

## La Sansonette - (4:19)

**Suggested food pairing:** *fermented sour cherry jam on warm sourdough with butter*

This tune was taught to us by the great fiddler Becky Tracy and guitarist Keith Murphy. It's a scottish by the French musician Dominique Forges.

Listen when you want to feel like a gay pirate sailing through a hurricane in search of decades-lost love

## JEALOUS GUY - (4:22)

**Suggested food pairing:** *hard cheddar with a green apple slice and mustard*

This cover of a John Lennon song is a tribute to the phenomenal Donny Hathaway, who transformed this song with his performance on the album Live.

Listen when you're stuck in your own head about failed communication and resurfacing bad habits. Or when you owe someone an apology. Or when you lose control of your emotions. Or when your heart calls out for a backbeat.

Listen if you miss late night jams and the feeling of a crowded, sweaty room overflowing with music at 2 in the morning.

## Hembrännarmarsch - (5:14)

**Suggested food pairing:** *Harvest stew vibes. Really earthy pot pie with juicy sausage bits and root vegetables. Bonus points if it took the entire day to make it.*

This tune is written by Mikael Marin of the Swedish band Väsen, recorded on their 2013 album *Mindset*.

Listen when you want to channel your anxiety into some crunchy free improv.

Listen when your brain feels like turbulence on a plane

Listen for emotional catharsis

Listen to feel like jumping into a stream with a stronger current than you anticipated, and just enough driftwood and debris at hand to keep from being dragged under.

## WITHOUT SPRING - (3:20)

**Suggested food pairing:** *A glass of really dry pear cider with floating fermented strands (The Mother), paired w camembert.*

Without Spring was written by Camille Vogley-Howes during their sophomore year, during a period of reconciling what it means to move on from a loss.

Listen when you really miss someone who isn't with you anymore. Listen when you decide to let go of a grudge. Listen when you know no one was really in the wrong. Or when you really want some tumbling odd-meter pizz.

## Rajj - (4:13)

**Suggested food pairing:** *almond cardamom fika cake with whipped cream, cup of black tea*

This tune is by Esko Järvelä of the Finnish band Frigg. It is pronounced RyeRyeRye, like a good bread.

Listen when you want to dance around your room while you fold laundry.  
Listen when you finish a really tedious zoom call and you want to celebrate.  
Listen when you don't care anymore. Listen to remember what it felt like to run around and scrape your knees up on pavement but never stop for a band-aid.

## Dayanna - (5:15)

**Suggested food pairing:** *Spindrift®*

This tune is by the Brazilian guitarist, Alessandro Penezzi. We discovered it from his recording with the violinist Yamandú Costa.

Listen when you're taking a beautiful nature walk.  
Listen when you are brushing your teeth in the morning.  
Listen if you ever downloaded Pinterest to make aesthetic boards and felt a little silly.  
Listen if you watch Kiki's Delivery Service every once in awhile just to feel something

## TIME AFTER TIME - (7:25)

**Suggested food pairing:** *Dry white wine and lemon olive oil, drunk as a shot and a chaser. Or, mix them together and watch how oil and water don't intermix - just like you and your lost lover.*

This is a standard from 1946, with music by Jule Styne and lyrics by Sammy Cahn. It was written for Frank Sinatra to sing in the movie *It Happened in Brooklyn*, and first recorded by Sarah Vaughan. Our version is a tribute to Chet Baker who makes us feel very sad with his album *Chet Baker Sings*. We are in the process of reclaiming this album from our past lovers that have tarnished its memory.

Listen when you need to be reminded that we love you.

Listen when you need to be reminded you deserve the love you receive and more.

Listen when you want a hug.

## Trémilly - (5:03)

**Suggested food pairing:** *Melting chocolate. Maybe it's from a fondue fountain at a recital. Maybe you melted it yourself in your microwave, and you meant to use it for a recipe but now you're licking it out of the bowl, alone. Maybe someone you love dipped strawberries in it and you feel really cared for. Maybe you hate chocolate and in that case, this song is not for you.*

Our sweet Molly Tucker crafted this chocolatey tune while studying abroad in Paris. She wrote it while spending a weekend in Trémilly, a town in northeastern France, amidst goats, a beautiful forest, and an old castle.

Listen before you go to sleep. Listen when you're really lonely.

Listen when you've finished a really good novel and you feel a bit empty inside.

Listen when you want to feel like you're in the end-credits montage of a gay coming of age movie.