

For Immediate Release

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LITTLE SPROUT



Vancouver Pop-Rock band Little Sprout release first LP, "Fake Cake".

VANCOUVER, BC • UNCEDED COAST SALISH TERRITORIES – Vancouver 3-piece pop-rock band, Little Sprout debuts their first LP "**Fake Cake**". This LP features nine tracks full of candy-coated melodic riffs that don't shy away from darker subject in its lyrics which cover topics of desire, addiction and alienation with a surrealistic twist. "**Fake Cake**" is a self-released album that was recorded at KW studios by local artist Jo Passed (Sub Pop Records) as a follow up to their well received 2017 self titled EP.

The album's single, "**Hestia**", starts honeyed and dreamy but quickly crescendos with upbeat energy throughout the track. Amy Gislason's vocals add an ethereal quality to drummer Sean Gordon's lively beats and bassist Reese Patterson's tonal depth. Both the single and album are available on Bandcamp, iTunes, and Spotify. The accompanying music video for "**Hestia**" – available on YouTube – adds a surreal playfulness and tension to the track featuring members of the band working, dancing, playing, and throwing food.

Little Sprout is a shy but loud 3-piece consisting of Amie Gislason on guitar/vocals, Reese Patterson on the bass, and Sean Gordon on the drums. They combine the sweet and saccharine playfulness of pop-rock with the darker sides of punk/grunge into a package that makes you feel like you're eating ice cream and crying at the same time. With an EP and a single under their belt, they're excited to release their first LP "**Fake Cake**" to the world.

Amie, the primary songwriter, quit playing music for ten years from 2004-2013 during a period of personal tumult. When the proverbial dust settled in 2013, songwriting became a tool to process traumas and burdens, Little Sprout was created from that desire - to make art from the awful parts of life. Now, as a full time Special Education teacher, Amie's days are more filled with lesson planning than music writing.

Little Sprout has been a staple in the Vancouver music scene for the past 5 years, including winning CiTR's Shindig in 2017. Over the years, they've had the opportunity to play in many locales and festivals such as Westward Festival while also having the opportunity to play with great acts like The Coathangers, Pile, and Dadweed.

Links

[Fake Cake on Spotify](#)

[Little Sprout on Bandcamp](#)

[Music Video for "Hestia"](#)

[Instagram](#) / [Facebook](#)

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