



FALL  
2022



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



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



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



Our **SPRUCE BOOKS** imprint creates giftable, highly visual books, journals, and workbooks intended to help readers age 16+ to develop self-knowledge, build emotional intelligence, and create positive connections with the world around them.

## NEW TITLES

### Sasquatch Books

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- 3 Super Soul Food with Cousin Rosie
- 4 201 Everyday Uses for Salt, Lemons, Vinegar, and Baking Soda
- 5 Cast Iron Skillet One-Pan Meals
- 6 Everyday Cake
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## FIVE MARYS FAMILY STYLE

*Recipes and Traditions from the Ranch*

Mary Heffernan and Jess Thomson

Following up on her popular cookbook, *Five Marys Ranch Raised*, Mary Heffernan reveals family life on the ranch through the traditions, crafts, and meals they share together throughout the year. Readers will discover the Heffernan family's Thanksgiving and Christmas traditions, menus for a cozy fireside dinner, a summer cookout, a pack-ahead picnic, or an end-of-week taco fiesta featuring more than 75 rustic, hearty recipes. Sprinkled throughout the book are simple, crafty DIY projects that Mary and her four daughters have fun making together, including indigo-dyed tea towels, flower-filled holiday table runners, and hand-rolled beeswax candles.

SEPTEMBER 2022
Cooking - Courses & Dishes - Cakes
\$40.00   Hardcover   8 x 10½   336 pgs
ISBN: 978-1-63217-402-4

MARY HEFFERNAN and her husband, Brian, left behind the busy life they'd built in Silicon Valley to become cattle ranchers with their four young daughters. Together they own and operate Five Marys Farms, an 1,800-acre ranch in Northern California. They sell and ship directly from the farm to families all over the US and share their meats with local customers and visitors at their popular restaurant and bar, Five Marys Burgerhouse. Five Marys was awarded Best Farm in America by Paleo magazine and has been featured in *Oprah* magazine, *Real Simple*, and *Sunset*.

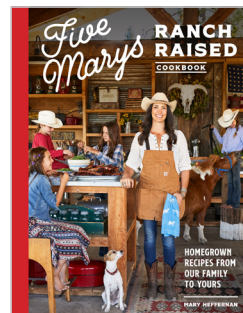
**"I want to make everything from this cookbook!"**

—TIEGHAN GERARD,  
HALF BAKED HARVEST

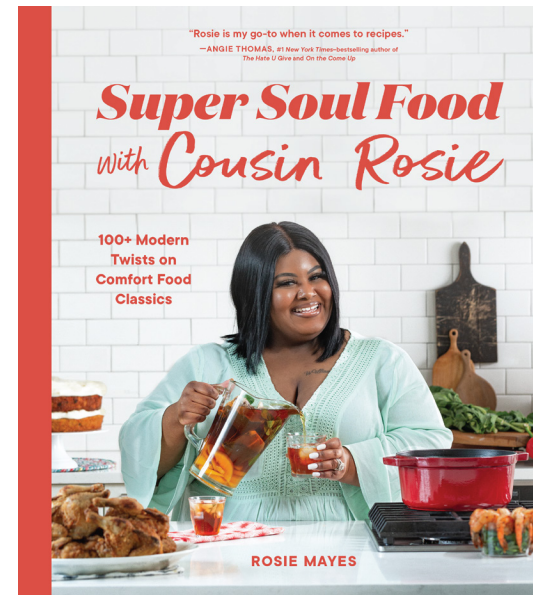
**"This is the definition of simple, fun, and beautiful food. Giddyup and start cookin'!!!"**

—AL ROKER

ALSO AVAILABLE:



Five Marys Ranch Raised Cookbook  
ISBN: 978-1-63217-307-2  
\$29.95



## SUPER SOUL FOOD with COUSIN ROSIE

*100+ Modern Twists on Comfort Food Classics*

Rosie Mayes

If *I Heart Soul Food* left you satisfied yet also hungry for more, you're going to love *Super Soul Food with Cousin Rosie*! Here, Rosie shares more of her comfort soul food dishes, starting with traditional southern and creole favorites and jazzing them up with her own "special sauce." Rosie organizes these recipes by type of meal and adds in side dishes, breads, drinks to sip on, as well as a chapter of over-the-top desserts that make her fans swoon!

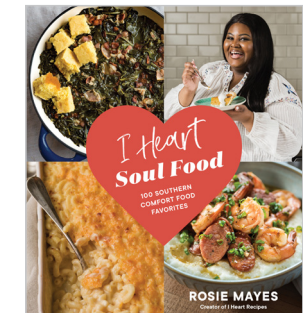
OCTOBER 2022
Cooking - Regional & Ethnic - Soul Food
\$27.00   Paperback   8 x 9   256 pgs
ISBN: 978-1-63217-423-9

ROSIE MAYES is the author of the popular cookbook, *I Heart Soul Food* and creator of the blog and YouTube channel I Heart Recipes (IHeartRecipes.com). She learned to cook from her Louisiana-born family. Twelve years ago, she started her YouTube channel when she was working 12-hour days as a certified nursing assistant, but her platform grew quickly, and five years ago she quit her day job to devote herself to *I Heart Recipes*.

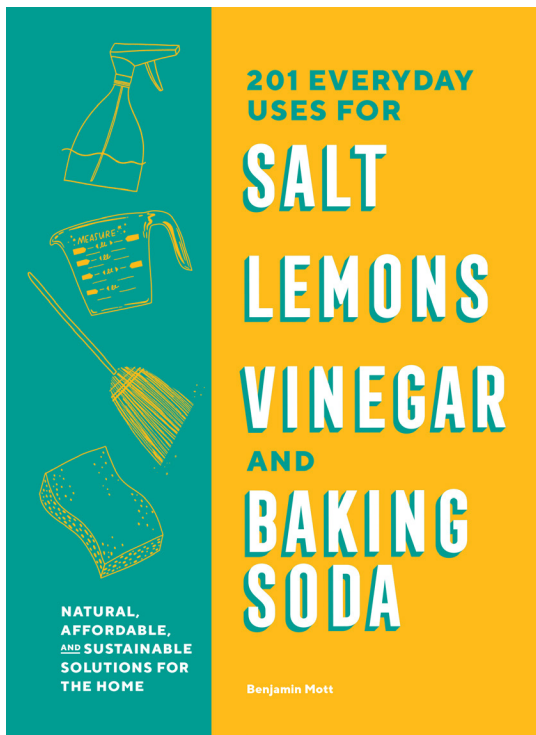
**"Rosie is my go-to when it comes to recipes."**

—ANGIE THOMAS,  
#1 NEW YORK TIMES-BESTSELLING  
AUTHOR OF *THE HATE U GIVE*  
AND *ON THE COME UP*

ALSO AVAILABLE:



I Heart Soul Food  
ISBN: 978-1-63217-309-6  
\$24.95



## 201 EVERYDAY USES for SALT, LEMONS, VINEGAR, and BAKING SODA

*Natural, Affordable, and Sustainable Solutions for the Home*

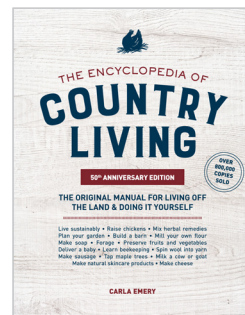
Benjamin Mott

Clean is the new green! Sustainable. Organic. Minimalist. Natural. Now more than ever, people are looking to create a nontoxic home by using products that are not only effective, but good for the planet. *Salt, Lemons, Vinegar, and Baking Soda* puts the home's hero ingredients front and center, using these (and a few other) versatile items in hundreds of different combinations to clean the home and care for yourself, your family, and your pets.

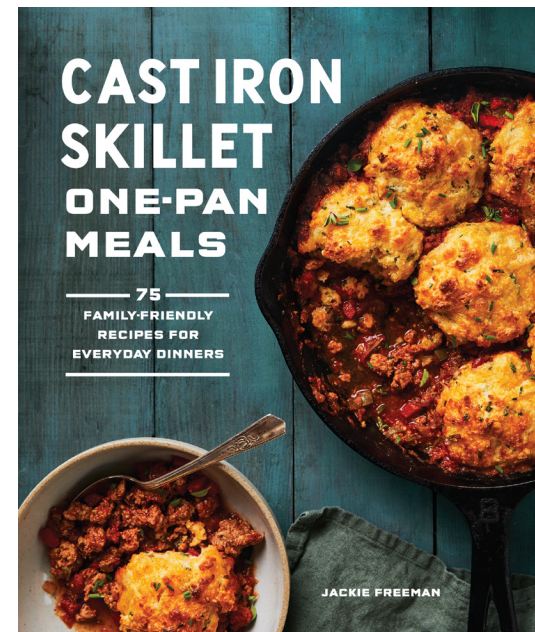
<b>AUGUST 2022</b>
House & Home - Cleaning, Caretaking & Organizing
\$19.95   Paperback   5½ x 7½   256 pgs
ISBN: 978-1-63217-429-1

**BENJAMIN MOTT** is a professional cook, recipe tester, and editor with three decades' experience in nonfiction and cookbook publishing. He discovered the health benefits and awesome cleaning properties of a handful of natural, nontoxic ingredients, adapting them for use in his own home.

### ALSO AVAILABLE:



**The Encyclopedia of Country Living, 50th Anniversary Edition**  
 ISBN: 978-1-63217-289-1  
 \$29.95



## CAST IRON SKILLET ONE-PAN MEALS

*75 Family-Friendly Recipes for Everyday Dinners*

Jackie Freeman

One pan to rule them all, one meal to feed them all. The cast iron skillet is *the* most versatile pan in the kitchen, one that is universally beloved by home cooks and chefs alike. And there's nothing more convenient than being able to create an entire meal in one pan!

Here you'll find a range of recipes for every taste and cooking skill level, organized by protein. Whether it's a regular weeknight meal, a celebratory dinner, or a cookout in the backyard, you'll find something to please every eater in your life.

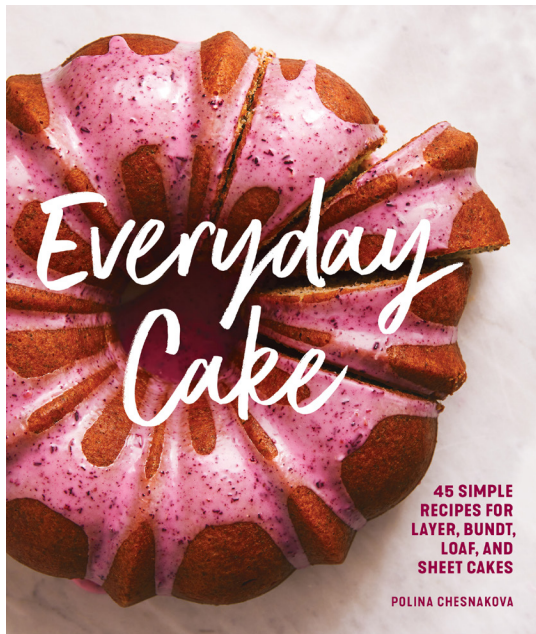
<b>NOVEMBER 2022</b>
Cooking - Methods - Special Appliances
\$22.95   Paperback   7¼ x 8½   208 pgs
ISBN: 978-1-63217-420-8

**JACKIE FREEMAN** is a professional chef, a borderline-hippie cheese maker and farm-hand, a culinary instructor, recipe developer, and food stylist. She is the author of *Easy Beans: Simple, Satisfying Recipes That Are Good For You, Your Wallet, and The Planet*, as well as *A Hearty Book of Veggie Sandwiches: Vegan and Vegetarian Paninis, Wraps, Rolls, and More*. She lives in Seattle with her family.

### ALSO AVAILABLE:



**The Cast Iron Skillet Cookbook, 2nd Edition**  
 ISBN: 978-1-57061-905-2  
 \$19.95



## EVERYDAY CAKE

*45 Simple Recipes for Layer, Bundt, Loaf, and Sheet Cakes*

Polina Chesnakova

A humble slice, square, or wedge of homemade cake never fails to delight and here you'll find forty-five simple recipes to make any day feel a bit special. Using ingredients that are readily available, these cakes are unfussy yet sweetly indulgent. Recipes are arranged using pans most of us already have in our kitchens: round, square, loaf, rectangle, sheet, and bundt. Flavors include warm spices, herbs and flowers, and sweet essences, plus chocolate, fruit, nuts, and seeds.

<b>AUGUST 2022</b>
Cooking - Courses & Dishes - Cakes
\$22.95   Paperback   6¼ x 8   176 pgs
ISBN: 978-1-63217-298-3

**POLINA CHESNAKOVA** is a Seattle-based food writer, recipe developer, and cooking class instructor whose work has been featured in *Culture*, *The Washington Post*, *Saveur*, *The Kitchn*, and *Seattle* magazine. She is also the author of *Hot Cheese: Over 50 Gooey, Oozy, Melty Recipes* (Chronicle Books). She serves as the culinary director at Book Larder, Seattle's only cookbook shop.

### ALSO AVAILABLE:



**Cannelle et Vanille Bakes Simple**  
ISBN: 978-1-63217-370-6  
\$35.00



## GROW A DAMN PLANT JOURNAL

Tyler Thrasher

From Instagram artist/botanist/self-proclaimed “mad scientist” Tyler Thrasher comes a gardening journal grounded in science, perfect for indoor or outdoor plants of every type. This luxe plant journal challenges the user to “think like a botanist”—it’s secretly educational wrapped in a stunning package. Each journal includes over 100 entry pages to document and observe your plants through the lens of an excited and curious botanist! Author Tyler Thrasher brings the same energetic, knowledgeable voice to the journal as his fans have come to expect from his popular Instagram account.

<b>NOVEMBER 2022</b>
Gardening - Reference
\$22.95   Hardcover   6 x 9   224 pgs
ISBN: 978-1-63217-447-5

**TYLER THRASHER** is an artist, chemist, botanist, and explorer who aims to help catalyze curiosity and share his enthusiasm about combining art and science and the joys of experimentation. He is being featured in a Netflix documentary through Vox about the future of houseplants that released in Spring 2022.

### ALSO AVAILABLE:



**The Inspired Houseplant**  
ISBN: 978-1-63217-177-1  
\$24.95



## SEWING LOVE

*Handmade Clothes for Any Body*

Sanae Ishida

Learn to sew beautiful, simple handmade clothes and begin a journey to loving the body you have. In this garment-making primer, sewing is an act of radical kindness and self-care. Learning to sew for yourself enables you to make exactly the kinds of clothes you want, and empowers you to solve the fit issues that come with buying commercial clothing designed to fit one “ideal” body type. The author guides you through the process with her inspiring personal story and gentle instruction in the simple art of pattern-making and garment sewing.

<b>AUGUST 2022</b>
Crafts & Hobbies - Sewing
\$29.95   Paperback   7¼ x 8½   288 pgs
ISBN: 978-1-63217-281-5

**SANA E ISHIDA** is the author of *Sewing Happiness* and *Animal Friends to Sew* as well as two children’s series: *Little Kunoichi the Ninja Girl* and *Little Sumo*. She writes, sews, draws, and takes photos almost every day. She lives with her husband and daughter in Seattle. Both she and her daughter have too many handmade clothes.

### ALSO AVAILABLE:



**Sewing Happiness**  
ISBN: 978-1-57061-995-3  
\$22.95

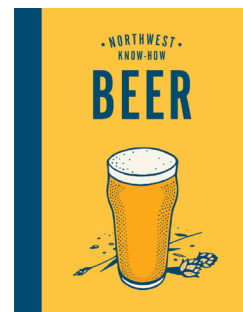


## NORTHWEST KNOW-HOW: HAUNTS

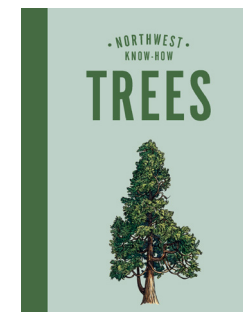
Bess Lovejoy;  
Illustrated by Anarachel Humphrey

Entertaining, educational and highly giftable, *Northwest Know-How: Haunts* showcases the haunted hotspots, cemeteries and graveyards, ghost towns, and curiosities in Oregon and Washington. *Haunts* will be a must-have for anyone who likes their history with a side of spooky.

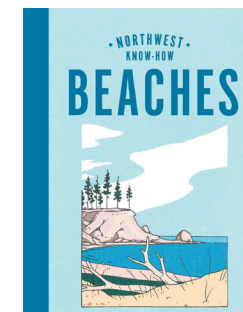
### ALSO AVAILABLE:



**Northwest Know-How: Beer**  
ISBN: 978-1-63217-351-5  
\$16.95



**Northwest Know-How: Trees**  
ISBN: 978-1-63217-352-2  
\$16.95



**Northwest Know-How: Beaches**  
ISBN: 978-1-63217-408-6  
\$16.95

<b>AUGUST 2022</b>
Travel - United States - West - Pacific
\$16.95   Hardcover   4½ x 6   144 pgs
ISBN: 978-1-63217-409-3

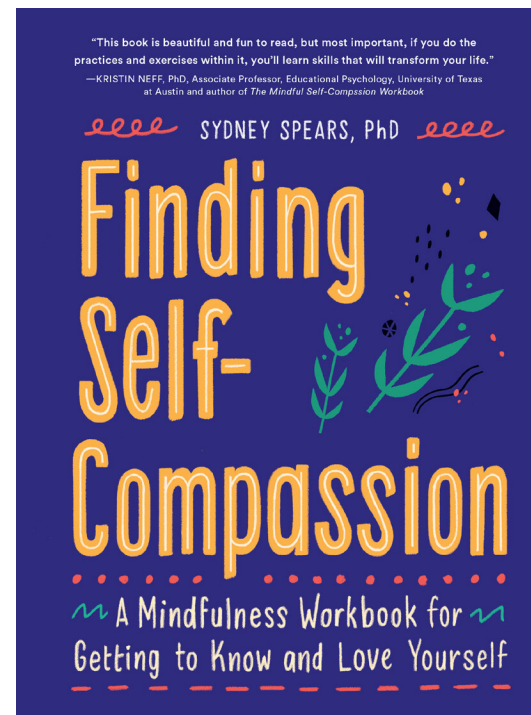
**BESS LOVEJOY** is the author of *Rest in Pieces: The Curious Fates of Famous Corpses*. Her work has appeared in *The New York Times*, *The Boston Globe*, *Wall Street Journal*, *Time*, *Lapham’s Quarterly*, *Seattle Met*, *Atlas Obscura*, and elsewhere. She is a former editor at *Mental Floss*, *SmithsonianMag.com*, and the *Schott’s Almanac* series. Podcast appearances have included *Mo Rocca’s Mobituaries*, *PRI’s The Really Big Questions*, *Luke Burbank’s Too Beautiful to Live*, and *Cemetery Confessions*.

**ANARACHEL HUMPHREY** is a designer and illustrator based out of Brooklyn, New York. Hailing from Spokane, Washington she grew up between families in the Pacific Northwest and Brazil.



# SPRUCE BOOKS

## A Sasquatch Books Imprint



### FINDING SELF-COMPASSION

*A Mindfulness Workbook for Getting to Know and Love Yourself*

Sydney Spears, PhD LCSW

Ideal for teens and young adults, and compatible with CBT, DBT, and ACT principles, this guided journal with more than 100 prompts and exercises takes readers on a journey of self-discovery and self-love, teaching practical, life-changing skills. Self-compassion is an essential skill for young adults—it relieves anxiety, lessens depression, improves overall emotional well-being, and helps you to connect more genuinely with others.

DECEMBER 2022

Self-Help - Journaling

\$16.95 | Paperback | 6 x 8 | 176 pgs

ISBN: 978-1-63217-417-8

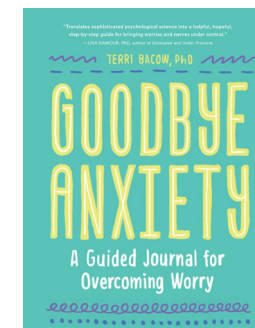
**SYDNEY SPEARS, PhD., LCSW**, is a licensed clinical social worker in private practice, trauma-sensitive yoga facilitator, and certified Mindful Self-Compassion instructor who resides in the Kansas City area. Formerly a professor and administrator at the University of Kansas School of Social Welfare, Sydney is currently the Director of Diversity, Equity, Inclusion, and Belonging at the Center for Mindful Self-Compassion.

**ERIN WALLACE** is an illustrator and artist living in Seattle, Washington.

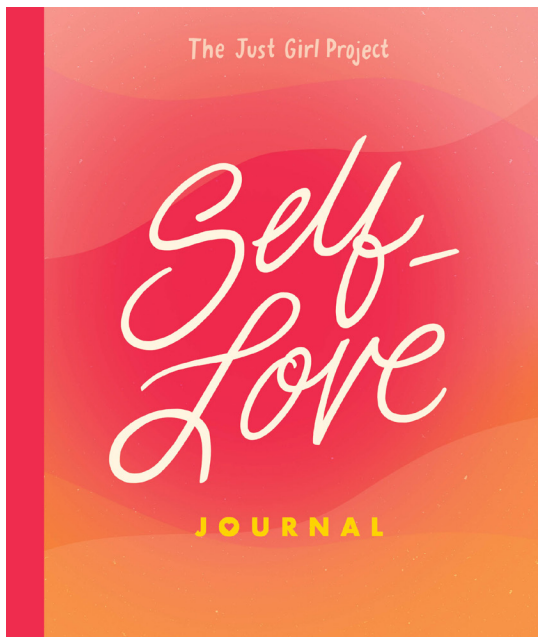
**“Beautiful and fun to read, but most important, if you do the practices and exercises within it, you’ll learn skills that will transform your life.”**

**—KRISTIN NEFF, AUTHOR OF THE MINDFUL SELF-COMPASSION WORKBOOK**

ALSO AVAILABLE:



**Goodbye, Anxiety**  
ISBN: 978-1-63217-390-4  
\$16.95



## THE JUST GIRL PROJECT SELF-LOVE JOURNAL

Ilana Harkavy

Learn to love and accept yourself with this illustrated guided journal for young women. The journey to self-love is not always easy—but it's always worthwhile! Filled with insightful questions and relatable illustrations, this guided journal invites you to write about who you are, who you want to be, how you want to live, and how you can fulfill your dreams.

SEPTEMBER 2022
Self-Help - Journaling
\$16.95   Hardcover   6 x 7   160 pgs
ISBN: 978-1-63217-438-3

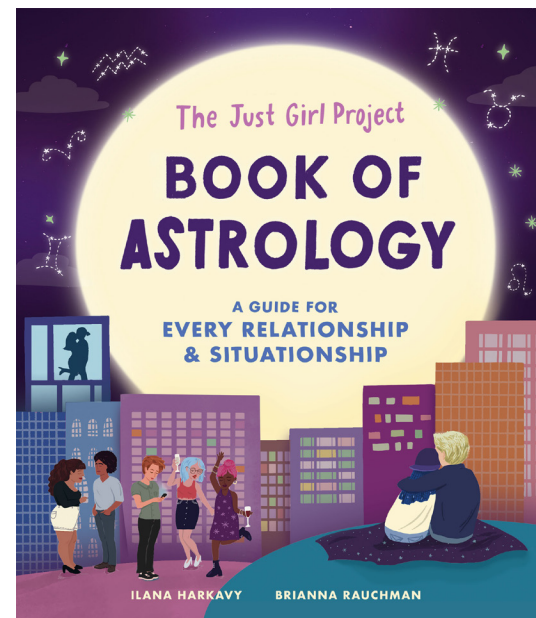
ILANA HARKAVY started her career as a recording artist and songwriter in Los Angeles, creating electronic dance music for ABC, Disney, HBO, and more. Even as her career skyrocketed, she knew she needed another outlet to express her true feelings and connect with the people she was most passionate about helping. Enter The Just Girl Project—a fiery artistic movement that empowers girls to embrace their passions, be blatantly honest, and take ownership of their individual struggles.

ERICA LEWIS is an illustrator and designer who is super-passionate about drawing and creating work that people can relate to and that promotes happiness and inspiration. Colorful, quirky, and experimental illustrations and lettering are her specialty.

### ALSO AVAILABLE:



52 Lists for Calm  
ISBN: 978-1-63217-285-3  
\$18.99



## THE JUST GIRL PROJECT BOOK OF ASTROLOGY

*A Guide for Every Relationship  
and Situationship*

Ilana Harkavy and Brianna Rauchman

Whether you're an astro-genius or just astro-curious, there's absolutely something for you in this book. This unique, highly modern, and ultra-relatable approach to astrology as tested and loved by the Just Girl Project audience will bring their signature highly personal, introspective, yet also humorous voice to astrology.

NOVEMBER 2022
Body, Mind & Spirit - Astrology - Horoscopes
\$16.95   Hardcover   6 x 7   144 pgs
ISBN: 978-1-63217-437-6

ILANA HARKAVY started her career as a recording artist and songwriter in Los Angeles, creating electronic dance music for ABC, Disney, HBO, and more. Even as her career skyrocketed, she knew she needed another outlet to express her true feelings and connect with the people she was most passionate about helping. Enter The Just Girl Project—a fiery artistic movement that empowers girls to embrace their passions, be blatantly honest, and take ownership of their individual struggles.

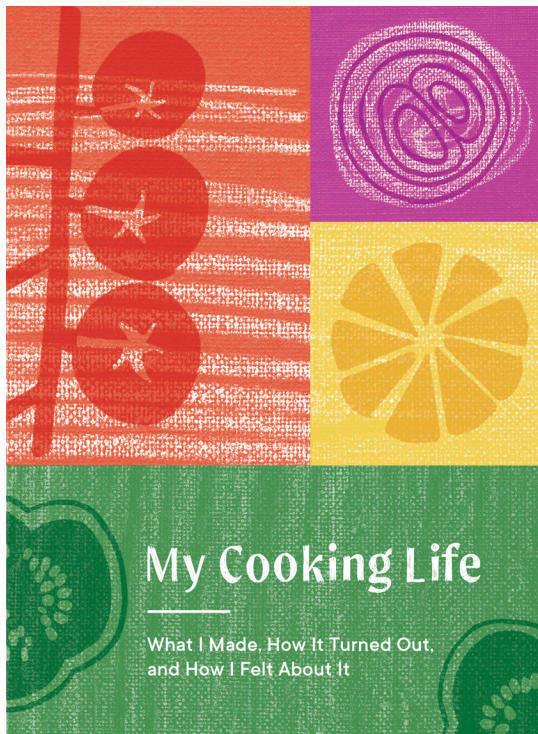
ERICA LEWIS is an illustrator and designer who is super-passionate about drawing and creating work that people can relate to and that promotes happiness and inspiration. Colorful, quirky, and experimental illustrations and lettering are her specialty.

### ALSO AVAILABLE:



The Just Girl Project Book of Self-Care  
ISBN: 978-1-63217-395-9  
\$16.95





## My Cooking Life

What I Made, How It Turned Out,  
and How I Felt About It

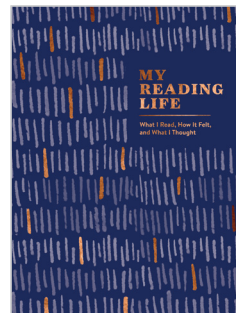
### MY COOKING LIFE

*What I Made, How It Turned Out,  
and How I Felt About It*

Guided journaling meets your personal recipe tracker in this giftable journal created especially for home chefs. With thoughtful prompts that celebrate all the creativity and work that goes into the art of creating great meals, the result is not only a keepsake that will help inform your future cooking decisions and make you a better cook but a personal memento that you'll love to look back through.

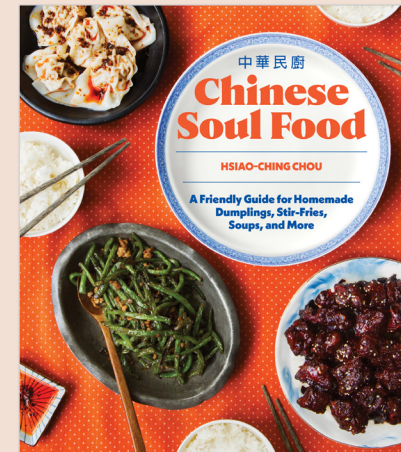
SEPTEMBER 2022  
Self-Help - Journaling  
\$16.99 | Hardcover | 5½ x 7½ | 176 pgs  
ISBN: 978-1-63217-460-4

ALSO AVAILABLE:



My Reading Life  
ISBN: 978-1-63217-422-2  
\$16.99

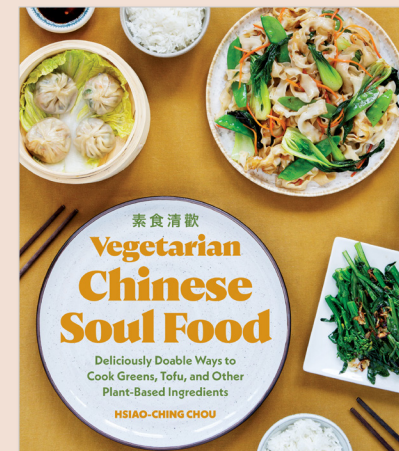
## Bestselling Cookbooks Now in Paperback!



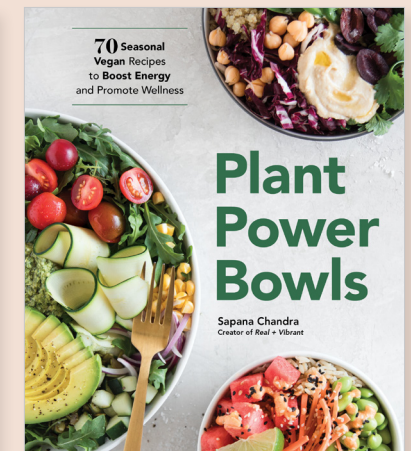
Chinese Soul Food  
ISBN: 978-1-63217-455-0  
\$24.95



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

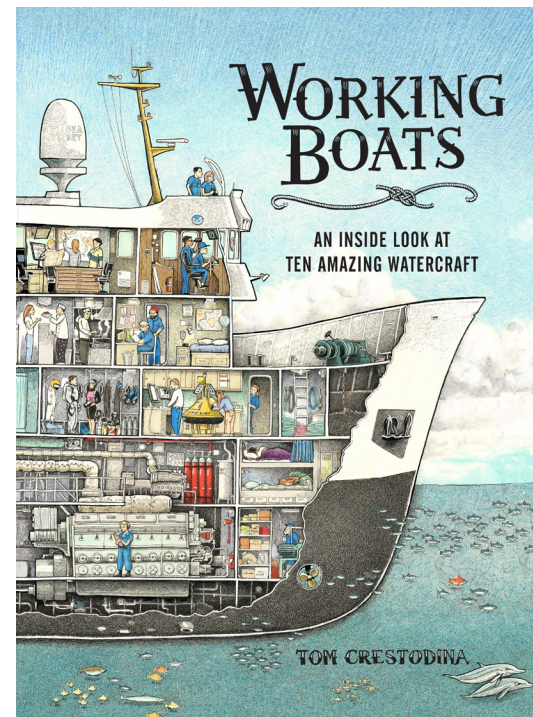


Vegetarian Chinese Soul Food  
ISBN: 978-1-63217-454-3  
\$24.95



Plant Power Bowls  
ISBN: 978-1-63217-468-0  
\$22.95

# little bigfoot



## WORKING BOATS

*An Inside Look at Ten Amazing Watercraft*

Thomas Crestodina

This visually engaging book filled with cross sections and exploded views of working boats is perfect for children—and even adults—curious about the mechanics of boats and the lives of people who work on boats. Filled with full-page spreads of ten intriguing working boats, this book provides a glimpse into their inner workings, as well as highlights of each boat's unique engineering components that enable it to do the job it was built for.

NOVEMBER 2022

Juvenile Nonfiction

\$19.99 | Hardcover | 9 x 12 | 56 pgs

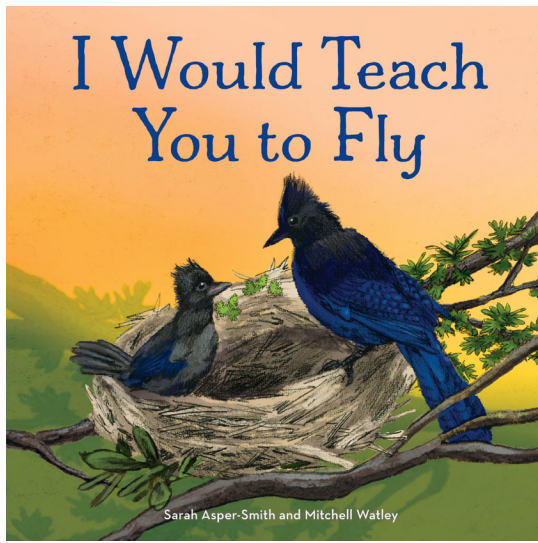
ISBN: 978-1-63217-259-4

THOMAS CRESTODINA has been working as a fisherman in Alaska for over 20 years and studied marine engineering at the Seattle Maritime Academy. After the birth of his first child with his wife, Ania, he began making cutaway drawings of the vessels he was working on to communicate with his small child while he was at sea.

ALSO AVAILABLE:



Go, Boats, Go!  
ISBN: 978-1-63217-268-6  
\$9.99



## I WOULD TEACH YOU TO FLY

Sarah Asper-Smith;  
Illustrated by Mitchell Watley

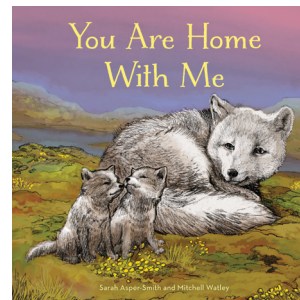
From the author and illustrator of the popular *I Would Tuck You In*, this endearing picture book introduces young children to the characteristics of a variety of animals, showing parents and their babies interacting in their natural habitats.

NOVEMBER 2022
Juvenile Nonfiction
\$16.99   Hardcover   8¼ x 8¼   32 pgs
ISBN: 978-1-63217-404-8

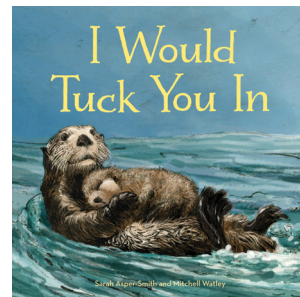
**SARAH ASPER-SMITH** makes her home up 100 stairs in Juneau, Alaska, with her husband, Mitchell Watley. In addition to writing children's books, Sarah works developing and designing museum exhibits.

Although **MITCHELL WATLEY** now lives in Alaska, he still considers Texas his home. When he is not collaborating with his wife, Sarah, on an artistic project or a delicious meal, he can often be found painting in his studio or walking their dog on the beaches near their home.

### ALSO AVAILABLE:



**You Are Home with Me**  
(HC) 978-1-63217-224-2 | \$16.99  
(BR) 978-1-63217-366-9 | \$9.99



**I Would Tuck You In**  
(HC) 978-1-57061-844-4 | \$16.99  
(BR) 978-1-57061-944-1 | \$9.99



## SUMO COLORS and SUMO SHAPES

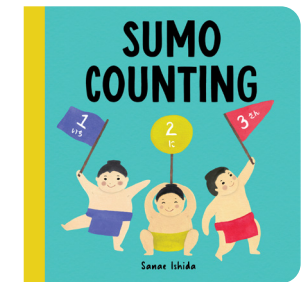
Sanae Ishida

Perfect for early learning, these fun board books in the Little Sumo series feature sumo wrestlers that introduce children to different shapes, and colors. Simple, charming scenes let young readers practice different concepts. Each page features a Japanese word related to sumo culture, as well as the word in English and Japanese. They share elements of Japanese culture that will enrich readers of all ages.

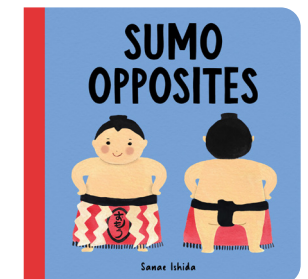
SEPTEMBER 2022
Juvenile Nonfiction
\$9.99   Board   6½ x 6½   22 pgs
ISBN (Colors): 978-1-63217-344-7
ISBN (Shapes): 978-1-63217-311-9

**SANAE ISHIDA** writes, sews, draws, and takes photos almost every day. She lives with her husband and daughter in Seattle. She is the author of *Animal Friends to Sew, Sewing Happiness*, the Little Kunoichi the Ninja Girl series, and the Little Sumo series.

### ALSO AVAILABLE:



**Sumo Counting**  
ISBN: 978-1-63217-312-6  
\$9.99



**Sumo Opposites**  
ISBN: 978-1-63217-343-0  
\$9.99



## WHEN WINTER COMES

Aimée M. Bissonette;  
Illustrated by Erin Hourigan

The fallen log that is used to hide behind in a snowball fight is a shelter for tree frogs, caterpillars, ladybugs, and slugs. The drifts of fallen snow that families snowshoe across have winding tunnels made by meadow mice in search of seeds and bark. The towering trees families ski among shield birds from winter winds.

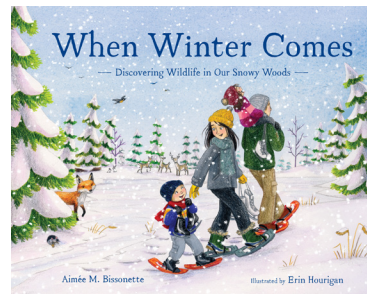
*When Winter Comes* is a sweet poetic board book that celebrates the joy of families playing and exploring in the outdoors during the winter months.

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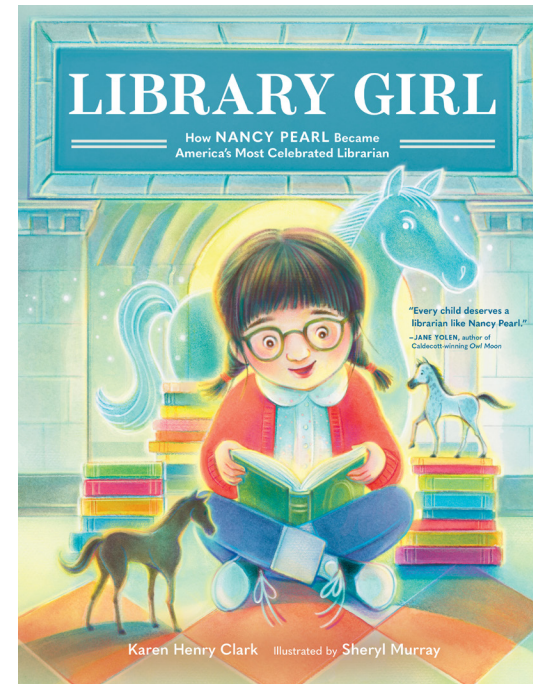
AIMÉE M. BISSONETTE wrote the book *North Woods Girl* which won the Sigurd Olson Nature Writing Award, Midwest Booksellers Choice Award, and Friends of American Writers Award. *Miss Colfax's Light* was named in ALA's 2017 Amelia Bloomer List and was a recipient of the 2017 International Literacy Association Children's Book Award for Primary Nonfiction.

ERIN HOURIGAN is an illustrator and author in Portland, Oregon. She grew up in Southern California, and studied illustration at Cal State Fullerton before moving to Oregon, where she learned to trade the waves for pine trees and rivers. She draws much of her inspiration from the world around her and loves spending time outdoors, whether it's on a hike or just playing with her dog, Scout.

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## LIBRARY GIRL

*How Nancy Pearl Became America's Most Celebrated Librarian*

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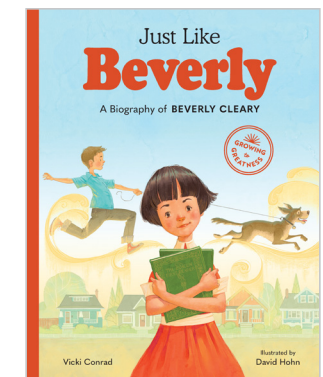
*Library Girl* is the inspiring childhood story of how beloved librarian, author, and Seattle icon, Nancy Pearl discovered her strengths and realized her passion. It is a loving tribute to the power books and librarians have to transform children's lives.

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KAREN HENRY CLARK as a toddler, wrote a story with a crayon on the living room wall. Recognizing her passion, her father supplied paper, and her mother took her to the public library every week. Her writing ambition was sealed.

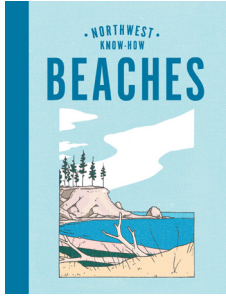
SHERYL MURRAY grew up near Chicago in a rambunctious family of eight kids. Storytelling was an everyday thing at her house. Sheryl now focuses her love for drawing and visual storytelling on picture books. She lives in Portland, Oregon.

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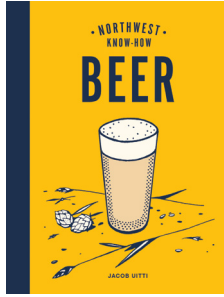


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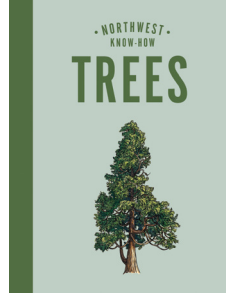
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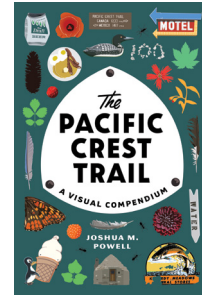
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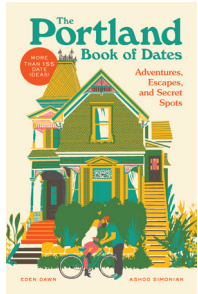
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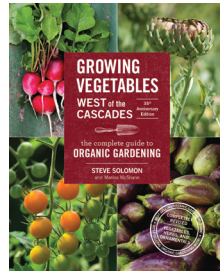
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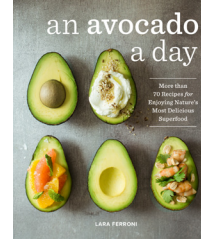
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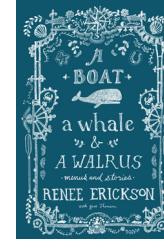
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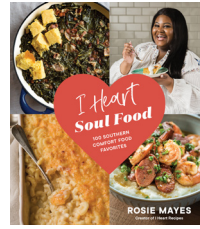
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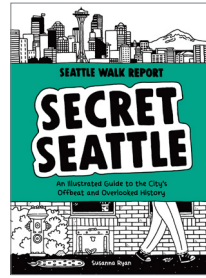
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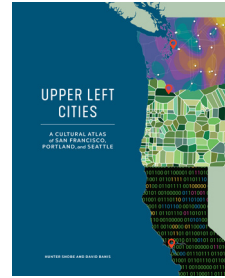
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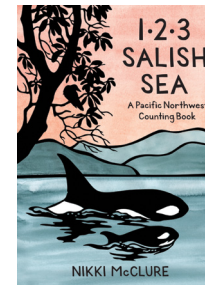
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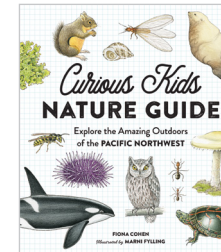
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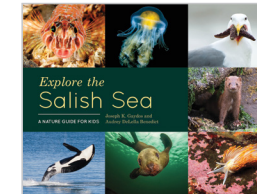
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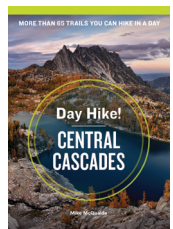


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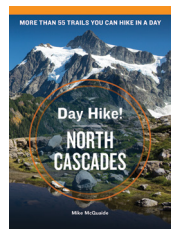
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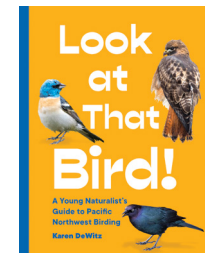
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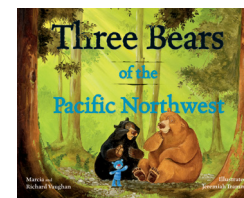
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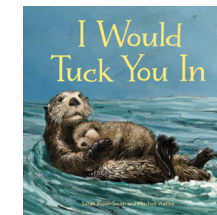
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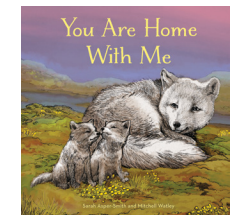
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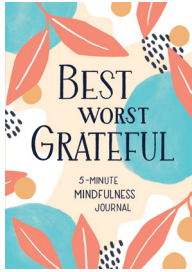


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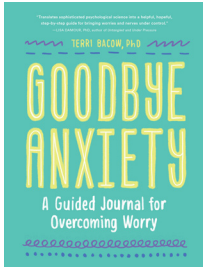


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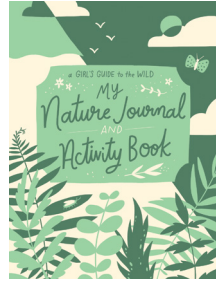
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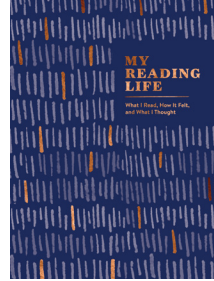
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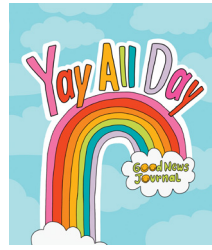
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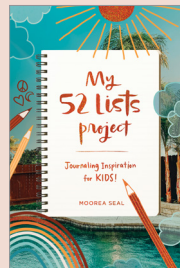
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