add chicken stock, sugar, soy sauce, and sake; cook for 2 minutes over medium heat. Add bamboo shoots, mushrooms, and shirataki; cook additional 2 minutes.

Add sliced onion, green onion, and watercress. Cook over medium heat only until vegetables are cooked.





This recipe comes from Hawai'i's Community Cookbook.

Haupia Pumpkin Pie

- 1 (1-pound) can pumpkin
- 2 eggs, slightly beaten
- 3/4 cup sugar
- 1/2 teaspoon salt
- 1 teaspoon cinnamon
- 1/2 teaspoon ginger
- 1/4 teaspoon cloves
- 1 (13-ounce) can evaporated milk

1 1/2 cups grated coconut, divided use

1 unbaked 9-inch pie shell

1 (2-ounce) package haupia pudding mix

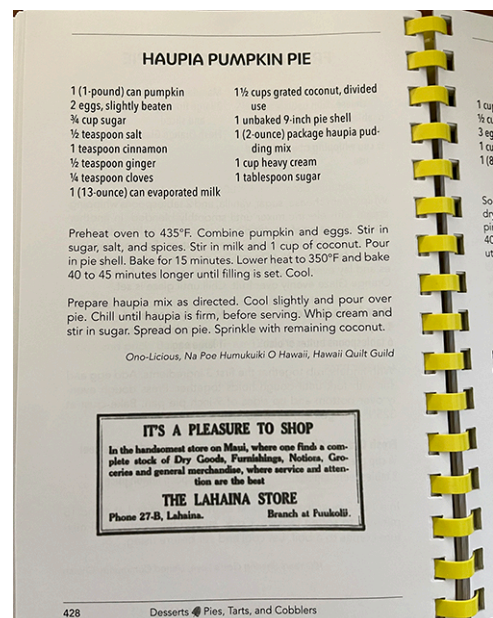
1 cup heavy cream

1 tablespoon sugar

Preheat oven to 435°F. Combine pumpkin and eggs. Stir in sugar, salt, and spices. Stir in milk and 1 cup of coconut. Pour in pie shell. Bake for 15 minutes. Lower heat to 350°F and bake 40 to 45 minutes longer until filling is set. Cool.

Prepare haupia mix as directed. Cool slightly and pour over pie. Chill until haupia is firm, before serving. Whip cream and stir in sugar. Spread on pie. Sprinkle with remaining coconut.

*Recipe from Ono-Licious, Na Poe Humukuiki O Hawaii,
Hawaii Quilt Guild*



PARKING

A QUICK AND IMPORTANT NOTE: The parking lot on Center Street, across the street from the Franklin Building where we are located, now has **SIX RESERVED** spots that you **cannot park** in—you **will be towed**. Please look out for them and do not park in these spots. Unfortunately, these are not for customers or clients of the building. Please park in unreserved stalls only. If you think you will need help, call 808-732-1709 ahead of time and we can bring your purchase out to you or help you find parking.



CURBSIDE PICK UP is still available. Just call us at 808-732-1709 when you're here and we will bring your order out!



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