



A vibrant, progressive indie-folk and bluegrass band.

SUGAR AND THE MINT

“[Sugar and The Mint] blends contemporary bluegrass and acoustic folk into a very appealing hybrid’.”

—*Bluegrass Today*

Sugar and the Mint effectively blends pop music sensibility with the acoustic folk and bluegrass genres, bringing a new breath to traditional Americana music. In addition to prestigious festival appearances, Sugar and the Mint are equally at home in a Performing Arts theater or an intimate listening room.

Sugar and the Mint’s musical repertoire includes their moving original compositions, with beautiful harmonies woven together by solid instrumental prowess far beyond their years. They also spin dynamic covers of everyone from Robert Johnson, to Bill Monroe, the Kingston Trio, the Allman Brothers, and even Bruce Springsteen. Sugar and the Mint have shared the stage with such luminaries as Emmylou Harris, The Punch Brothers, Jerry Douglas, Nitty Gritty Dirt Band and Sam Bush.

QUICK FACTS

- Home base: Arizona
- Tours with 5 musicians on guitar, fiddle, bass, mandolin and harmony vocals
- Young and ever-growing fan base
- For Fans of: Della Mae, Nickel Creek, The Punch Brothers, Fruition, Mile Twelve, Mipso, The Barefoot Movement, The Lonely Heartstring Band

CAREER

- Winners of the Telluride Bluegrass Festival band contest 2017
- First place winner of Pickin In the Pines bluegrass band competition, multiple other first place wins at gospel, fiddle, and old time country competitions.
- Main stage Telluride, Pagosa Springs, Ogden Folk and Rapid-grass (2018)

MYRIAD
ARTISTS

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