

# moodfood



Tom Lattanand- Guitar, Vocals  
Mitch Marcus- Tenor Saxophone, Rhodes  
Sylvain Carton- Alto and Soprano Saxophone, Guitar, Flute  
Micah McClain- Drums  
Andrew McIntyre- Bass  
John Merrill- Percussion, Didjeridoo, Toys

mood food is a continuously evolving musical experience, pulling inward and stretching outward on a steady course. Forming effortlessly in 1998 through mutual associations, they developed a unique sound through countless hours of jamming. Playing music that they as musicians wanted to hear, mood food set out to make itself heard in the Bay Area.

Tom Lattanand (guitar and vocals) and Andrew McIntyre (bass) moved to San Francisco in 1998, and quickly met Mitch Marcus (sax and keyboards). The trio immediately began writing music, and recruited a rhythm section in John Merrill (congas and toys) and former drummer Charlie Hall. While several members of the band spent previous years studying music in a traditional scholastic setting, they connected on the level of pushing their own limitations and making it groove at the same time. The combination of guitar, words, saxophone, keyboards, bass, drums, percussion, junk off the street, and almost broken electronics gelled at this point into a creature that began to evolve on its own.

The band gigged, composed, and recorded continuously while gradually adding new elements to its already abstract/eclectic style. Among these occasional new additions was Sylvain Carton, who when not playing his creations with Bay Area comrades The Japonize Elephants, added a second voice in the horn section and another presence in the rhythm section on guitar. This formation went on to record mood food's first self-titled release in the summer of 2000. Recording their first album was an experience that also formulated an important relationship that has continued to develop. Vince Welnick, formerly of the Grateful Dead and the Tubes, recorded keyboard tracks for two songs on the album (Elastic Intention and Currents). Mood food's reputation grew due to a steady presence on the Bay Area club scene, but then they headed out, touring the West Coast with Vince playing keyboards. These shows revealed to audiences a unique relationship that showcased mood food's musicianship and brought out the best in Vince. Thanks to their friendship with Vince, more attention headed towards mood food when they were featured in the Grateful Dead Almanac. The CD was marketed nationally to a steadily increasing audience through the Almanac and other national retailers. The debut CD appeared on the Homegrown Music Network's top 20 seller's list, only three months after being first listed.

In November of 2001, the drum seat was taken by Damon Hope, formerly of Merl Saunders' Rainforest Band. Damon's thick sense of groove let itself be known, and the evolution continued. mood food had by now developed a unique scene at their shows, stretching farther from the jam band or jazz-funk mold that had previously attached itself to them. In the interest of exploring creative possibilities, mood food starting throwing events outside the boundaries of the traditional music venue. These events were a bubble of creative interaction with the intention of developing a community and art that reflects it.

The influences of these creative communities reveals itself through their recent release "Human Zoo." Displaying a deeper attention to detail than the energetic chaos of the previous album would allow, "Human Zoo" provides new landscapes for interpretation and a bold step into unmarked territory that only begins to suggest the many new dimensions waiting to unfold in the band's music.

The band continues to explore a musical world that is wholly their own with each show, and their audience has encouraged the exploration. In November of 2002, mood food set out on a national tour to bring the new album to new audiences across the United States, and continues to play regularly in the Bay Area. The drum seat is now played by Micah McClain. He is a master of many styes with a tasteful intensity. His presence has given the band exciting new energy that runs through every musical moment. The exploration continues.

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