



 SASQUATCH
BOOKS

SPRING
2024

Discover our 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.

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- 5 Securely Attached
- 6 12 Questions for Love
- 7 F*cking Deal With It
- 8 Street Trees of Seattle
- 9 Wild Roads Washington, 2nd Edition

LITTLE BIGFOOT

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- 11 Where Do I Sleep?
- 12 A Geoduck Is Not a Duck
- 13 Let’s Explore the Beach

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A LITTLE BOOK OF HUMMINGBIRDS

Tara Austen Weaver

The latest in the Little Book of Natural Wonders series, this intimate and lavishly illustrated journey into the world of the hummingbird is a treasure and a gift for birdwatchers, gardeners, and anyone who loves these amazing creatures.

Hummingbirds are beautiful and mesmerizing. Did you know they can flick their tongue twelve times a second? Or that they “tile” their nests with pieces of lichen and moss (the nests themselves are spun from spiderwebs and thistledown)? Or that some species sing and dance as they woo their mates? Find out all this and more while delighting in 45+ vintage-inspired, full-color illustrations.

MARCH 2024

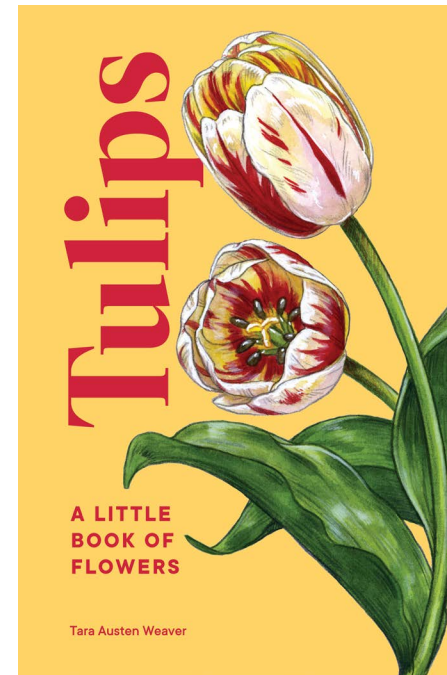
Nature - Animals - Birds

\$16.95 | Hardcover | 4 1/4 x 6 1/4 | 144 pgs

ISBN: 978-1-63217-498-7

TARA AUSTEN WEAVER is an award-winning writer, editor, and avid gardener. She is the author of three other books in the Little Book of Natural Wonders series: *Dahlias*, *Peonies*, and *Tulips*. 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.

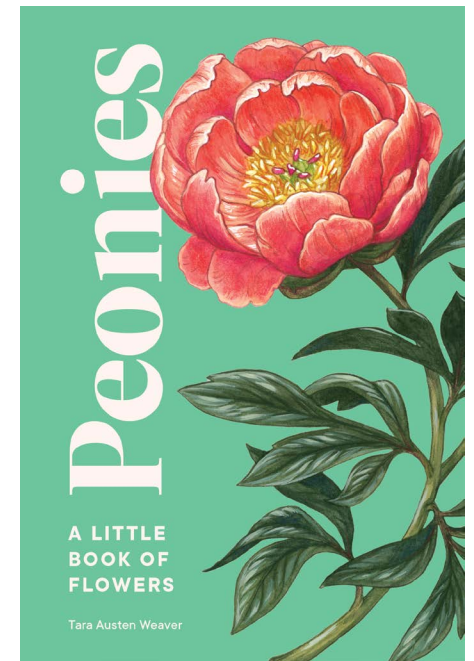


ALSO AVAILABLE:

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

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

Tulips
ISBN: 978-1-63217-444-4
\$14.95



“Each posey-size volume reads like a very smart love letter to cultivating beauty.”
—THE SEATTLE TIMES

“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

MOTHER'S
DAY
FAVORITES!



FORAGE. GATHER. FEAST.

100+ Recipes from West Coast Forests, Shores, and Urban Spaces

Maria Finn; Photographs by Marla Aufmuth

Celebrate the pleasure of the wilderness (or even your backyard) with this approachable forage-to-kitchen cookbook featuring 110 recipes using forgeable foods up and down the West Coast—from seaweed to mushrooms and more.

Identify forgeable foods in your environs to create simple, rustic recipes from the bounty of the coast, forest, and urban spaces. Featuring more than 100 recipes and chock-full of lush photography, this cookbook shows you what to do with the delicious foodstuffs you can dig, snip, or catch between Alaska and Northern California, then put it all together in homecooked meals or cooked in the wild over a campfire. Reimagine your cooking and unlock new flavors from the abundance that surrounds us.

APRIL 2024

Cooking – Regional & Ethnic – American – Western Cooking

\$29.95 | Paperback | 7 1/4 x 8 1/2 | 304 pgs

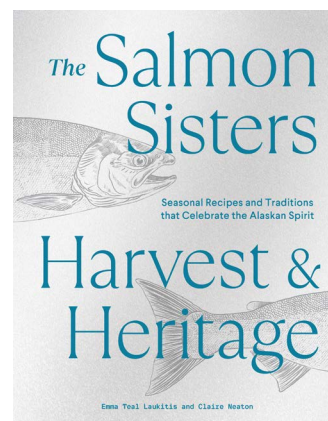
ISBN: 978-1-63217-486-4

MARIA FINN lives on a houseboat in Sausalito, California. As a chef she creates experiences inspired by wild places and champions regenerative food producers. She is the founder of Flora & Fungi Adventures, where she runs wild food-centric adventures in California all the way north to Alaska.

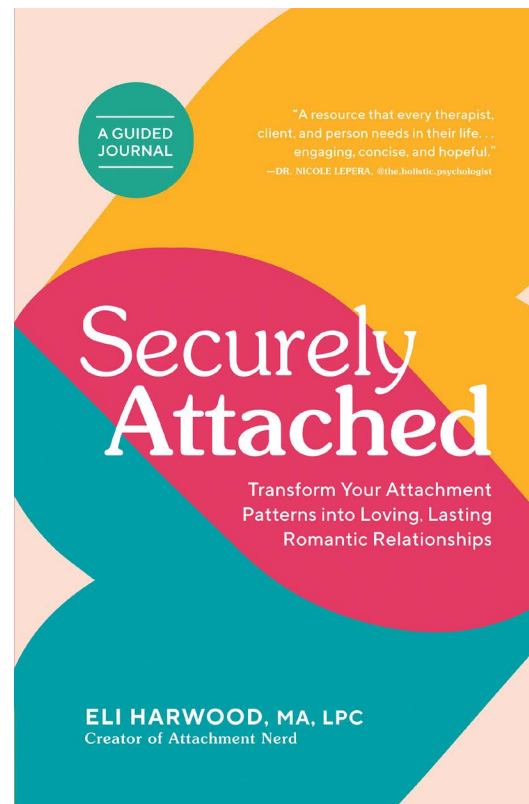
ONLINE:
MariaFinn.com

MARLA AUFMUTH is a California native who captures a rich, bold documentary view of real people, craft, and culture.

ALSO AVAILABLE:



The Salmon Sisters Harvest & Heritage
ISBN: 978-1-63217-433-8
\$35.00



SECURELY ATTACHED

Transform Your Attachment Patterns into Loving, Lasting Romantic Relationships

Eli Harwood

Transform insecure attachment patterns and unlock the key to deeply satisfying relationships with this engaging and insightful workbook by licensed therapist and attachment expert Eli Harwood.

Navigating the path to an intimate, secure romantic partnership can feel daunting. But the good news is attachment theory research shows that everyone can overcome insecure patterns. *Securely Attached* clearly and gently guides you in delving deeper and overcoming problematic patterns that are holding you back from getting—and keeping—the close, fulfilling relationship you want.

NOVEMBER 2023

Family & Relationships – Love & Romance

\$18.99 | Paperback | 6 x 9 | 176 pgs

ISBN: 978-1-63217-489-5

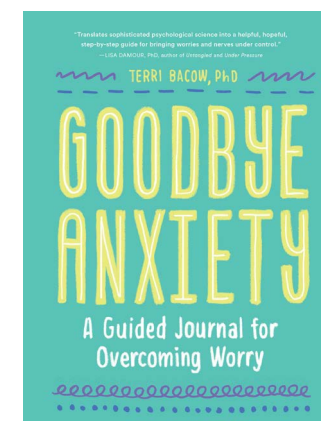
ELI HARWOOD is a licensed therapist who lives in Colorado with her family. She has been nerding out on attachment research for the past two decades and is on a mission to help make the world a better place, one relationship at a time.

ONLINE:

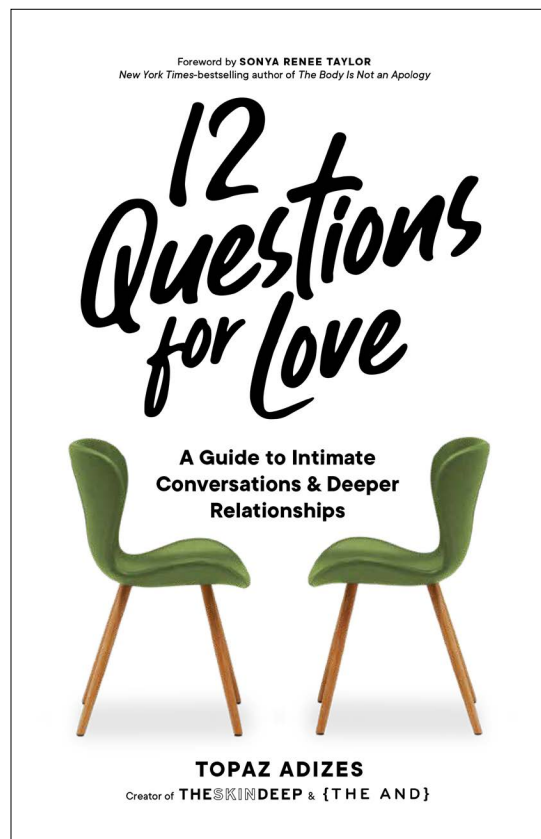
Attachmentnerd.com
@attachmentnerd
@attachmentnerd
@attachmentnerd



ALSO AVAILABLE:



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



12 QUESTIONS FOR LOVE

A Guide to Intimate Conversations and Deeper Relationships

Topaz Adizes; Foreword by Sonya Renee Taylor

Could one conversation improve your relationship forever? Author Topaz Adizes invites you to bravely explore the heart of your relationship through 12 carefully crafted questions drawn from thousands of candid conversations with real couples featured in his Emmy Award-winning documentary series {THE AND}.

We all crave connection. But sometimes we need help getting there. By having a conversation with your partner, guided by these thought-provoking questions, you'll discover the strength in having mindful, meaningful conversations and unlock a deeper level of lasting intimacy. In today's fast-paced world, it is easier than ever to feel isolated, disconnected, and idling in surface-level relationships. Having observed a decade's worth of extraordinary conversations unfold, Adizes explores the key to feeling closer, more secure, and more connected with your partner.

JANUARY 2024
Family & Relationships – Love & Romance
\$22.95 Hardcover 5½ x 8½ 224 pgs
ISBN: 978-1-63217-490-1

TOPAZ ADIZES is an Emmy award-winning writer, director, and experience design architect. He is currently the founder and executive director of the experience design studio The Skin Deep, which has two million followers across social channels. Topaz studied philosophy at UC Berkeley and Oxford University. He currently lives in Mexico with his family.

ONLINE:

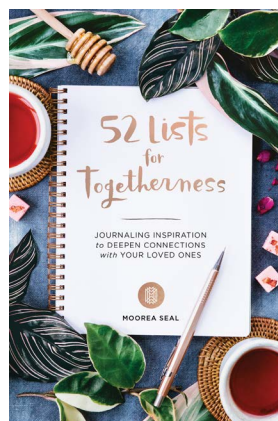
TheSkinDeep.com

@theskinddeep

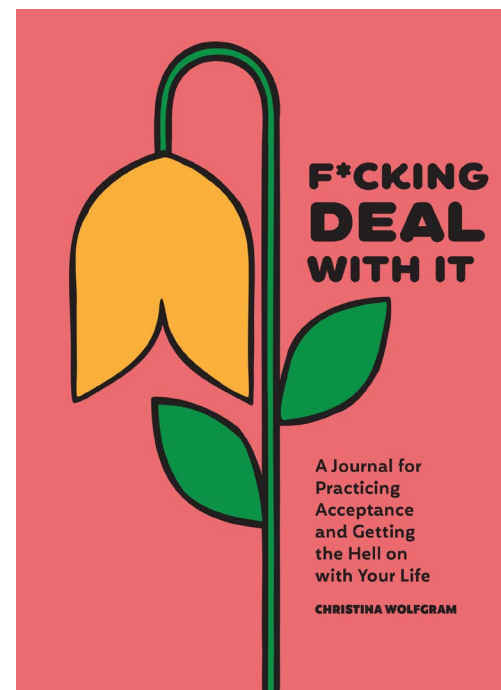
@theskinddeep

@theskinddeep

ALSO AVAILABLE:



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



F*CKING DEAL WITH IT

A Journal for Practicing Acceptance and Getting the Hell on with Your Life

Christina Wolfgram

An irreverent, interactive guided journal for anyone who wants to stop being miserable and get the hell on with living, using the tenets of Acceptance and Commitment Therapy (ACT) as a guide.

Author and mental health influencer Christina Wolfgram (of *Sobcast the Podcast*) walks readers through the four major steps from acceptance to commitment therapy in a way that won't make you barf. Included are 45 illustrated mental-health journal prompts and exercises you can complete with whatever the f*ck you accidentally bought the last time you were depressed in a craft store. Designed to meld fun with therapeutic—from fill-in-the-blank exercises to life lists—all with the author's unique insights, observations, and trauma-induced sense of humor. Try it—what have you got to lose but your misery?

MAY 2024
Self Help – Journaling
\$17.99 Paperback 5½ x 7½ 144 pgs
ISBN: 978-1-63217-479-6

CHRISTINA WOLFGRAM, founded Crying is Cool, a fashion store for stylish sensitives, and hosts *Sobcast the Podcast*, where she chronicles her own journey with anxiety, depression, and the horrifying, hilarious reality of being human. She lives in Portland, Oregon.

ONLINE:

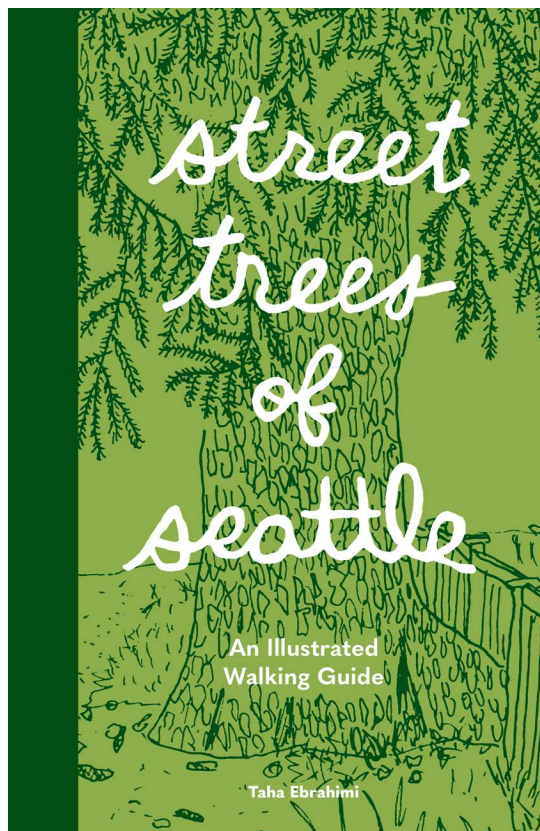
@itsthecowlf

@itsthecowlf

ALSO AVAILABLE:



Best Worst Grateful
ISBN: 978-1-63217-346-1
\$16.95



STREET TREES OF SEATTLE

An Illustrated Walking Guide

Taha Ebrahimi

The majestic trees of Seattle's neighborhoods take center stage in this illustrated and informative walking guide. With its useful but whimsical package, *Street Trees of Seattle* offers a handy way to slow down and explore our urban natural treasures.

Using data visualization as a starting point, the author takes readers on a tour of existing street trees throughout Seattle's neighborhoods and iconic parks through charming line drawings and maps. In the process, she educates readers on the history of the trees and the city, and offers up drawings of trees, leaves, and leaflets to identify trees throughout 33 different neighborhoods. The oldest, widest, tallest, and most notable of each species are highlighted, so urban adventurers can fully appreciate their surroundings or design their own walking routes to experience these natural wonders in their favorite areas of the city.

APRIL 2024

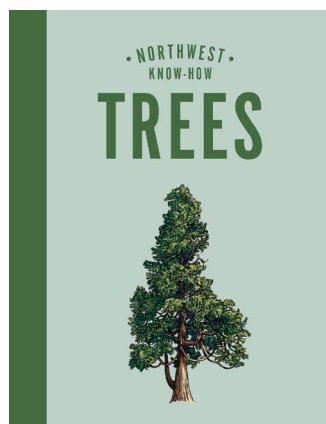
Nature – Plants – Trees

\$22.95 | Paperback | 5½ x 8½ | 288 pgs

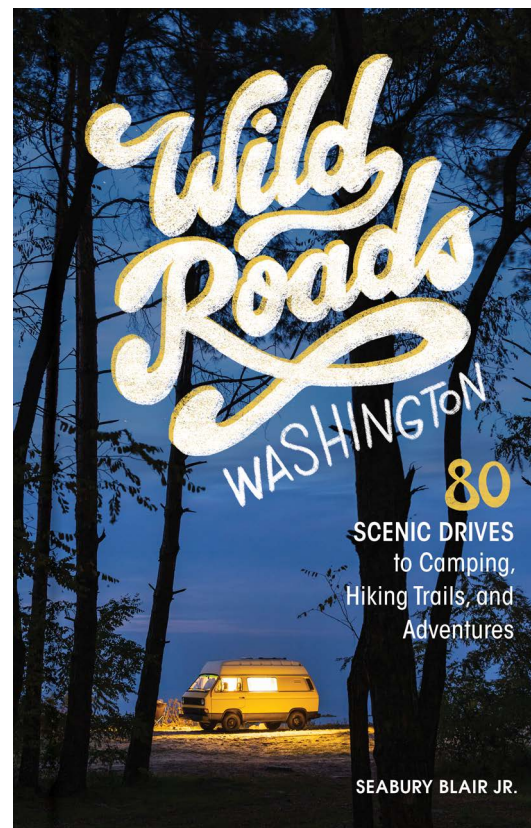
ISBN: 978-1-63217-458-1

TAHA EBRAHIMI is director of Tableau Public, a free platform to explore, create, and publicly share online data visualizations about publicly available data. She is also a “celebrity” judge of Iron Viz, the world's largest virtual data visualization competition. She is passionate about the storytelling power of data visualization to democratize the understanding of complex data insights.

ALSO AVAILABLE:



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



WILD ROADS WASHINGTON, 2ND Ed.

80 Scenic Drives to Camping, Hiking Trails and Adventures

Seabury Blair Jr.

Updated with five new roads, this is your guide to discover the 80 best drives to camping, trails, and adventures in the state, from eastern Washington to the Olympics and the coast.

Perfect for roadtripping enthusiasts, RV-ers, and #vanlifers looking to explore the best vistas the state has to offer. Each drive is rated by distance, road condition, and grade. Experience some serious road rave with drives that take you to the most beautiful places in Washington state, such as:

- Views of Mount Rainier at the end of the road to Sun Top
- Vistas of Lake Cushman and Hood Canal from atop Mount Ellinor in the Olympics
- Picnics at Salmon Meadows in the Okanogan National Forest

MARCH 2024

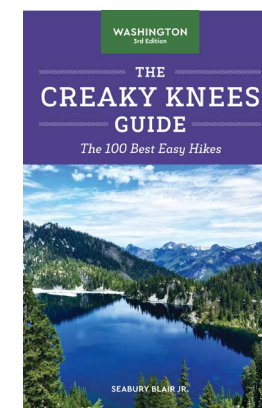
Travel – United States – West – Pacific (AK, CA, HI, OR, WA)

\$21.00 | Paperback | 5½ x 8½ | 272 pgs

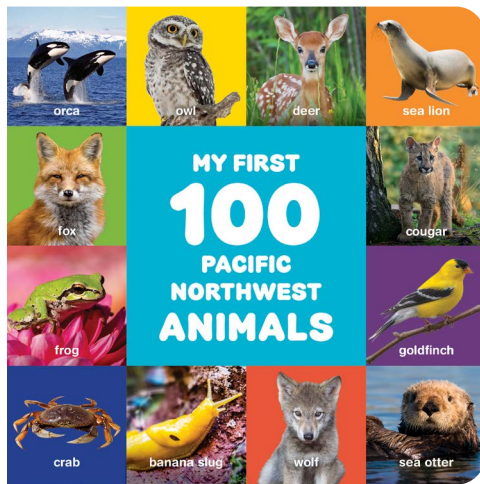
ISBN: 978-1-63217-510-6

SEABURY BLAIR JR. spent many years as the outdoor columnist for *The Bremerton Sun*, where one of his most popular features was the “Hike o’ the Month.” He is the author of the Creaky Knees Guide series of easy hiking books and the Day Hike! series of hikes that you can do in a day.

ALSO AVAILABLE:



The Creaky Knees Guide Washington, 3rd Edition:
The 100 Best Easy Hikes
ISBN: 978-1-63217-354-6
\$21.00



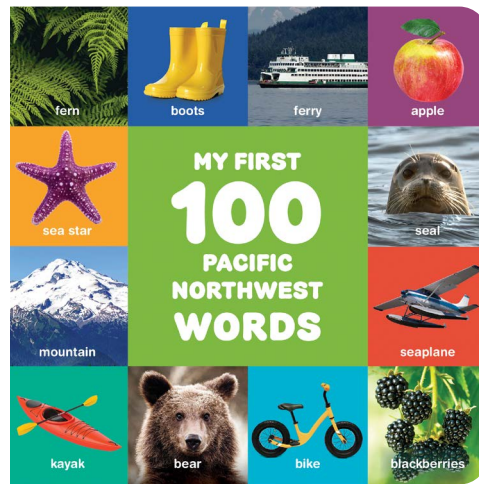
MY FIRST 100 PACIFIC NORTHWEST ANIMALS

MY FIRST 100 PACIFIC NORTHWEST WORDS

An ideal introduction to Pacific Northwest animals and words for kids ready to enjoy a book that is designed to stimulate their developing brains.

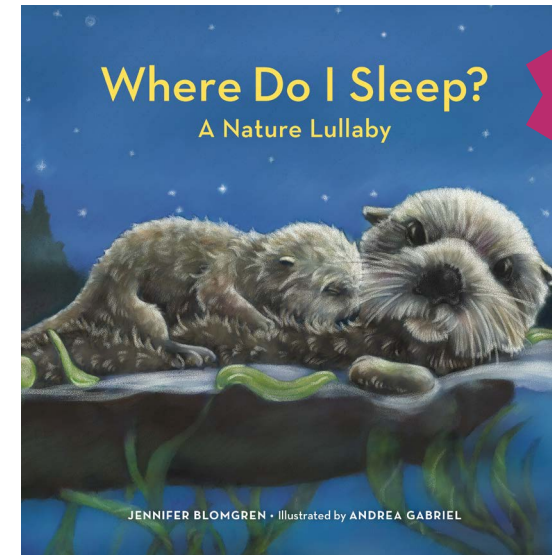
Each page in this brightly colorful board book combines a simple photo with the word that represents it. Providing pre-readers with the essential building blocks of reading, this book teaches kids to associate words with images.

This fun board book, which introduces toddlers to animals and words associated with the Pacific Northwest, is perfect for reading together (bonding), teaching little ones to sound out words (phonetics), and helping them build vocabulary (comprehension).

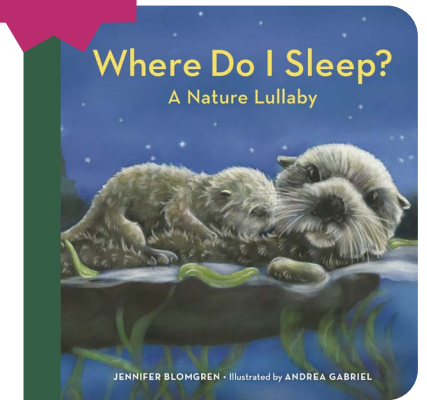


MAY 2024
Juvenile Nonfiction – Animals – Baby Animals
\$9.99 Board 6¼ x 6¼ 22 pgs
ISBN: 978-1-63217-501-4 (Animals)

MAY 2024
Juvenile Nonfiction – Concepts – Words
\$9.99 Board 6¼ x 6¼ 22 pgs
ISBN: 978-1-63217-500-7 (Words)



**HARDCOVER
&
BOARD BOOK**



WHERE DO I SLEEP?

A Nature Lullaby

Jennifer Blomgren;
Illustrated by Andrea Gabriel

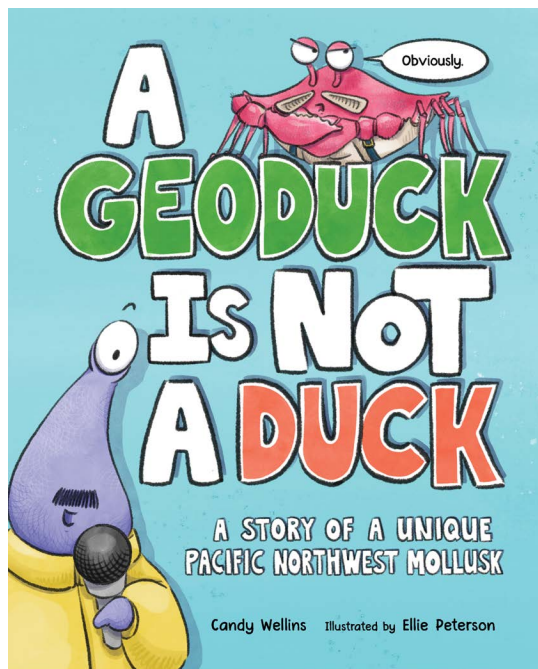
This beautifully illustrated lullaby book features shimmering salmon fry, a long-legged baby moose, feathery eaglets, and fifteen other Northwest animals bedding down for the night (or day!). Rhythmic and soothing four-line stanzas describe the animals' habitats and sleeping patterns. Children will love learning about the familiar creatures in this special book, destined to become a regional classic.

MARCH 2024
Juvenile Nonfiction – Bedtime & Dreams
\$16.99 Hardcover 8¼ x 8¼ 32 pgs
ISBN: 978-1-63217-532-8

MARCH 2024
Juvenile Nonfiction – Bedtime & Dreams
\$10.99 Board 6¼ x 6¼ 20 pgs
ISBN: 978-1-63217-531-1

JENNIFER BLOMGREN illustrates her own line of greeting cards, 24 Carrot, Inc., in Port Townsend, Washington. The idea for this book came to her one night, and she wrote most of it in one sitting. She loves nature walks, gardening, and her three dogs.

ANDREA GABRIEL is an artist in Bellingham, Washington. She received her bachelor's degree in art from Western Washington University.



A GEODUCK IS NOT A DUCK

A Story of a Unique Pacific Northwest Mollusk

Candy Wellins; Illustrated by Ellie Peterson

Learn about the Pacific Northwest's most unique shellfish in this hilarious account of mistaken identity.

In this fun and engaging graphic novel-picture book mashup, a beachside breaking news story clues the audience into a dramatic development: there's a gooey duck on the loose!

As the report goes on, it becomes clear to the audience that the news reporter doesn't realize his story isn't about a duck covered in goo but is instead about the world's largest burrowing clam, a geoduck (pronounced *gooey duck*).

This story of is full of more twists and turns than a rough day at sea and will have everyone laughing as the reporter slowly uncovers the truth about the geoduck.

The book also includes fun facts about geoducks.

MARCH 2024

Juvenile Nonfiction – Animals – Marine Life

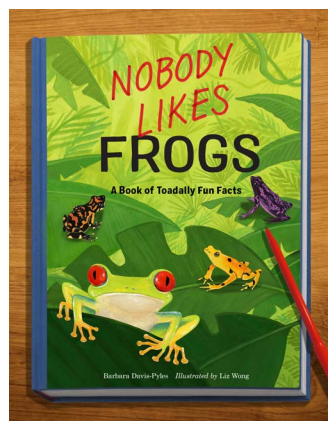
\$18.99 | Hardcover | 8 x 10 | 32 pgs

ISBN: 978-1-63217-397-3

CANDY WELLINS is a lifelong writer and book lover. A former elementary school teacher, she has a BA in journalism and an M.Ed. in literacy education. Candy and her family make their home in central Texas.

ELLIE PETERSON is a picture book author, illustrator, and educator living in the Seattle area. Her work is inspired by the countless interactions she's had with kids after twenty wonderful years as a classroom teacher. You can find out more about her at ElliePeterson.com.

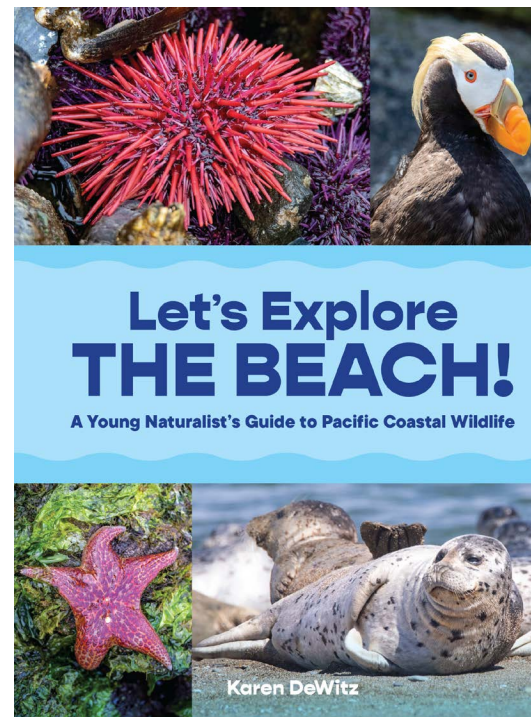
ALSO AVAILABLE:



Nobody Likes Frogs

ISBN: 978-1-63217-504-5 | \$17.99 (HC)

ISBN: 978-1-63217-504-5 | \$12.99 (PB)



LET'S EXPLORE THE BEACH

A Young Naturalist's Guide to Pacific Coastal Wildlife

Karen DeWitz

Let's Explore the Beach is a fun and engaging resource for young adventurers and families who explore the shores along the West Coast.

Going to the beach for the day and want to do some exploring? Want to know how sea stars eat? Curious about the lives of hermit crabs, sea lions, or pelicans?

This grab-and-go field resource focuses on the amazing creatures and plants along the Pacific coast. Filled with color photos and fascinating facts, the book is divided into three sections: tide pools, shoreline, and shorebirds. Each section offers details on a range of wildlife and other coastal treasures.

This beautiful and informative guidebook is perfect for aspiring young (or young at heart) naturalists and families who love to explore coastal beaches.

APRIL 2024

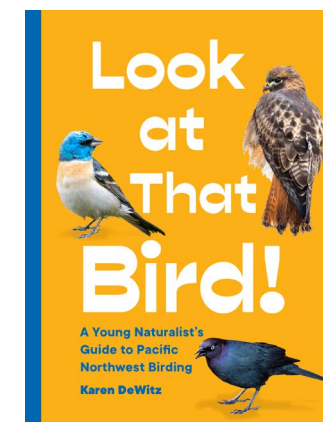
Juvenile Nonfiction – Science & Nature – Earth Sciences

\$19.99 | Paperback | 6 x 8 | 224 pgs

ISBN: 978-1-63217-442-0

KAREN DEWITZ has a rich background in instruction, outdoor education, and photography. As a former teacher with a master's degree in education, she understands how to intrigue and inspire young people. She has experience both in the classroom and in Northwest wild places—teaching, writing, and exploring the Pacific Northwest.

ALSO AVAILABLE:



Look at That Bird!

ISBN: 978-1-63217-3171

\$19.99

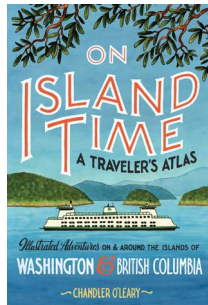
PACIFIC NORTHWEST TITLES for ADULTS



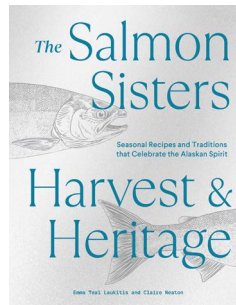
The Portland Book of Dates
978-1-63217-325-6 | \$19.95
The Seattle Book of Dates
978-1-63217-431-4 | \$21.95



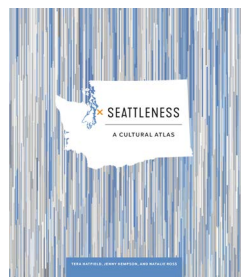
The Best Coast
978-1-63217-174-0 | \$27.95
Greetings from the Best Coast
978-1-63217-283-9 | \$14.99



On Island Time
978-1-63217-3-386 | \$24.95



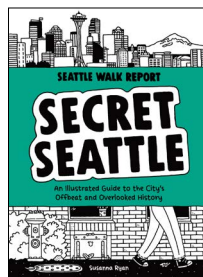
The Salmon Sisters: Harvest & Heritage
978-1-63217-433-8 | \$35.00



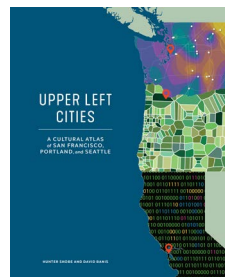
Seattleness
978-1-63217-477-2 | \$24.95



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

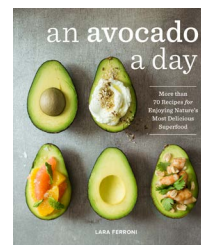


Secret Seattle
978-1-63217-374-4 | \$19.95



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

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



I Heart Soul Food
978-1-63217-309-6 | \$27.00
Super Soul Food with Cousin Rosie
978-1-63217-423-9 | \$27.00



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



Five Marys Ranch Raised Cookbook
978-1-63217-307-2 | \$29.95
Five Marys Family Style
978-1-63217-402-4 | \$40.00



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



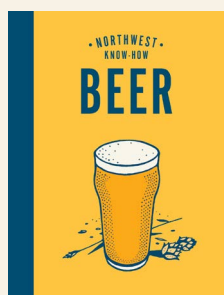
Pasta for All Seasons
978-1-63217-427-7 | \$22.95



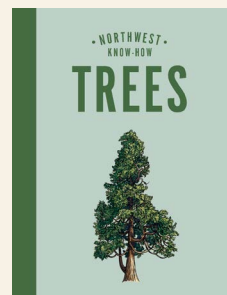
Plant Power Bowls
978-1-63217-468-0 | \$22.95

PACIFIC NORTHWEST TITLES for KIDS

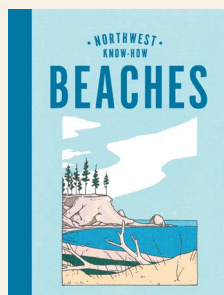
.NORTHWEST. KNOW-HOW Discover the Best of the Pacific Northwest



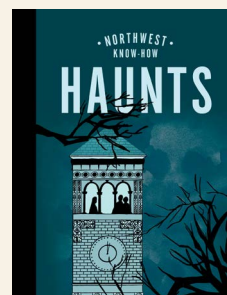
Northwest Know-How: Beer
978-1-63217-351-5 | \$16.95



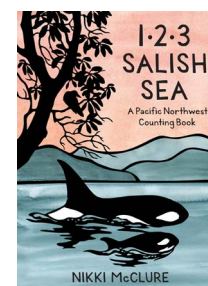
Northwest Know-How: Trees
978-1-63217-352-2 | \$16.95



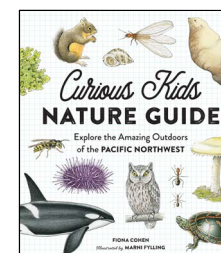
Northwest Know-How: Beaches
978-1-63217-408-6 | \$16.95



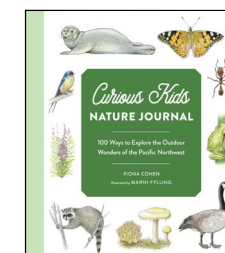
Northwest Know-How: Haunts
978-1-63217-409-3 | \$16.95



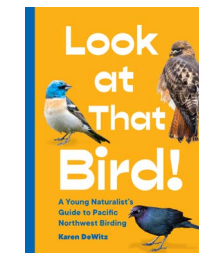
1, 2, 3 Salish Sea
978-1-63217-336-2 | \$16.99



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



Curious Kids Nature Journal
978-1-63217-384-3 | \$19.99



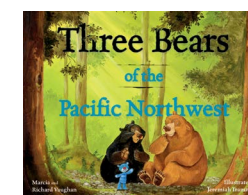
Look at That Bird!
978-1-63217-317-1 | \$19.99



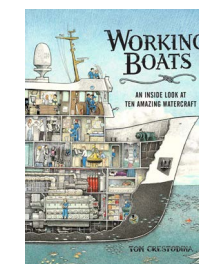
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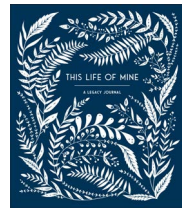
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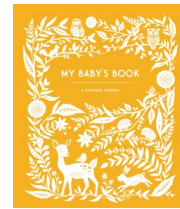
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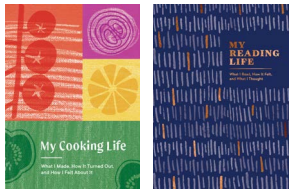
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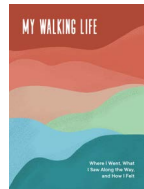


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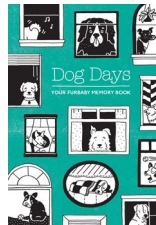


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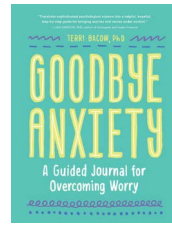
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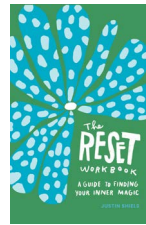
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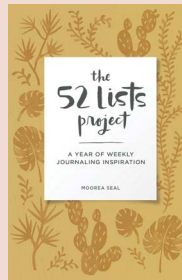


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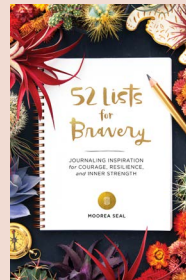
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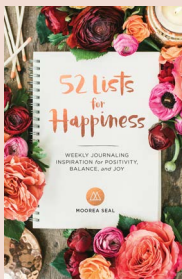
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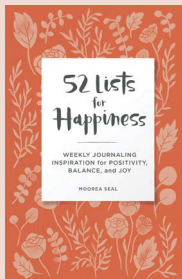
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