



SPRING 2023



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 & SPRUCE BOOKS

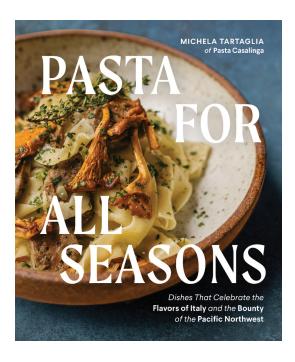
- 4 Pasta For All Seasons
- 5 Makini's Vegan Kitchen
- 6 How Am I Feeling Right Now?
- 7 The Happy Home
- 8 Tulips
- 9 The Inspired Houseplant
- 10 The Climate Action Handbook
- 11 100 Ways to Say No
- 12 My Baby's Book
- 13 The School of Hard Talks
- 14 Weed: The User's Guide
- 15 Filmlandia!
- 16 On Island Time: A Traveler's Atlas
- 17 Day Hike! Washington: Olympic Peninsula, 5th Edition
- 17 Day Hike! Inland Northwest: Spokane, Coeur d'Alene, and Sandpoint, 2nd Edition
- 18 My Walking Life

LITTLE BIGFOOT

- 20 Baba's Gift
- 21 When Summer Comes
- 22 Nobody Likes Frogs
- 23 Curious Kids Nature Journal

BESTSELLING BACKLIST

- 24 Sasquatch Books
- 25 Cookbooks
- 25 Little Bigfoot
- 26 Guided Journals



PASTA FOR ALL SEASONS

Dishes that Celebrate the Flavors of Italy and the Bounty of the Pacific Northwest

Michela Tartaglia

Rising Seattle chef and founder of Pike Place Market's Pasta Casalinga, Michela Tartaglia serves up new dishes each week from the garden, the ocean, and the farm, using favorite ingredients such as salmon and clams and foodie favorites like nettles and chanterelles. This book offers home cooks regional, seasonal pasta dishes that are as comforting as a favorite spaghetti or fettucine dish but as bold and exciting as a hot new restaurant entrée. A pasta primer helps readers make fresh pasta at home and choose the right pasta shape for the right sauce or dish.

MAY 2023

Cooking - Specific Ingredients - Pasta

\$22.95 | Hardcover | 61/4 x 8 | 176 pgs

ISBN: 978-1-63217-427-7

Chef MICHELA TARTAGLIA is an Italian native, born and raised in Turin, Piedmont. She's made Seattle her home for 15 years and opened Pasta Casalinga in 2018 in the iconic Pike Place Market, offering a rotating menu of seasonal dishes.

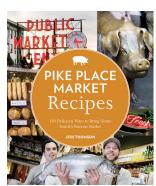
KYLE JOHNSON is an editorial and commercial photographer based in Seattle. When not traveling on assignment or fly fishing, nothing makes him happier than slow cooking an all-day batch of Italian-American Sunday Red Sauce at home and sharing it with friends.

ONLINE:

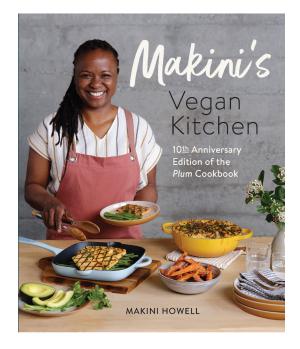
Pastacasalinga.com



ALSO AVAILABLE:



Pike Place Market Recipes ISBN: 978-1-57061-742-3 \$24.95



MAKINI'S VEGAN KITCHEN

10th Anniversary Edition of the Plum Cookbook (Inspired Plant-Based Recipes from Plum Bistro)

Makini Howell

Plum Bistro, Seattle's wildly popular vegan restaurant, is known for its delicious and innovative vegan recipes using local ingredients. A beloved local hangout, it's also a pit stop for out-of-towners, including celebrities like Joaquin Phoenix. This cookbook features over 60 of Plum's flavorful, comforting dishes for brunch, soups, salads, entrées, desserts, and more. Cook delicious vegan cuisine and honor the transformation that is occurring in the way we view food and our personal responsibility to our communities.

APRIL 2023

Cooking - Vegan

\$27.00 | Paperback | 7\% x 9 | 160 pgs

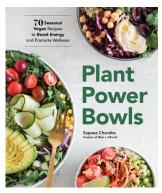
ISBN: 978-1-63217-457-4

MAKINI HOWELL is a lifelong vegan who believes that what is good for the individual will be good for the planet, and that this is nowhere more evident than in the diet we choose. Makini is passionate about creating a beautiful and stylish dining experience for vegans, foodies, and omnivores. She has created a group of restaurants. Plum Restaurants, that answer the need for a plant-based meal free of harmful chemicals, as well as a small-batch line of Makini's Kitchen brand tofus. In 2016. she was named one of "16 Black Chefs Changing Food in America" by the New York Times. She focuses on organically grown seasonal vegetables, non-GMO soy, and organic and local fruits and herbs from family-owned farms, in flavorful combinations that are both familiar and surprising.

"We so appreciate the wonderfully creative recipes in this very beautiful cookbook!"

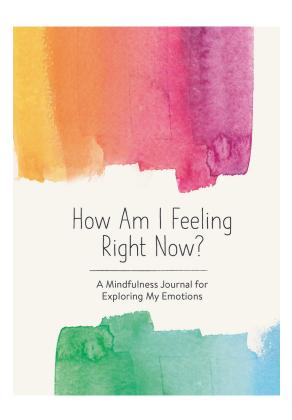
-JOAQUIN PHOENIX, Academy Awardnominated actor and activist; SUMMER PHOENIX; RAIN PHOENIX; and LIBERTY PHOENIX

ALSO AVAILABLE:



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

SASQUATCH BOOKS SPRING 2023



HOW AM I FEELING RIGHT NOW?

A Mindfulness Journal for Exploring My Emotions

"Name it and tame it" with this guided journal designed to help you identify your emotions—a simple yet powerful tool for mindful living.

Studies show that if you can notice and name your feelings, you will be calmer, less stressed, and happier. This unique journal solves the problem by providing a comprehensive and easy-to-use list of more than 800 feelings, emotions, and sensations to help you figure out exactly what you are feeling at any moment. Since feelings often are first felt in the body, you can begin with the list of physical sensations or move right into the list of feelings, which range from simple to subtle to complicated. Once you have chosen the words to describe your feelings, turn to the thoughtful prompts that invite you to explore why you may be feeling a certain way, and write it all down.

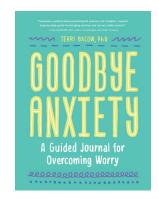
FEBRUARY 2023

Self-Help - Journaling

\$16.99 | Paperback | 5½ x 7½ | 176 pgs

ISBN: 978-1-63217-469-7

ALSO AVAILABLE:



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



THE HAPPY HOME

The Ultimate Guide to Creating a Home that Brings You Joy

Chelsea Foy; Foreword by Joy Cho

This lovely and inspirational guide, organized around six joyful feelings, will show you how to create a happier home through prompts, quick fixes, afternoon projects, and mindful design and organization.

Energize. Uplift. Comfort. Calm. Empower. Express. A happy home is infused with these six qualities, and this cheerful book will help you create a space you love and that loves you back. Lovely Indeed creator Chelsea Foy offers up more than 50 creative ideas to engage all the senses to brighten your mood throughout your home. This book sits at the intersection of HGTV home improvements and design, thoughtful Marie Kondo practices, and a cheery color palette that fans of *The Home Edit* will love. Easy projects and ideas offer a path to tweaking the rooms of your house so they engage all the senses in all the right ways.

APRIL 2023

House & Home - Reference

\$22.95 | Hardcover | 7½ x 8¾ | 176 pgs

ISBN: 978-1-63217-461-1

CHELSEA FOY is the founder and editor of Lovely Indeed, a lifestyle blog focused on finding loveliness in the everyday. It encompasses her love for all things DIY, travel, family, and style. Her writing and work has been featured in news outlets such as Better Homes and Gardens, HGTV, and Huffington Post.

ONLINE: K

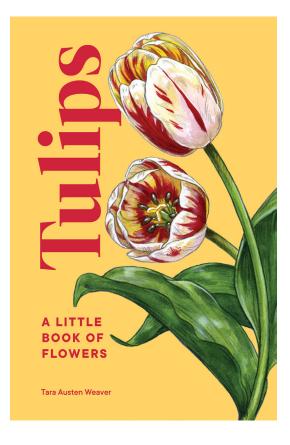
(o) @lovelyindeed

ALSO AVAILABLE:



New Minimalism ISBN: 978-1-63217-132-0 \$24.95

SASQUATCH BOOKS SPRING 2023



TULIPS

A Little Book of Flowers

Tara Austen Weaver

After a drab winter, tulips triumphantly emerge from the spring garden, a colorful symbol of rebirth.

This charming little hardcover book includes 40+ full-color botanical illustrations, basic botany and history, everything you need to know to grow gorgeous blooms in the garden, tips for creating beautiful arrangements, plus quotes, lore, and notable gardens and growers. Like a bouquet of tulips, this book is the perfect hostess gift or Mother's Day present for gardeners and flower lovers! Perfect for flower fans, this giftable little love letter to the tulip is bursting with tips, tricks, and facts.

FEBRUARY 2023

Nature - Plants - Flowers

\$14.95 | Hardcover | 4½ x 6¾ | 144 pgs

ISBN: 978-1-63217-444-4

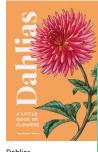
TARA AUSTEN WEAVER is an award-winning writer, editor, and avid gardener.
She is author of several books, including Orchard House (finalist for the 2016
Washington State Book Awards), Growing Berries and Fruit Trees in the Pacific Northwest, and two other books in The Little Book of Flowers series: Dahlias and Peonies. She is trained as a Permaculture Designer, Master Gardener, and Master Composter/Soil Builder.

EMILY POOLE is the illustrator of BirdNote: Chirps, Quirks, and Stories of 100 Birds from the Popular Radio Show. She has created work for the Teton Raptor Center, World Wildlife Fund Guyana, and the National Museum of Wildlife Art. She lives in Oregon.

"Delightful... Next time you are lucky enough to be someone's houseguest, consider arriving with a bouquet of either one of the Little Book of Flowers."

-THE NEW YORK TIMES

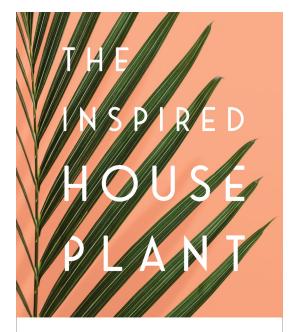
ALSO AVAILABLE:



Dahlias ISBN: 978-1-63217-361-4 \$14.95



Peonies ISBN: 978-1-63217-362-1 \$14.95



TRANSFORM YOUR HOME WITH INDOOR PLANTS

from Kokedama to Terrariums and Water Gardens to Edibles

JEN STEARNS

THE INSPIRED HOUSEPLANT

Transform Your Home with Indoor Plants from Kokedama to Terrariums and Water Gardens to Edibles

Jen Stearns

Now in paperback—the ultimate go-to guide for aspiring indoor gardeners offers inspiration to envision and instructions to create your own gorgeous in-home garden spaces.

With its distinctly modern and sophisticated feel, *The Inspired Houseplant* imparts both easy-to-follow advice and creative garden-design ideas. Whether you are looking to pick a statement plant for your living room, create a terrarium centerpiece, or arrange an artful display of air plants, this book has the tools you need. And like the garden spaces it will inspire, it will be a piece of art to display. You'll be tempted to thumb through it again and again—for both resource and relaxation. Includes plant basics, a plant guide, plant projects, and plant style.

APRIL 2023

Gardening - House Plants & Indoor

\$22.95 | Paperback | 7 x 10½ | 208 pgs

ISBN: 978-1-63217-494-9

JEN STEARNS was born and raised in Seattle where she spent time in her mother's vegetable garden as a child. She has a BS in environmental science from the University of Washington and is the owner of Urban Sprouts, a plant storefront, online store, and mobile unit. She lives in Renton, Washington.

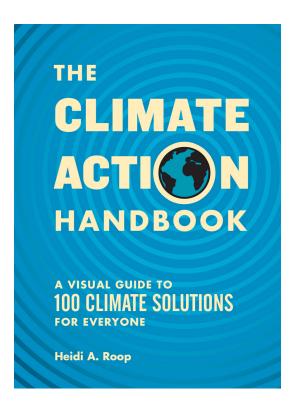
"The Inspired Houseplant will point you toward your perfect greenery."

-REAL SIMPLE

ALSO AVAILABLE:



Grow a Damn Plant Journal ISBN: 978-1-63217-447-5



THE CLIMATE ACTION HANDBOOK

A Visual Guide to 100 Climate Solutions for Everyone

Heidi A. Roop

This must-have book shows us why we need to take action now to combat climate change and then, critically, how, through easy-to-understand language and stunning infographics that offer each of us varied and doable solutions to the overwhelming challenges facing our planet.

As more focus is put on climate science, there is a need for each of us to learn how we can change our habits in our home, communities, and government to help mitigate the existential threat of climate change. The Climate Action Handbook is the response to this need, and the book every household needs. This visually stunning guide does what no other climate change book manages to do: it's approachable, digestible, and offers the average human ideas, options, and a roadmap for action. It also offers hope. Compelling infographics provide visual impact and context to the topic at hand.

MARCH 2023

Science - Global Warming & Climate Change

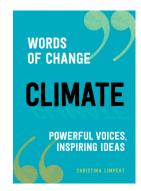
\$24.95 | Paperback | 51/2 x 81/2 | 272 pgs

ISBN: 978-1-63217-414-7

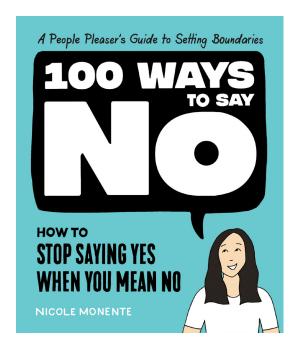
DR. HEIDI ROOP is a climate scientist.
She is an Assistant Professor of Climate
Science at the University of Minnesota
where she serves as the University's leading voice for climate change science and
solutions. Heidi was formerly the Lead
Scientist for Science Communication at
the University of Washington Climate
Impacts Group (CIG) where she was deeply
engaged in local media and climate change
education for a range of audiences from the
general public to policymakers.

JOSHUA M. POWELL is the author/illustrator of *The Pacific Crest Trail*. He has worked in book design and production, receiving first place in the New York Book Show and the Gold Award in the PubWest Book Design Awards. He currently lives in Spokane, Washington.

ALSO AVAILABLE:



Words of Change: Climate ISBN: 978-1-63217-378-2 \$16.95



100 WAYS TO SAY NO

How to Stop Saying Yes When You Mean No

Nicole Monente

From the creator of the popular Instagram account Scribbles by Nicole comes this collection of funny and relatable illustrated "scenari-nos" for overcoming your inner people pleaser, setting appropriate boundaries, and getting to no.

Recognizing it's not always easy to say no, Nicole takes readers through real-life examples familiar to anyone who has found themselves saying yes when they really didn't want to. The book provides guidance on how to use techniques that come naturally to make saying no as stress-free as possible; fend off unwanted invitations nicely but firmly; set healthy boundaries with loved ones, family, friends, and colleagues; and let go of guilt, worry, and regrets to do what's right for you.

JANUARY 2023

Self-Help - Personal Growth - Happiness

\$17.99 | Hardcover | 6 x 7 | 144 pgs

ISBN: 978-1-63217-443-7

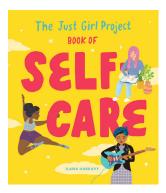
NICOLE MONENTE shares her

musings at @scribblesbynicole, where she's captured the hearts and minds of a significant following with her clever, introspective, and ultra-relatable drawings. Nicole approaches heavy topics with humor, lightheartedness, and insight. When she's not doodling, Nicole can be found laughing, crying, or desperately looking for her phone to jot down her next idea before she forgets it.

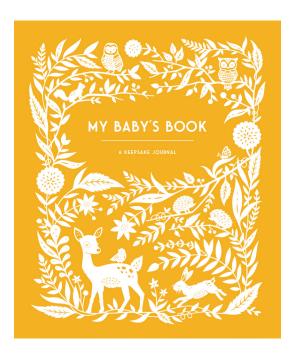
ONLINE: 🔭

(i) @scribblesbynicole

ALSO AVAILABLE:



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



MY BABY'S BOOK

A Keepsake Journal for Parents to Preserve Memories, Moments & Milestones (Keepsake Legacy Journals)

Anne Phyfe Palmer

This beautiful keepsake baby book provides a place for a proud parent to record and preserve the memories, moments, and milestones of a new baby's arrival and first few years.

Prompts include a mix of short-answer questions, lists, fill-in-the-blanks, and places for photos to record pregnancy/anticipation of the birth, arrival, family info, observations about baby's appearance and temperament, firsts, growth milestones, home, family friends, and baby playmates. When complete, you'll have a nuanced portrait of your baby's life through reflections, memories, history, and stories—a keepsake to be cherished throughout their life.

JANUARY 2023

Family & Relationships - Life Stages - Infants & Toddlers

\$22.95 | Hardcover | 7½ x 8½ | 144 pgs

ISBN: 978-1-63217-453-6

ANNE PHYFE PALMER is an entrepreneur, writer, yogi, electric-bike commuter, and mother. She founded 8 Limbs Yoga Centers in Seattle in 1996, years before yoga became a household word. She is the author of This Life of Mine: A Legacy Journal and This Family of Ours: A Legacy Journal. She lives in Seattle with her family.

SARAH TRUMBAUER is a papercut artist and illustrator. Her papercuts are inspired by long walks through gardens, vintage children's books, and art nouveau patterns. Her work has been featured in international magazines, books, and stationery products.

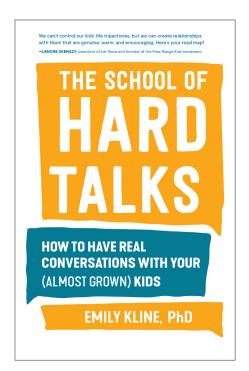
ALSO AVAILABLE:



This Family of Ours ISBN: 978-1-63217-379-9



This Life of Mine ISBN: 978-1-63217-208-2 \$19.95



THE SCHOOL OF HARD TALKS

How to Have Real Conversations with Your (Almost Grown) Kids

Emily Kline, PhD

Want to have better relationships with the teens and young adults in your life? Backed by research, this practical, engaging guide by a clinical psychologist will help you connect and communicate.

Learn how to connect with your young adult children in this practical guide using techniques that focus not on inducing compliance but rather on respecting their thoughts and understanding their motivations. A five-step program based on Motivational Interviewing gives parents simple takeaways to have conversations about any topic, whether it is curfews, sex, drugs, rock 'n' roll, or college applications. Each chapter includes sample scripts and concludes with practical takeaways to get parents started on having better conversations—and more rewarding relationships—with their young adults.

APRIL 2023

Family & Relationships - Parenting - Parent & Adult Child

\$18.95 | Paperback | 5½ x 8½ | 176 pgs

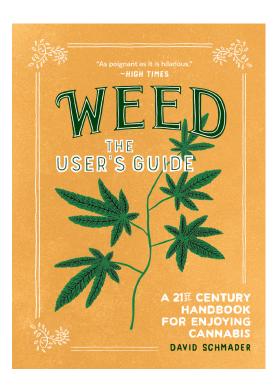
ISBN: 978-1-63217-470-3

EMILY KLINE, PhD is a clinical psychologist and writer in Boston. She has held faculty positions in psychiatry at Boston University School of Medicine and Harvard Medical School. She completed her bachelor's degree at Haverford College, her graduate training at the University of Maryland, Baltimore County, and her clinical and postdoctoral fellowships at Harvard Medical School. She lives with her husband and children who graciously beta-test her experiments in family communication, and a dog who can't be reasoned with at all.

ALSO AVAILABLE:



The Co-Parenting Handbook ISBN: 978-1-63217-146-7



WEED: THE USER'S GUIDE

A 21st Century Handbook for Enjoying Cannabis

David Schmader; Illustrated by Alex DeSpain

Now in paperback—a witty and well-researched illustrated beginner's guide to the world of weed, from cannabis connoisseur David Schmader.

This definitive handbook on decriminalized recreational marijuana educates and entertains novice and experienced users alike. Complete with history, ways to enjoy, recipes, safety and legality tips, and medical-use information, this witty illustrated guide is perfect for gift giving. Here, you'll learn:

- Exactly how much THC you need for an enjoyable edible experience
- How to make an apple into a pipe
- The racist history of US marijuana laws
- How to clean a bong
- $\bullet \ Which \ presidents \ were \ potheads \\$

APRIL 2023

Health & Fitness - Herbal Medications

\$17.95 | Paperback | 5½ x 7½ | 208 pgs

ISBN: 978-1-63217-496-3

DAVID SCHMADER is a writer and performer devoted to exploring his obsessions, from homophobic rock stars and pray-away-the-gay Christians to trash cinema and legalized drugs. From 1998–2015, Schmader worked as a staff writer and editor for Seattle's Pulitzerwinning newsweekly *The Stranger*, where he wrote the issue-opening column "Last Days: The Week in Review" for 18 years. He is the author of *Filmlandia!: A Movie Lover's Guide to the Films and Television of Seattle. Portland. and the Great Northwest.*

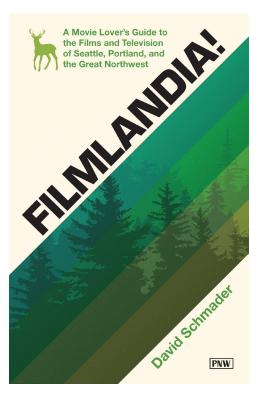
ONLINE: ► DavidSchmader.com

ALSO AVAILABLE:



CBD & Chill ISBN: 978-1-63217-319-5 \$22.95

ALSO AVAILABLE



FILMLANDIA!

A Movie Lover's Guide to the Films and Television of Seattle, Portland, and the Great Northwest

David Schmader

From Twin Peaks to Twilight, from Practical Magic to Portlandia!, Filmlandia! is a book for any cinephile, but for those who love and live in the PNW, it's an absolute must-have.

The Pacific Northwest has a thriving, rich film culture, and it's finally celebrated in a guide as visually arresting and compelling as the films and television shows themselves. 200 entries feature hilarious and insightful synopses, behind-the-scenes facts and trivia, and regional scenic highlights. Sidebars showcase filmmakers like Gus Van Sant and Lynn Shelton, the television shows that shaped the public's perception of the region (such as *Twin Peaks, Shrill*, and *Portlandia!*), documentaries, queer cinema, silent films, Vancouvershot imposters, and more.

APRIL 2023

Performing Arts - Film - Guides & Reviews

\$21.95 | Paperback | 5½ x 8½ | 160 pgs

ISBN: 978-1-63217-425-3

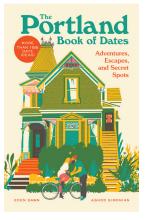
DAVID SCHMADER is a writer and performer devoted to exploring his obsessions, from homophobic rock stars and pray-away-the-gay Christians to trash cinema and legalized drugs. From 1998–2015, Schmader worked as a staff writer and editor for Seattle's Pulitzer-winning newsweekly *The Stranger*, where he wrote the issue-opening column "Last Days: The Week in Review" for 18 years. He is the author of *Weed: The User's Guide*.

ONLINE: K

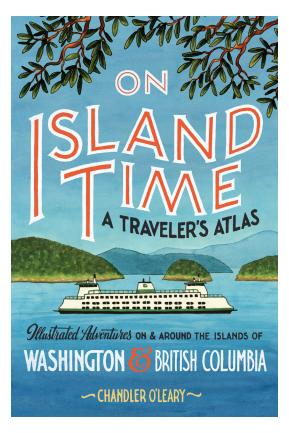
DavidSchmader.com

ASHOD SIMONIAN is the co-author of *The Portland Book of Dates*, and author of *Real Fun*, a book of photography and stories documenting his decade spent touring the world in a variety of indie rock bands. He co-founded the niche perfume brand Imaginary Authors and a nail polish company rooted in joy and activism called Claws Out.

ALSO AVAILABLE:



The Portland Book of Dates ISBN: 978-1-63217-325-6



ON ISLAND TIME: A TRAVELER'S ATLAS

Illustrated Adventures on and around the Islands of Washington & British Columbia

Chandler O'Leary

This quirky illustrated travel guide showcases the hidden delights, natural wonders, and singular history of Washington and British Columbia's islands, from the author of bestseller *The Best Coast*.

Focusing on the Puget Sound, the San Juans, and Canada's Gulf Islands and Vancouver Island, this alternative atlas charms and educates travelers, locals, and armchair adventurers alike. Featuring hundreds of illustrations and hand-drawn maps with ideas aplenty for island hopping excursions, it's chock-full of unusual facts, hidden history, and roadside attractions, and celebrates a slower lifestyle that is diverse, fascinating, and altogether magical.

MARCH 2023

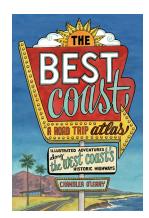
Travel - United States - West - Pacific

\$24.95 | Paperback | 7 x 101/2 | 208 pgs

ISBN: 978-1-63217-338-6

CHANDLER O'LEARY is an illustrator, lettering artist, and graduate of the Rhode Island School of Design. She is the coauthor of *Dead Feminists: Historic Heroines in Living Color* and *The Best Coast: A Road Trip Atlas*. She is also the author of the illustrated travel blog Drawn the Road Again. She lives in Tacoma, Washington.

ALSO AVAILABLE:



The Best Coast: A Road Trip Atlas ISBN: 978-1-63217-174-0 \$27.95



DAY HIKE! WASHINGTON: OLYMPIC PENINSULA, 5TH EDITION

More than 70 Trails You Can Hike in a Day

DAY HIKE! INLAND NORTHWEST: SPOKANE, COEUR D'ALENE, AND SANDPOINT, 2ND EDITION

75 Trails You Can Hike in a Day

Seabury Blair Jr.

Fully updated and featuring full-color photography, the *Day Hike!* series features the best day adventures for hikers who want to spend their days in the mountains and their nights at home.

MAY 2023

Sports & Recreation - Hiking

\$21.95 | Paperback | 5 x 7 | 304 pgs

ISBN: 978-1-63217-465-9

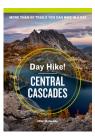
MAY 2023

Sports & Recreation - Hiking

\$21.95 | Paperback | 5 x 7 | 304 pgs

ISBN: 978-1-63217-463-5

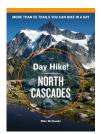
ALSO AVAILABLE:



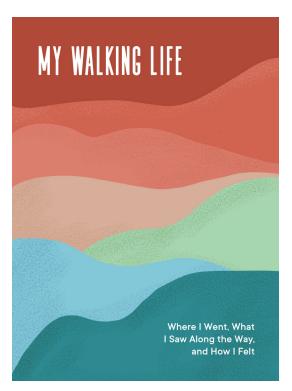
Day Hike! Central Cascades, 4th Edition ISBN: 978-1-63217-162-7 Price: \$19.95



Day Hike! Mount Rainier, 4th Edition ISBN: 978-1-63217-157-3 Price: \$19.95



Day Hike! North Cascades, 4th Edition ISBN: 978-1-63217-164-1 Price: \$18.95



MY WALKING LIFE

Where I Went, What I Saw Along the Way, and How I Felt

Bringing together the many physical and meditative benefits of walking and journaling, these illustrated pages offer thoughtful prompts and lots of space to capture what was special about your walk, from the route to the weather—and a gratitude moment. Fun sidebars include bucket-list walks for future travels, walking companions whose company you treasure, best photo-op destinations, city walks and country walks, fitness walks, and much more. Quotes from famous walkers over time ground your experience in history. Let this charming journal help you take your walks to a more transcendent place by highlighting the meaningful moments along the way.

APRIL 2023

Sports & Recreation – Walking

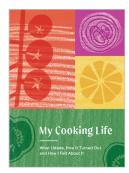
\$16.99 | Hardcover | 5½ x 7½ | 176 pgs

ISBN: 978-1-63217-483-3

ALSO AVAILABLE:

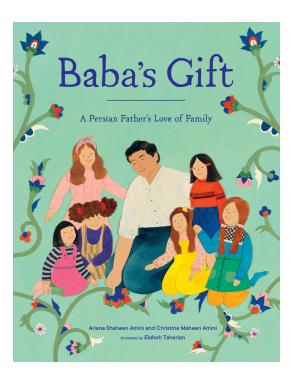


My Reading Life ISBN: 978-1-63217-422-2



My Cooking Life ISBN: 978-1-63217-460-4 \$16.99





BABA'S GIFT

A Persian Father's Love of Family

Ariana Shaheen Amini & Christina Maheen Amini; Illustrated by Elaheh Taherian

This picture book is written by two daughters telling the story of their Baba ("father" in Farsi). It weaves together the love of two countries with the love of family.

Baba enchants his six daughters with his stories, transporting them to his childhood in Iran as they play on the flowering vines of the Persian carpet in California. He tells the story of a determined young man who comes to the United States, the challenges of leaving his Persian family, and the unfolding of his new American life.

This glorious debut authentic voices picture book is written by two sisters about their Baba ("father" in Farsi), who weaves together the love of two countries with the love of family.

FEBRUARY 2023

Juvenile Nonfiction

\$18.99 | Hardcover | 8½ x 11 | 32 pgs

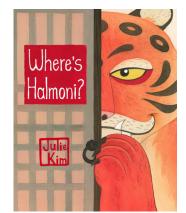
ISBN: 978-1-63217-323-2

ARIANA SHAHEEN AMINI graduated with an MFA in writing for children from Vermont College and a BA from UC Davis. As a child, Ariana loved dancing, making up plays, and jumping from Persian carpet to Persian carpet with her five sisters. As an adult, she loved daily talks with her dad over tea and interviewing him about his extraordinary life. She lives with her husband and two creative kids in San Anselmo, California.

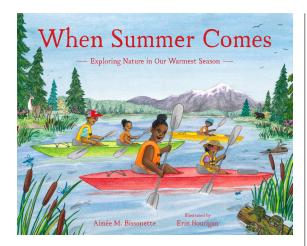
CHRISTINA MAHEEN AMINI is the executive publishing director at Chronicle Books and is happy to be a professional collaborator and creator—bringing new ideas, new artists, and new voices to the world every year. She lives with her wife and two kids in the San Francisco Bay area, where all six Amini sisters live.

ELAHEH TAHERIAN graduated from the Illustration as Visual Essay MFA program at the School of Visual Arts in New York. Prior to this, she received her BFA from Shahed Art University and an MFA from Art University in Tehran, Iran. She lives in Brooklyn, New York.

ALSO AVAILABLE:



Where's Halmoni? ISBN: 978-1-63217-077-4



WHEN SUMMER COMES

Exploring Nature in Our Warmest Season

Aimée M. Bissonette; Illustrated by Erin Hourigan

This poetic children's book celebrates nature and wildlife in the summer season.

Summer is the perfect season for families to embrace the outdoors. When Summer Comes celebrates playing and exploring in the wilderness during the summer months. This follow-up to When Winter Comes is about the joy of being outdoors and discovering wildlife during the summer months.

MAY 2023

Juvenile Fiction

\$17.99 | Hardcover | 10 x 8 | 32 pgs

ISBN: 978-1-63217-435-2

AIMÉE M. BISSONETTE is the author of three picture books for children. North Woods Girl 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 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.

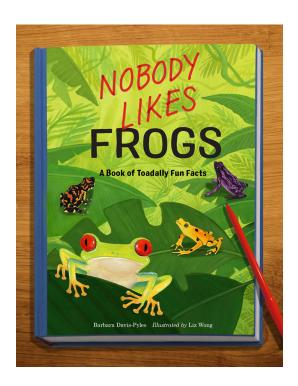
ALSO AVAILABLE:



When Winter Comes (HC) ISBN: 978-1-63217-273-0 \$17.99

When Winter Comes (BB) ISBN: 978-1-63217-405-5 \$10.99

0 LITTLE BIGFOOT SPRING 2023 21



Nobody Likes Frogs

A Book of Toadally Fun Facts

Barbara Davis-Pyles; Illustrated by Liz Wong

Why would you pick up a book about frogs? Nobody likes them! At least according to Persnickety Q. Turtle.

In this humorous narrative nonfiction picture book, the text cleverly puts the reader in the role of the "expert" to educate a persnickety turtle about the amazing amphibian known as the frog. With the reader's help, Persnickety Q. Turtle learns intriguing frog facts, such as they can breathe through their skin while underwater and their eyes help them swallow. Pick up this book and help Persnickety find out all the reasons frogs are such incredible creatures.

APRIL 2023

Juvenile Nonfiction

\$17.99 | Hardcover | 7 x 5½ | 22 pgs

ISBN: 987-1-63217-335-5

APRIL 2023

Juvenile Nonfiction

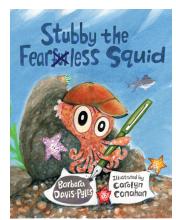
\$12.99 | Paperback | 7 x 5½ | 22 pgs

ISBN: 978-1-63217-504-5

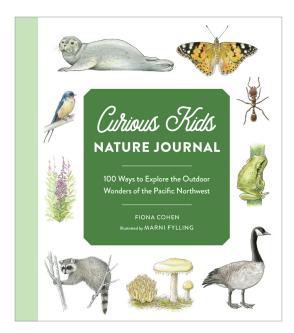
BARBARA DAVIS-PYLES, author of Grizzly Boy, CliFF the Failed Troll, and Stubby the Fearless Squid, has written hundreds of fiction and nonfiction pieces for the children's education market. When Barbara isn't writing, she can be found hiking, biking, or packing for a road trip. She lives in the northwest corner of Washington with her family.

LIZ WONG was born in Honolulu, Hawaii, where she spent her early childhood painting and clambering about in mango trees. Liz holds a BFA in art and a BA in anthropology from the University of Washington and currently resides in Edmonds, Washington with her husband and son.

ALSO AVAILABLE:



Stubby the Fearless Squid ISBN: 978-1-63217-199-3 \$17.99



CURIOUS KIDS NATURE JOURNAL

100 Ways to Explore the Outdoor Wonders of the Pacific Northwest

Fiona Cohen; Illustrated by Marni Fylling

Full of journaling prompts and activities focused on the natural world, this companion to the bestselling *Curious Kids Nature Guide* will encourage kids to get outdoors and engage with nature.

Over 100 color and scientifically accurate illustrations help kids more easily look for and identify plants and animals, as well as natural phenomena like animal tracks and nurse logs. Writing, drawing, and activity prompts inspire kids to record and track their observations.

For kids who want to take their exploration and journal recording to another level, kid-friendly citizen science projects are noted for activities like bird counts, insect tracking, and marine debris tracking.

MARCH 2023

Juvenile Nonfiction

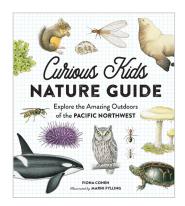
\$19.99 | Paperback | 8 x 9 | 176 pgs

ISBN: 978-1-63217-384-3

FIONA COHEN is a longstanding volunteer with Seattle Audubon, has connections with Seattle Parks, North Cascades Institute, Washington Library Media Association, and other local nature groups in Washington and British Columbia.

A science illustrator, writer, and educator, MARNI FYLLING has a BS in zoology from UC Davis and a graduate certificate in natural science illustration from UC Santa Cruz. Her favorite thing to do is explore tide pools—although sketching insects and wildflowers (or just about anything else) is a close second.

ALSO AVAILABLE:



Curious Kids Nature Guide ISBN: 978-1-63217-083-5

22 LITTLE BIGFOOT SPRING 2023 23

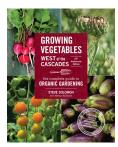
PACIFIC NORTHWEST TITLES for ADULTS

Portland Book of Dates Adventures, Ecupes, and Sports Sports Adventures, Ecupes, and Sports Sports Adventures, Ecupes, Ecupes,

The Portland Book of Dates 978-1-63217-325-6 | \$19.95



The Best Coast 978-1-63217-174-0 | \$27.95 Greetings from the Best Coast 978-1-63217-283-9 | \$14.99



Growing Vegetables West of the Cascades 978-1-57061-972-4 | \$27.00



The Salmon Sisters 978-1-63217-225-9 | \$24.95



Seattleness 978-1-63217-477-2 | \$24.95



Seattle Walk Report 978-1-63217-261-7 | \$19.95



Secret Seattle 978-1-63217-374-4 | \$19.95



Upper Left Cities 978-1-63217-182-5 | \$30.00

. NORTHWEST. KNOW-HOW

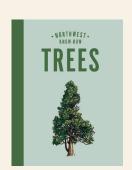
Discover the **Best** of the **Pacific Northwest**



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



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

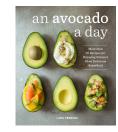


Northwest Know-How: Trees 978-1-63217-352-2 | \$16.95



Northwest Know-How: Haunts 978-1-63217-409-3 | \$16.95

BESTSELLING COOKBOOKS



An Avocado a Day 978-1-63217-081-1 | \$21.95



Cannelle et Vanille 978-1-63217-200-6 | \$40.00 Cannelle et Vanille Bakes Simple 978-1-63217-370-6 | \$40.00



The Cast Iron Skillet Cookbook 978-1-57061-905-2 | \$22.95



Cast Iron Skillet One-Pan Meals 978-1-63217-420-8 | \$22.95

Power Bowls



Chinese Soul Food 978-1-63217-455-0 | \$24.95 Vegetarian Chinese Soul Food 978-1-63217-454-3 | \$24.95





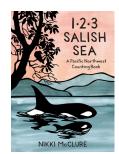
Fire & Wine 978-1-63217-451-2 | \$24.95



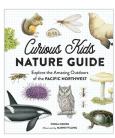
 I Heart Soul Food
 Plant Power Bowls

 978-1-63217-309-6 | \$27.00
 978-1-63217-468-0 | \$22.95

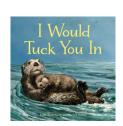
PACIFIC NORTHWEST TITLES for KIDS



1, 2, 3 Salish Sea 978-1-63217-336-2 | \$16.99



Curious Kids Nature Guide 978-1-63217-083-5 | \$19.99



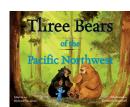
I Would Tuck You In (HC) 978-1-57061-844-4 | \$16.99 (BR) 978-1-57061-944-1 | \$10.99



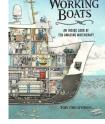
Look at That Bird! 978-1-63217-317-1 | \$19.99



The Spirit of Springer 978-1-63217-212-9 | \$18.99



Three Bears of the PNW (HC) 978-1-57061-684-6 | \$17.99 (BR) 978-1-63217-076-7 | \$10.99



Working Boats 978-1-63217-259-4 | \$19.99



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

INSPIRING GUIDED JOURNALS and WORKBOOKS







Best Worst Grateful 978-1-63217-346-1 | \$16.95 Best Worst Grateful - Herringbone 978-1-63217-482-6 | \$16.99 Best Worst Grateful - Color Block 978-1-63217-481-9 | \$16.99



Finding Self-Compassion 978-1-63217-417-8 | \$16.95



Goodbye Anxiety 978-1-63217-390-4 | \$16.95



The Just Girl Project Self-Love Journal 978-1-63217-438-3 | \$16.95



My Cooking Life 978-1-63217-460-4 | \$16.99



My Nature Journal and **Activity Book** 978-1-63217-247-1 | \$14.99



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



This Life of Mine 978-1-63217-208-2 | \$19.95 This Family of Ours 978-1-63217-379-9 | \$19.95

Mv Babv's Book 978-1-63217-453-6 | \$22.95



The 52 Lists Project 978-1-63217-034-7 | \$16.95



52 Lists for Happiness 978-1-63217-096-5 | \$16.95



The 52 Lists Project **Botanical Pattern** 978-1-63217-474-1 | \$18.99



52 Lists for Happiness Floral Pattern 978-1-63217-475-8 | \$18.99



52 Lists for Bravery 978-1-63217-331-7 | \$16.95



52 Lists for Togetherness 978-1-63217-219-8 | \$16.95



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



My 52 Lists Project 978-1-63217-394-2 | \$16.95



1325 4TH AVE, SUITE 1025 SEATTLE, WA 98101

PENGUIN RANDOM HOUSE DISTRIBUTION

To place an order, please contact your Penguin Random House rep, or contact the order department.

Penguin Random House, Inc. 1745 Broadway, 3rd floor New York, NY 10019

ORDER DEPARTMENT

Penguin Random House, Inc. Attn: Order Entry 400 Hahn Road Westminster, MD 21157 TEL: 800.733.3000 FAX: 800.659.2436 customerservice @penguinrandomhouse.com

CUSTOMER SERVICE AND CREDIT **DEPARTMENTS**

TEL: 800.733.3000 customerservice @penguinrandomhouse.com

SPECIAL MARKETS specialmarkets @penguinrandomhouse.com

CANADIAN ORDERS AND INQUIRIES

Random House of Canada, Inc. **Diversified Sales** 2775 Matheson Blvd., East Mississauga, ON L4W 4P4 TEL: 800.668.4247 FAX: 905.624.6217 canadaspecialmarkets @penguinrandomhouse.com

PENGUIN RANDOM HOUSE INTERNATIONAL SALES

Penguin Random House, Inc. International Division TEL: 212.572.6083 FAX: 212.572.6045 international @penguinrandomhouse.com

SASQUATCH BOOKS SALES AND MARKETING

SALES

Jenny Abrami, Vice President, Sales and Strategy jabrami@sasquatchbooks.com

MARKETING AND PUBLICITY Nicole Sprinkle, Director of Marketing

nsprinkle@sasquatchbooks.com

Whitney Berger, Associate Manager, Marketing & Publicity, Little Bigfoot wberger@sasquatchbooks.com

Sasquatch books are distributed in the US, Canada, and internationally by Penguin Random House Publisher Services, a division of Random House, Inc.

