

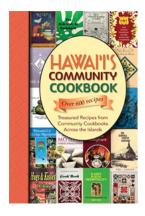
December 1, 2023

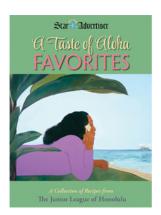
Welcome again to **BOOKBEAT**, a monthly newsletter about Hawai'i books focusing on Mutual Publishing titles.

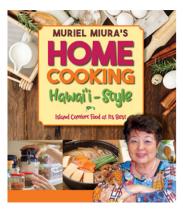
It's already December! The holiday season is upon us. Even though Black Friday and Cyber Monday sales are over, we are still running weekly specials this month to help you finish up your gift-buying list.

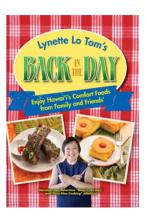


In case you missed it, this week's special (until end of day December 3) includes four cookbooks: Hawai'i's Community Cookbook, A Taste of Aloha Favorites, Home Cooking Hawai'i-Style, and Back in the Day.



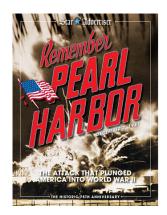


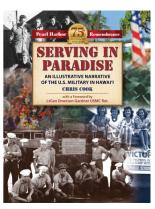




Starting Monday, December 4, **Remember Pearl Harbor** and **Serving in Paradise** will go on special sale until December 10.

ON SALE DEC 4 – DEC 10





SHOP OUR OFFICE BOOKSTORE

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!

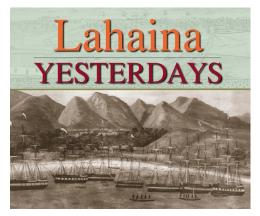
20% OFF PROMO CODE STILL VALID FOR BOOK CLUB MEMBERS

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 BOOK

Sale extended until the end of the year!



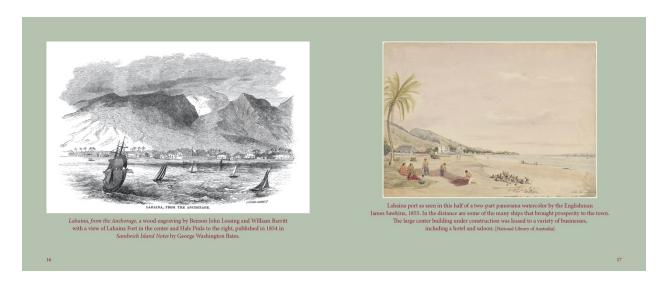
Lahaina Yesterdays

8 x 6.5 in • 72 pp • hardcover • retail \$14.95 ON SALE \$11.96

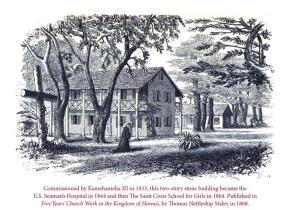
A portion of proceeds will be donated to The Maui Strong Fund.

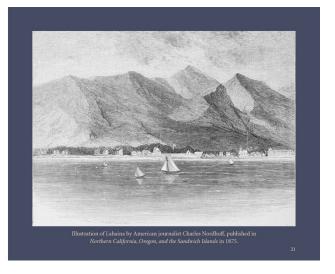
Before the twentieth century, Lahaina was home to Hawaiian royalty, whaling ships, missionaries, plantation

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 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.





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.



BOARD BOOK HOLIDAY SALE!

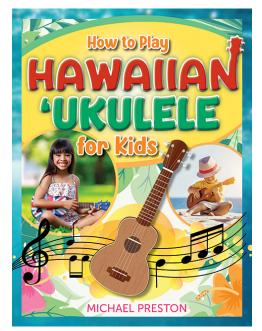
Is there a baby or toddler in your life? Don't miss out on our holiday sale of BeachHouse Board Books! **Buy 2 and Get 1 FREE!**

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.)

NEW TITLES AVAILABLE NOW!



How to Play Hawaiian 'Ukulele for Kids

by Michael Preston

8.5 x 11 inches, 56 pages, softcover, \$9.95

For many children in Hawaii, learning how to play the 'ukulele is a time-honored tradition. How to Play Hawaiian 'Ukulele for Kids' is written especially for young children in kindergarten through lower elementary age. This is a time when children freely sing and play in harmony with nature.

'Ukulele teacher Michael Preston brings to this uniquely Hawaiian book, twenty-five years of teaching 'ukulele to children—in school, groups, and individually. The pages

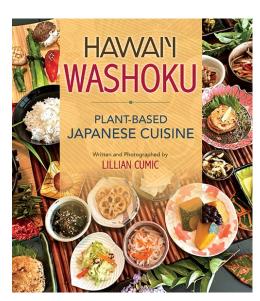
will lead young players through all the basic skills needed to tune, strum chords, and sing songs—inspired by Hawaii's history and natural surroundings. The melodies are mostly well-known childhood songs with lyrics specially composed to celebrate and reflect Hawaii's birds and sea life.

Keiki will find these colorful lessons easy to follow with songs that are fun to play, and they will gain a deeper appreciation for the 'ukulele's place in Hawaii's history.

Hawai'i Washoku Plant-Based Japanese Cuisine

written and photographed by Lillian Cumic 7.5 x 9 inches, 288 pages, hardcover wire-o, \$31.95

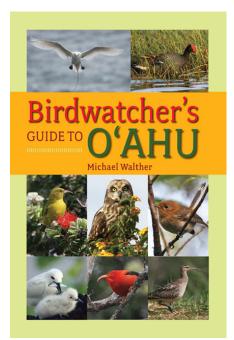
Hawai'i Washoku unites one of the world's great cuisines with the spirit of Aloha to create harmony and peace at your table. Through a superbly photographed collection of over 175 plant-based and gluten-free Japanese recipes, vegan chef Lillian Cumic's third cookbook is the ultimate chaperone for reimagining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

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.

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 Oʻahu provides the necessary information to plan a visit to twenty-four of the best locations on Oʻahu to see our fascinating avifauna. It is divided into seven geographic regions—Honolulu, Southeast, East, North Shore, Central, Koʻolau 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.

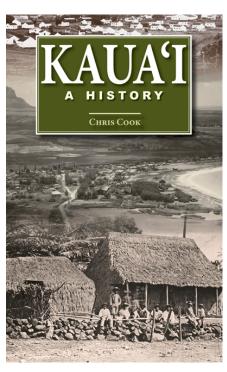
Whether you're a backyard birder or a seasoned birder ready to hit the hiking trails with binoculars in hand, *Birdwatcher's Guide to O'ahu* is a must have with maps, charts, and information on all the birds you can find on the island.

Kaua'i A History

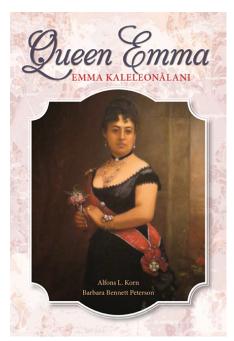
by Chris Cook 6 x 9 inches, 136 pages, softcover, \$14.95

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 philantrophy, 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'elikolani

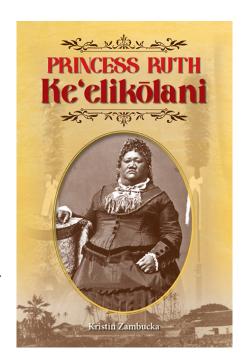
by Kristin Zambucka

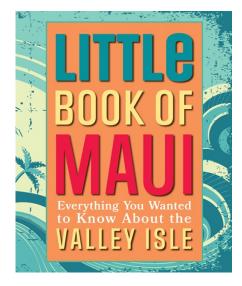
6 x 9 inches, 104 pages, softcover, \$12.95

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

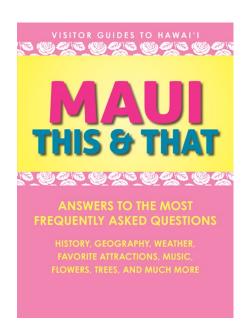
Everything you ever wanted to know about the island of Maui is right here—facts and figures, the major districts, beaches, Hawaiian legends, historical figures, ancient sites, natural wonders, special events, movies, music, and food. Pick up the book and read any page to broaden your understanding and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

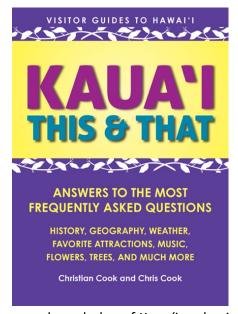
Maui This & That

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?

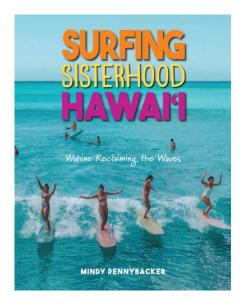
Here are quick, easy answers to these and many other questions about the Garden Isle, statistics, facts and figures, and a historical timeline of significant events. Brush up on

your knowledge of Kaua'i and gain a deeper appreciation for Hawai'i's oldest and beloved island.

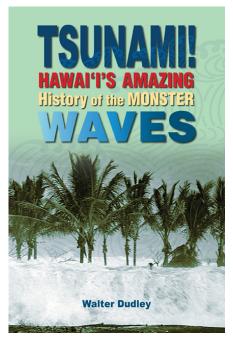
Surfing Sisterhood Hawai'i Wahine Reclaiming the Waves

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 aunties 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.

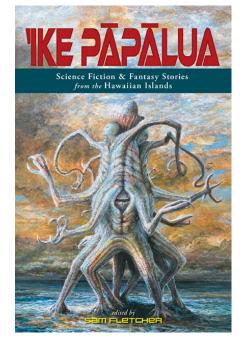
This book contains true stories told to the author by some forty-five tsunami survivors and includes over seventy-five remarkable photos. You will learn what mistakes were made and what actions we need to take to stay safe. Improvements in the Tsunami Warning System are carefully explained, along with 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 Pāpālua

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.

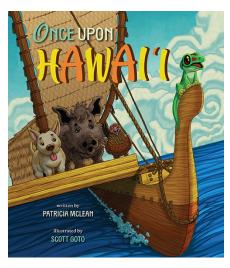


Twenty-one tales of adventure, magic, beasts, gods, Menehune, advanced technology, apocalypse, ghosts, robots, and

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

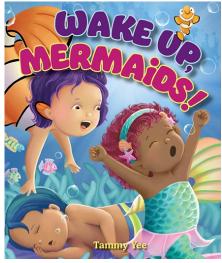
A local version of the classic fable about a little red hen who decides to cook some ulu in an imu. As she sets about digging the hole, gathering lava rocks and banana leaves, she asks her friends the cat, dog, and pig to help. But at every step, they each say they are too busy to help.



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.



throughout the day's adventures.

Wake Up, Mermaids!

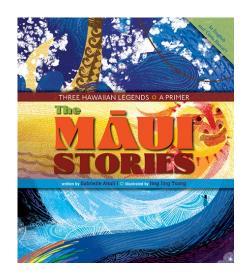
written and illustrated by Tammy Yee 5 x 6 inches, 16 pages, board book, \$8.95

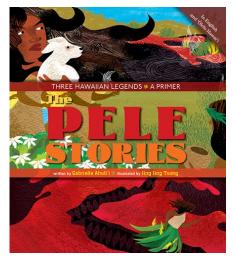
Wake up with three keiki mermaids and join their daily routine in Hawai'i's underwater world. After brushing their teeth, combing their hair, and making their beds, they're off to swim with seals and sing with whales...all except one sleepy mermaid...Toddlers will relate to the mermaid's daily routine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

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.





volcano goddess.

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

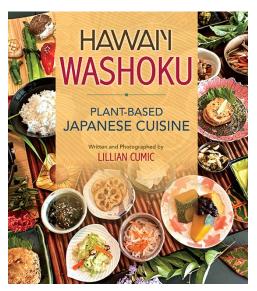
A collection of three Hawaiian legends written in English and Hawaiian: *Pele Finds a Home, Hi'iaka Battles the Wind* and *Naupaka* for kindergarten through second grade. These stories, written by elementary school librarian, Gabby Ahuli'i, introduce young kids to stories about Pele, the

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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 Hawai'i Washoku, Plant-Based Japanese Cuisine by Lillian Cumic.

Yamagata Taro Soup

Yield: 4 to 6 servings

Every year I enjoyed imonikai (imono parties), outdoor picnics held early Autumn to ring in the season in the Tōhoku region of Japan. Groups of residents would line the riverbanks and prepare gigantic pots of taro soup with meat and vegetables. Two of my dear friends, Mori San and Sato San (originally from Yamagata), would

make a separate vegan version in a small pot so I wouldn't be left out of the festivities. It's dishes like this that bring people together to celebrate the seasons, life, and good health.

- 1 block (8.8oz/250g) ita konnyaku (grey konjac)
- 1 tablespoon salt
- 8 satoimo (Japanese taro p. 263)

SOUP

4 cups (1L) Shiitake Dashi (p. 26) or water (soup will be milder if you use water)

- 1 tablespoon kombu dashi granules (p. 261) or mushroom seasoning (p. 262)
- 1 medium carrot, cut into 1-inch pieces
- 1 large king oyster mushroom, cut into 1-inch pieces (you can also use shimeji or maitake mushrooms)
- 1 burdock root, scrubbed or peeled
- ½ cup (60g) sliced negi (p. 261) or green onion

SEASONING

¼ cup (60ml) soy sauce or gluten-free tamari

- 3 tablespoons mirin
- 2 tablespoons sake
- 2 tablespoons sugar



Break the konnyaku block into bite-size pieces using your hands. Place in a bowl and gently rub with the salt. Set aside for 30 minutes (this will help get rid of the fishy odor). Bring a pot of water to a boil over medium-high heat and add the konnyaku. Boil for 10 minutes, then drain and set aside.



ladle into serving bowls. Serve hot.

For the taro, use a knife to cut a line around the center for easy peeling once cooked. Microwave the taro on high for 5 minutes. Once cool enough to handle, peel the taro, then cut the larger ones in half and set aside.

For the soup, bring the water to a boil over medium-high heat. Add the kombu dashi granules, konnyaku, carrot, and king oyster mushroom. Mix the seasoning ingredients in a small bowl and add to the soup. Turn the heat down to medium and simmer for 10 minutes.

While the soup is simmering, sasagaki cut the burdock root like you're sharpening a pencil and add to the soup, along with the taro. Simmer for another 5 to 7 minutes, or until the vegetables are tender. Add negi (or green onion) and cook for 1 minute. Remove from the heat and

Crusted Ono

This recipe is from Sam Choy's Aloha Cuisine.

Crusted ono is one of the most popular dishes in our restaurants. People love it. It's very, very good. When you combine macadamia nuts and panko, it keeps the ono moist on the inside and crispy on the outside. Marlin, 'ahi, or mahi mahi (dolphin fish) can be substituted.

Serves 4

4 (6-ounce) ono (wahoo) fillets

¼ cup olive oil

1 teaspoon fresh ginger, minced

1 teaspoon garlic, minced

Salt and pepper to taste

½ cup panko (Japanese crispy bread crumbs)

½ cup butter at room temperature

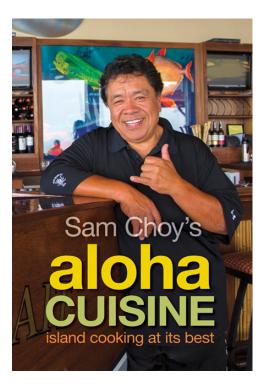
¼ cup macadamia nuts, chopped

1 tablespoon fresh herbs, minced (combination of basil, dill, and thyme)

1 teaspoon paprika



Makes 2½ cups 3 tablespoons sugar 1½ tablespoons vinegar





Pinch red chili pepper flakes Pinch cumin

- 1 medium papaya, seeded, peeled, and diced
- 1 cup mango, peeled and diced
- ½ small red onion, diced
- 3 tablespoons red bell pepper, diced
- 2 tablespoons cilantro, chopped

To prepare the Papaya-Mango Salsa:

Mix sugar, vinegar, chili flakes, and cumin until sugar dissolves. Fold in remaining ingredients. Set salsa aside.



To prepare the fish:

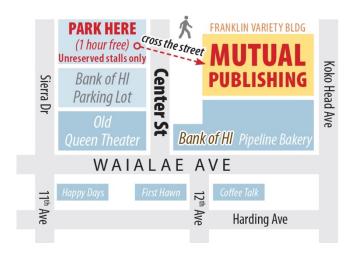
Marinate one in mixture of olive oil, ginger, garlic, salt, and pepper for one hour.

Preheat oven to 375°F. Combine panko, butter, macadamia nuts, herbs, and paprika; blend well. Divide panko mixture into 4 portions and pat 1 portion on top of each fillet. Bake 8 to 10 minutes.

Serve with Papaya-Mango Salsa.

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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