



July 1, 2025

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

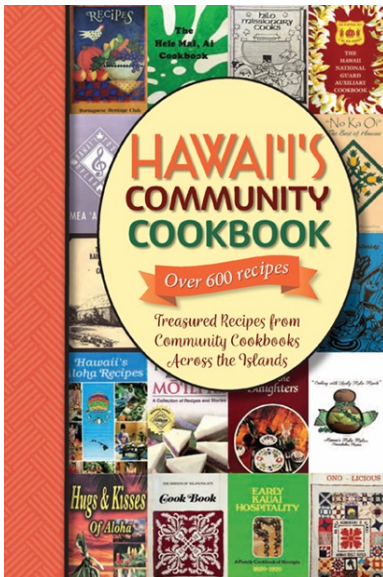
It's summer! To help you get ready for those backyard barbecues and potlucks, we have three cookbooks on sale this month: **Hawai'i's Community Cookbooks**, **Tasting Hawai'i Vegan Style**, and **Poke Hawai'i's Food**. Also on sale for those of you setting out on adventures is **Hawai'i's Fishes**—a must have whether you're a recreational snorkeler or experienced diver—and **Maui's Hana Highway** for those ready to explore Maui's famous winding road.

Don't miss our new releases! We have three mini cookbooks, two retro postcard books, and three mini crossword books. There's also a new Wayfinder's book from BeachHouse—biographies for kids—about the great waterman, Eddie Aikau.

Be sure to scroll down for more information and check out what we are working on!

FEATURED JULY BOOKS

On sale the month July!



Hawai'i's Community Cookbook

6 x 9 in • 512 pp • softcover, comb binding • retail \$24.95

ON SALE \$17.99

Hawai'i's Community Cookbook has over 600 delicious recipes from the islands' most treasured community cookbooks. Back in the day, most cooks did not keep written recipes. The community cookbook became a way to preserve culinary and cultural traditions from generation to generation. As more people arrived in the islands from other countries, they became neighbors and generously shared their food with each other. The cookbooks they compiled reflected Hawai'i's diverse communities and how different cuisines were melded.

Some cookbooks were a proud statement of heritage. Some spread the mission for organizations of every type—schools, business groups, civic groups, churches, quilting guilds, choirs, hospitals, and more.

This anthology of recipes, selected from fifty community cookbooks, invites the home cook to a statewide potluck with an abundance of personality. There are “old-fashioned” recipes that are popular again, like popovers and made-from-scratch breads and biscuits, chutneys and jams. There are neighborhood favorites like Chicken Hekka, Coconut Fish, and Pulehu Ribs and recipes for quick, easy-to-make meals like Beef Tomato, Mochiko Chicken, and Saimin. Salads, vegetable dishes, pūpū, and desserts use island ingredients like ‘ulu (breadfruit), taro, ‘ōhelo berries, liliko‘i, and more.

Tasting Hawai‘i Vegan Style

by Lillian Cunic

7.5 x 9 in • 272 pp • hardcover, wire-o binding • retail \$25.95

ON SALE \$16.99

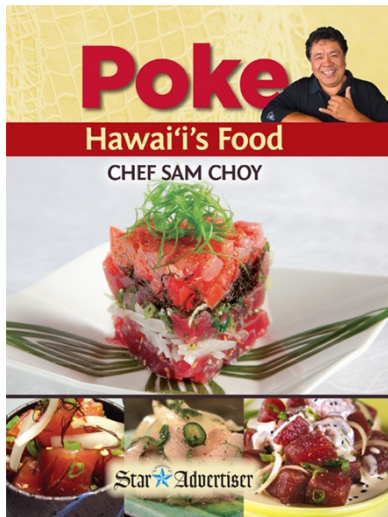
With over 120 Island-inspired recipes, all plant-based and gluten-free, *Tasting Hawaii Vegan Style* opens your mind to the myriad of possibilities the plant kingdom offers and gives you the confidence to take on a healthy vegan lifestyle.

Traditional local favorites include Chik’n Hekka, Kalua “Pork,” and Candied Hurricane Popcorn. Poke has its own chapter of recipes in all the colors of the rainbow, featuring a mouth-watering Chuna (vegan tuna) Watermelon Poke Bowl. Vegan seafood is also showcased—a decadent Lobsta Roll, Oyster “Calamari,” Eggplant Unagi Don, and the iconic Chuna Sandie.

A chapter of vegan cheeses will delight all cheese-lovers with recipes for Tofeta, Cashew Brie, and a Mockarella Caprese guaranteed to turn any platter into something special. Cunic’s desserts like Rocky Beach Road, Impossible Snicky Bites, and Baked Vegan Cheesecake will melt in your mouth and heart, too.

Experience the innovative and exciting dishes now trending Island-wide and among plant-based foodies. *Tasting Hawaii Vegan Style* is the perfect cookbook to add to your collection, a conversation starter for every coffee table and kitchen, and the ideal gift bringing people together with food.





Poke Hawai'i's Food

by Sam Choy

6 x 9 in • 092 pp • hardcover, wire-o binding • retail \$22.95

ON SALE \$14.99

Poke is Hawai'i's food, popular everywhere in the Islands and now in many places on the mainland U.S. as well.

There are so many ways to make poke—so many directions to go. Just about anything can be done. Anyone can become a creative chef mixing and matching their favorite seafood or other ingredient with the basics of soy sauce, sesame oil, and

Hawaiian sea salt.

With over 110 recipes, including contributions from his chef friends, Sam demonstrates poke's amazing versatility—from traditional poke dishes, to recipes influenced by the flavors and seasonings brought to Hawai'i by Asian newcomers, through dishes patterned after ceviche, carpaccio, tartare, and other preparations of raw fish. There is even (slightly) cooked poke and the new wave of poke dishes that take poke to unprecedented culinary heights.

Immersed in the foods of the Islands since childhood, Sam had the vision to see that poke could become Hawai'i's signature dish. Not surprisingly this king of local (Hawai'i) food is a natural for this role. It has history, it is easy to prepare and transport, it is versatile, and it allows for innovation.

Whether you enjoy eating or preparing poke, whether you are a true aficionado or just like to order poke at your favorite restaurant, there is a recipe for you in this book.

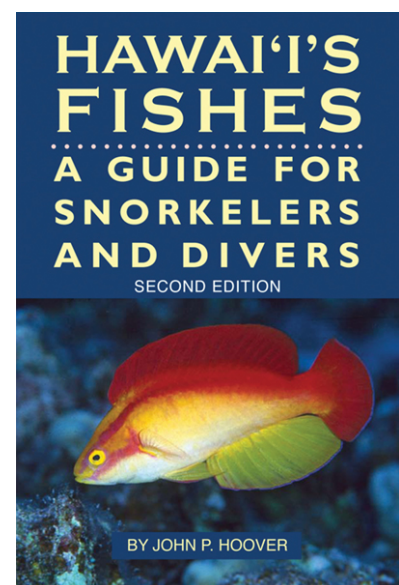
Hawai'i's Fishes

by John Hoover

6 x 9 in • 208 pp • softcover • retail \$17.95

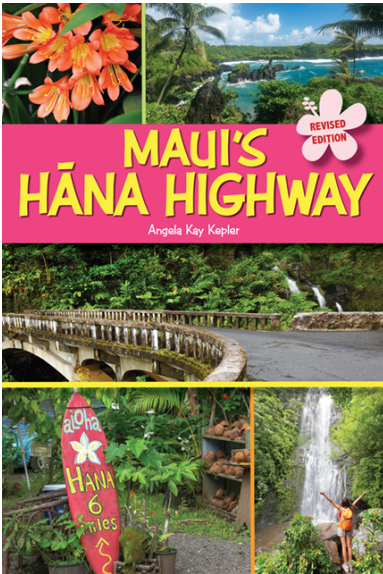
ON SALE \$12.99

Hawai'i's undersea world has long enticed visitors and residents alike, and wildlife is the main attraction. Nowhere else in the Islands can such a bounty of fascinating and colorful animals be seen at such close range. Most are fishes. Coming in all sizes and shapes, they are everywhere—on the bottom, at the surface, under the sand, in caves, even inside other animals. Their vibrant colors are astounding, their shapes sometimes strange beyond belief. Many have developed elaborate mechanisms of defense—balloons, poisons, hypodermic syringes, electric shocks. Others mimic stones, coral, sponges, plants, crabs, each other—anything to survive and multiply. There



are fishes that can fly and fishes that can't swim. Some are as big as a city bus, others the size of a pin. The variety is endless.

Hawai'i's Fishes: A Guide for Snorkelers and Divers presents underwater photographs and informative descriptions of 265 marine fishes—all the species commonly encountered in the Islands. Also included are a chapter on Hawai'i's ever-popular sea turtles, and an illustrated guide to the best snorkel and dive spots on Kaua'i, O'ahu, Maui, and the Big Island, complete with maps and driving directions.



Maui's Hāna Highway

by Angela Kay Kepler

5.5 x 8.75 in • 80 pp • softcover • retail \$10.95

ON SALE \$6.99

A detailed pictorial guide to the incredible 52-mile journey of 617 curves and over 56 bridges through the most breathtaking scenery in all of Maui. Begin in Kahului, Maui's commercial center, and end in the Hana area, the Shangri-la of Hawai'i. Over 240 photographs explore unconquerable precipices, wave-thrashed shores, sculptured streams and verdant rain forests. Visit tropical gardens, freshwater caves, historic churches, Charles Lindbergh's grave, and gold, black and red sand beaches. Witness ancient Hawaiian civilization through

legends, folklore, sacred temple sites and burial grounds. Hike along centuries-old coastal trails.

Haku and Sam: A Graphic Adventure in Hawai'i

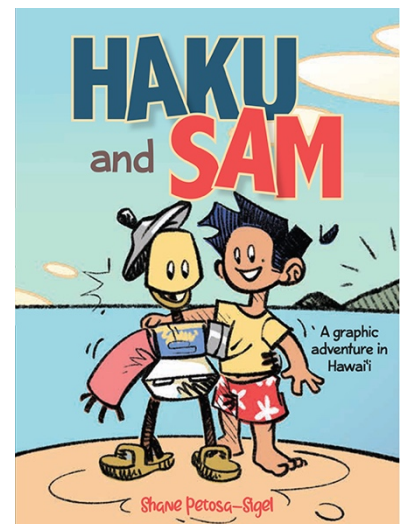
by Shane Petosa-Sigel

6 x 8.25 in • 64 pp • hardcover • retail \$14.95

ON SALE \$9.99

Is your keiki a fan of the Narwhal and Jelly books? This new graphic novel for kids ages 6 to 8 is written and illustrated by local comic book illustrator, Shane Petosa-Sigel. Set in Hawai'i, Haku and Sam are characters local kids will relate to.

Meet Haku and Sam, find out how they become best friends, and follow their antics and adventures in Hawai'i. Perfect for summer reading and for kids who enjoy the pace and visual reading cues a graphic novel can give. The story is funny, touching, and relatable for any child anxious about making a new friend and having someone to share adventures with.



The second title in the Haku and Sam series will be available in August—*Haku and Sam Out to Sea*. Don't miss their new adventures!

AVAILABLE NOW!

Mini Cookbooks

We are excited about our new series of mini cookbooks! These little nuggets are the same size as our *Hawai'i Cooks with Spam mini cookbook* and are packed with easy to make recipes.



Hawai'i Cooks with Pineapple

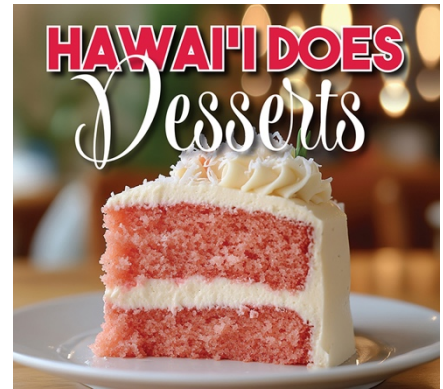
5 x 4.5 in • 104 pp • softcover • retail \$7.95

Pineapple has been a symbol of Hawai'i's agricultural history and vibrant cuisine since the late 1880s. Once one of the Islands' main exports, this tropical fruit has shaped not only the economy but also the flavors of Hawai'i's diverse culinary traditions. In this cookbook, discover the rich history of pineapple in Hawai'i and learn how to infuse its sweet, tangy flavor into a wide variety of dishes. From savory delights like pineapple chicken salad, zesty pineapple salsas, and sweet-and-sour stir-fries to side dishes like pineapple relish and coconut Thai rice, this collection offers endless ways to enjoy the Island's golden treasure. And for those with a sweet tooth, there are decadent pineapple desserts such as the classic Pineapple Upside-Down Cake, creamy pineapple cheesecakes, and refreshing pineapple sorbet. Whether you're preparing a casual meal or a festive feast, these recipes will bring the tropical taste of Hawai'i to your table, celebrating pineapple's enduring legacy in Island cuisine.

Hawai'i Does Desserts

5 x 4.5 in • 112 pp • softcover • retail \$7.95

Hawai'i's love affair with desserts is a delicious reflection of its rich cultural tapestry of tropical ingredients and flavors. Signature treats like Guava Chiffon Cake, with its sweet, tropical essence, and the iconic Pineapple Upside-Down Cake, featuring caramelized fruit atop a moist base, are beloved classics. Malasadas, Portuguese deep-fried donuts rolled in sugar, will take you back to school fairs and state carnivals. Fresh Mango Pie will remind you of the plump mangoes hanging from your neighbor's tree. Desserts featuring liliko'i, macadamia nuts, coconut, pineapple, bananas, guava, and more highlight the Islands' abundant resources and create a sweet symphony that captures Hawai'i's unique spirit. The traditional Hawaiian haupia added to pies and poi used to make Okinawan andagi round out this array of unique desserts that embody Hawai'i's culinary creativity. Whether you're a seasoned baker or a curious beginner, let the flavors of the Islands inspire your culinary adventures and bring a touch of paradise to your table.



Hawai'i Cooks with Coconut

5 x 4.5 in • 112 pp • softcover • retail \$7.95

Coconuts have been a part of Hawaiian cuisine since niu (coconut palm) were brought to Hawai'i by Polynesian voyagers, and they have influenced the flavors and traditions of the Islands. This cookbook puts coconut at center stage with a collection of easy-to-follow recipes that invite you to experience the tropical essence of the Islands. With its ability to enhance both flavor and texture, coconut has become a culinary bridge, connecting Hawai'i's multicultural influences. From Hawaiian classics like haupia and poke, to seafood infused with coconut sauces, to Thai-inspired coconut curries and soups, there's a dish for every palate. There's also an array of delectable desserts like coconut cream pie, Filipino bibingka, and indulgent coconut bread pudding. Whether in savory stews or sweet treats, coconut remains a beloved symbol of the Islands' rich and diverse food heritage. Let the coconut inspire your culinary creations and bring the spirit of Hawai'i to your table.

Postcard Books

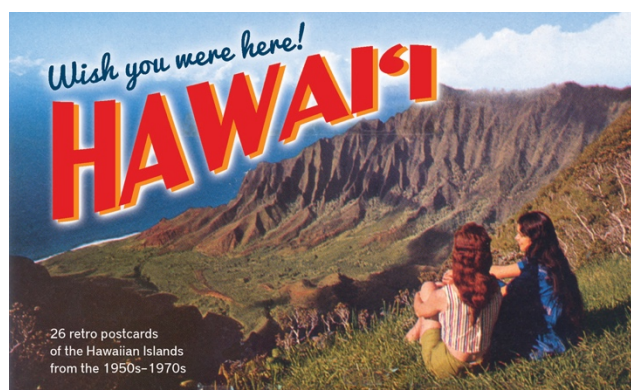
And we have two new postcard books featuring retro postcards from the 1950s-70s that are sure to stir up nostalgic feelings. Share them with family and friends. They are the perfect gift for visitors who remember the islands way back when.

Aloha from Hawai'i 26 Retro Postcards of the Hawaiian Islands from the 1950s-1970s

6 x 4.5 in • 56 pp • softcover • retail
\$10.95



Take a step back in time with this captivating collection of retro post-cards from the 1950s to 1970s—perfect for sharing with friends and family who remember Hawai'i's technicolored golden age or anyone fascinated by the island's post-war tourism boom. Each postcard showcases Hawai'i's stunning beauty, from iconic landmarks like Diamond Head, Rainbow Falls, and Waimea Canyon, to its lush landscapes and sparkling beaches that defined the era's vision of paradise. With their nostalgic charm and vintage flair, these cards capture the irresistible allure of a tropical escape, reflecting the islands' rise as a must-visit destination and evoking a sense of discovery and adventure.



Wish You Were Here! Hawai'i 26 Retro Postcards of the Hawaiian Islands from the 1950s-1970s

6 x 4.5 in • 56 pp • softcover • retail \$10.95

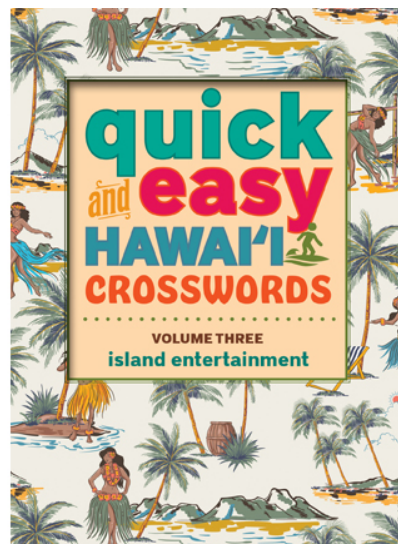
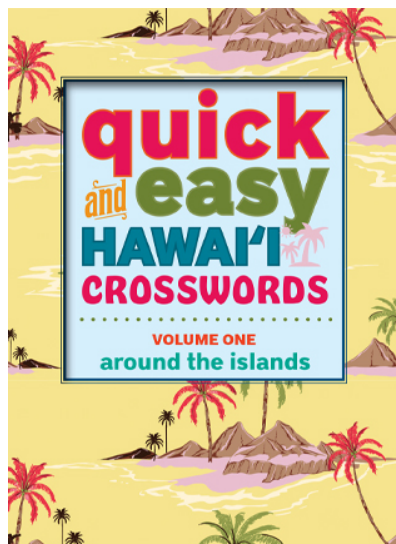
Take a step back in time with this captivating collection of retro postcards from the 1950s to 1970s—perfect for sharing with friends and family who remember Hawai'i's

technicolored golden age or anyone fascinated by the island's post-war tourism boom. Each postcard showcases Hawai'i's stunning beauty, from iconic landmarks like Diamond Head, Kalalau Valley, and Haleakalā, to its lush landscapes and sparkling beaches that defined the era's vision of paradise. With their nostalgic charm and vintage flair, these cards capture the irresistible allure of a tropical escape, reflecting the islands' rise as a must-visit destination and evoking a sense of discovery and adventure.

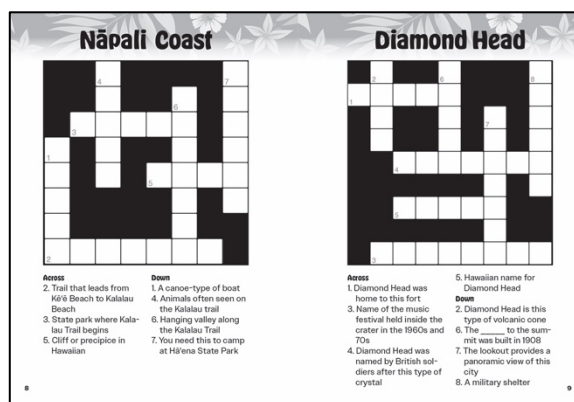
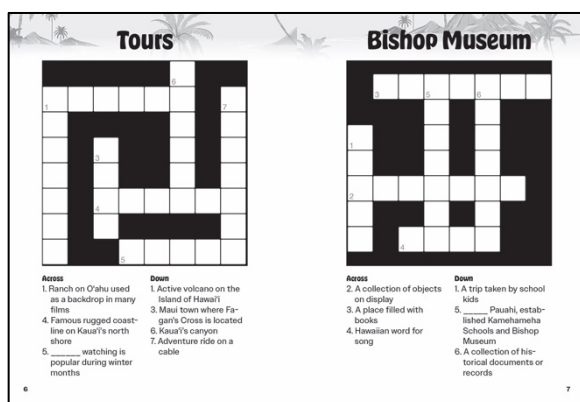
Get ready for Mother's Day and graduation season with *A Pocket Guide to Hawaiian Lei Making*. Complete with step-by-step photo instructions on how to make a wide variety of lei—flower, ribbon, yarn, money, and more.

Quick and Easy Hawai'i Crosswords

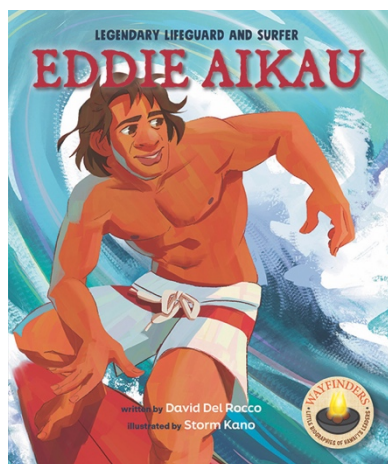
For those puzzlers out there, we have three new mini crossword puzzle available now **at only \$4.95 each!** Pocket-sized with 64 pages, each book has **50 mini crosswords** to solve. Although they are not dense puzzles like the NYT mini crosswords, they are quick and easy, and you'll learn a lot about the Hawaiian Islands!



Volume 1: Around the Islands features fun trivia about places around Hawai'i like landmarks, surf spots, things to see and do. **Volume 2: Island Natural Wonders** features trivia about the island's natural world of volcanoes, flora and fauna, sharks, waterfalls, and scenic landmarks. **Volume 3: Island Entertainment** features trivia about all the fun things you experience in Hawai'i like carnivals and fairs, Lei Day, movies, conventions, local food, and more.



From BeachHouse



Eddie Aikau: Legendary Lifeguard and Surfer

Written by David Del Rocco, illustrated by Storm Kano
6.57 x 7.95 in • 24 pp • hardcover • retail \$9.95

WAYFINDERS is a new series of biographies celebrating Hawai'i's leaders—women and men who have helped shape the islands as we know them today. These books shine a light on those well-known and lesser-known educators, scientists, athletes, artists, activists, and political leaders who have transformed Hawai'i and paved the way for future generations.

This third WAYFINDERS book is about larger-than-life Hawaiian legend, Eddie Aikau. Although many kids in Hawai'i grow up hearing the phrase “Eddie Would Go,” many may not know about his extraordinary life. A devoted, talented North Shore surfer, Eddie was the first lifeguard at Waimea Bay on O‘ahu and saved over 500 people. He competed in surfing events and won the famous Duke Kahanamoku Invitational Surfing Contest. Eddie is most known for paddling for help on his surfboard after the *Hōkūle‘a* capsized in 1978 during their voyage to Tahiti—sacrificing himself for his friends.

Dreams of Paradise 500-piece jigsaw puzzle

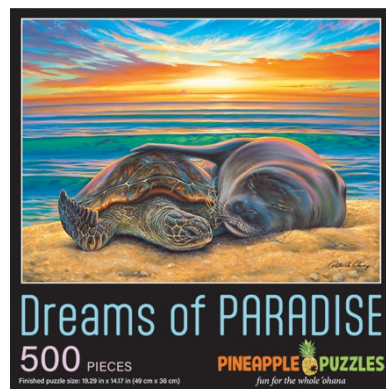
49 x 36 cm • 500-pieces • \$16.98

On sale for \$14.99

Ready for a new jigsaw puzzle to do as a family? Dreams of Paradise by Patrick Ching is now available.

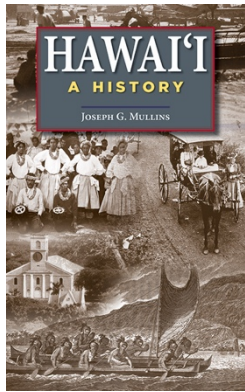
Dreams of PARADISE, an oil painting by Patrick Ching, captures a place where monk seals and sea turtles haul up onto shore.

Monk seals are notorious for cuddling up to things. Honu is the Hawaiian name for the green sea turtle. The Hawaiian monk seal is called ‘ilio holo i ka uaua, which means “dog that runs in rough water.” This painting was inspired by a photograph taken by renowned turtle scientist George Balazs.



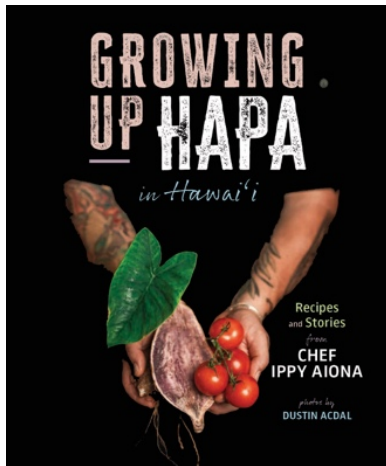
WHAT WE'RE WORKING ON

Stay tuned to our newsletters, because we have a lot of new books coming out this year.



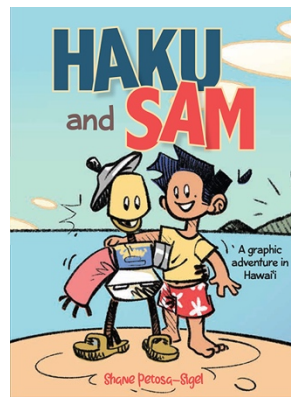
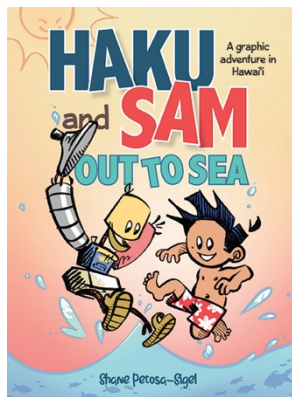
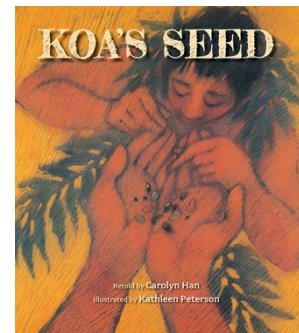
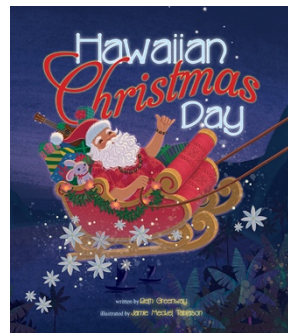
Available soon is a history book on Hawai'i titled **Hawai'i A History**. This book is a condensed version of *Hawaiian Journey* that has been updated through 2024.

We are also working on a new coloring book for adults featuring artwork by Kelly Furuya titled **Hawai'i in Bloom**. This new coloring book is a smaller size and will have a lower retail price than her large format coloring books: *Coloring Hawai'i* and *Coloring Nature in Hawai'i*.



And this Fall, we will be releasing a premiere cookbook by Chef Ippy Aiona. Learn more about this dynamic chef, restaurateur, and TV cooking show competitor as he shares his personal story and recipes in **Growing Up Hapa in Hawai'i**.

BeachHouse is reintroducing two picture books—**Koa's Seed** by Carolyn Han, illustrated by Kathleen Peterson and Christmas picture book, **Hawaiian Christmas Day** by Beth Greenway, illustrated by Jamie Meckel Tablason. You won't want to miss this limited-edition Christmas book! Now you have a good excuse to start your holiday shopping early this year.



And Haku and Sam are having new adventures in **Haku and Sam Out to Sea**—the second book in the beginning reader graphic novel series of *Haku and Sam*. Perfect for summer reading! If your beginning reader loves comic books and graphic novels, this book—along with the first book **Haku and Sam**—is for you!

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 RECIPE

This recipe from *Poke: Hawai'i's Food*.



Family-Style Cold Soba Noodles with Aku Poke

Serves 4 as entrée

I often bring this simple, hearty dish to parties and get-togethers. The flavors in this recipe are very distinct: the mellow taste of the sesame oil and the salty shoyu are complemented by the sweetness of the sugar and the acidity of the lime. The result is a blend of flavors that will leave everyone at the table wanting more. Make plenty! To give this dish a bit more kick, add bits of cooked salmon.

7 ounces dried soba noodles
4 cups shredded lettuce (your favorite kind)

For the poke:

2 pounds aku, cubed
2 average-size tomatoes, trimmed and chopped
1 1/2 cups ogo, rinsed and chopped
1/4 cup green onion, minced
1 Hawaiian chili pepper, trimmed and minced
4 tablespoons shoyu
1 1/2 tablespoons sesame oil

For the dressing:

3/4 cup sesame oil
2 1/2 tablespoons rice vinegar
2 1/2 tablespoons shoyu
1 tablespoon raw sugar
Zest and juice of one average-size lime
1 teaspoon garlic, peeled and minced
1/2 cup carrots, peeled and julienned
1/2 cup cilantro, chopped
2 tablespoons salted macadamia nuts, chopped

To make the poke: In a large bowl, mix the fish, tomato, ogo, green onion, chili pepper, shoyu, and sesame oil. Cover and chill until ready to serve.

To prepare the noodles: Heat water in a medium pot and cook soba noodles according to package directions. Drain and rinse in cold running water to stop the cooking. Drain again and set aside.

To Prepare the noodle dressing: Put the sesame oil, rice vinegar, shoyu, sugar, lime juice and zest, and garlic in a large bowl and mix well. Add the carrots, cilantro, and macadamia nuts to the dressing and mix again.

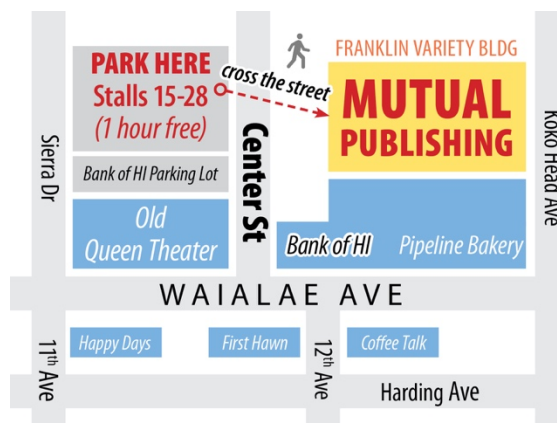
Wash, dry, and shred the lettuce. Spread it on a serving platter and heap the noodles on top. Pour the dressing over the noodles. Cover the platter and let the noodles marinate and chill for at least 1 hour. Remove the platter of chilled noodles from the refrigerator and top with the poke.

PARKING

A QUICK AND IMPORTANT NOTE:

The Franklin Building parking lot on Center Street has a new policy.

Starting July 15, customers will need to scan a QR code with their mobile device to receive 1-hour free parking. You will need to provide your license plate number.



- **Park ONLY** in stalls numbered **#15–28**
- After parking, scan the QR Code **inside Mutual Publishing's office**.

- Hold your camera towards the QR code; a notification will appear.
- Confirm your parking duration and rate (free 1 hour).
- Enter your **license plate number**.
- Enter your email address.
- Click Confirm Parking.

WARNING:

If you park in stalls numbered #1–14, **your vehicle will be towed**.

Customer parking longer than 1 hour must pay for parking or risk citation and/or tow.

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

STALLS #15 - #28 RESERVED PARKING FOR VISITORS OF FRANKLIN VARIETY BUILDING ONLY

ANDO RESTAURANT
BLUE SKIES CHIROPRACTIC
DEBIASI PACIFIC
INTERNATIONAL KARATE
KAHALA JU-JITSU
LANI LASH

PINK MOMI
PIPELINE BAKERY
MUTUAL PUBLISHING
SOUND MIND PSYCHIATRY
THE MANGO TREE FITNESS
THE MOVEMENT CENTER

**SCAN QR CODE IN BUSINESS
ENTER LICENSE PLATE TO REGISTER OR PAY**



UNAUTHORIZED VEHICLES WILL BE TOWED AT OWNER'S
EXPENSE IN ACCORDANCE WITH SEC. 290-11 HRS
IEH TOWING 808-450-7881 300 FRANKLIN AVE.



MUTUAL'S CATALOG

Our catalog featuring over 330 books is available on our website. Click [here](#) to view a PDF. Or, call us at **808-732-1709** to have a catalog mailed to you.