

# Sara Forslund

“Summer Is Like A Swallow”

Out November 9th (Vinyl & digital) on Kaip label (Sweden)



Sara Forslund (1981) was born in a small village called Borgvattnet in the northern part of Sweden. Borgvattnet is known for its haunted vicarage. At that time, Sara's father Tore Forslund was the local priest and was nicknamed 'The ghost priest' after offering to relieve the village of its ghosts that were said to reside in the old vicarage.... As a young girl Forslund would often sing religious hymns together with her family on the streets of Sweden.

Forslund released her debut album *"Water became wild"* on the Dutch label Volkoren in 2015 released which ended up on several best album of 2015 lists (Album of the year #15 - ROCKLIST MUSIC, Top ten album #3 - LATTIMO FUGGENTE, Favourite album of 2015 #4 - NORDIC MUSIC REVIEW). Other collaboration projects are *Butterflies and graves* (Time released sound 2013) and *Poems of despair* (Kaip 2017)

In august 2016 Forslund started the recording of her second solo album *"Summer is like a swallow"* where she has reconnected with Nick Drake's producer and sound engineer John Wood who this time also has coproduced the album. Another new collaborator on this album is twice grammy nominee Johan Ekeborn. We also find the familiar collaborator is the multi-talented Gustaf Spetz.

The result is an haunting and exquisite Indie Folk music recording that will be released worldwide (digital and vinyl) on KAIP (Swedish label run by artists) on November 9th.

Sara Forslund explains why it has taken two years between the beginning of the recording and the release. Due to a large amount of back taxes Forslund had to cancel the studio she first had booked and instead start the recordings from her home. She says: *"This album would never have been possible without the support from John Wood. He has been there from the beginning of this process giving me useful advice along the way (anything from how to isolate the sound to which microphones to use). When I could not afford the studio I first had booked he sent me recording gear so I could proceed with the recordings from my kitchen instead. That is where all my vocals and main guitar takes have been recorded. If you listen carefully you can hear the raindrops beating against my window on "Summer is like a swallow" or the creaking chair in the beginning of "Lily and the grave". The reality for many artists today is that they no longer are able to live on their music. One million sold records use to generate 40000 USD to the songwriter now one millions streams generate around 45 USD that is a loss of 100%! This is why I engage with Fair trade music and why their work is so important."*



The artist has also written a few notes concerning the concept and inspirations behind this new album "Summer is like a swallow": " *It has taken me a long time to find my "own voice" around thirty five years and really when you finally do, nothing really belongs only to you. When Glaswegian singer-songwriter Gareth Dickson introduced me to Nick Drake's music a few years ago something did happen to me and I immediately "stole" some of his open tunings but most of all I was fascinated by his withheld voice, his lyrics and guitar picking technique. Its was like he was singing from the "inside" of his mind and body. His songs had a kind of eternal quality to them like they had always existed somewhere, somehow, even before he wrote them. When people ask me how I write my songs or what inspires me, it's always a bit hard to answer. It's like asking someone "Who are you and where did you come from?". A song can be something you have carried for a very long time maybe already from your childhood. It can also be written in the blink of an eye. But more often through hard work, a bit of luck, and with some timing you may write a song that touches you more than others.*

*I have always been inspired by dreamful thoughts and nature metaphors this might be due to me reading a lot of poetry such as Gustaf Fröding, Edith Södergran, John Keats, Henrich Heine and Friedrich Hölderlin. Dreams and poetry are more interesting to me than writing about me having a pint at the local pub the other day. Not to say that the pub theme could not turn into a interesting song it probably could but I just don't know how to write about stuff like that. But I do know how to dream intensely, how to constantly long, how to feel detached from "the real world" and how to ache so that's what I write about. Other songwriters and artists that inspire me alot are: Tim Buckley, Karen Dalton, Mavis Staples, Rosetta Tharpe, Townes Van Zandt, Janis Joplin, Johnny Cash, Gareth Dickson, Marianne Faithfull, Patti Smith, Sophie Zelmani, Beth Orton, Martha Wainwright, Candi Staton and many more..."*

*"With her new album "Summer is Like a Swallow" Sara has maintained her unique blend of deceptive simplicity and intimacy, whilst this time augmenting album with contributions from both acoustic and electronic parts. The ten songs on this, her second solo confirm her individual style and talents."* **John Wood (Nick Drake's producer)**

Tracklist: 1. River of Dreams 2. Summer Is Like A Swallow 3. Seagull 4. Know 5. Hard 6. The Lily And The Grave  
7. Achilles Heel 8. Gone 9. When Love Was Sweet 10. Toad

All songs written by Sara Forslund. Produced by Sara Forslund and John Wood (Nick Drake, Pink Floyd, Cat Stevens, Fairport convention and many more). Mixed by John Wood in Fraserburgh, Scotland except *River of dreams* and *Toad* mixed by Thomas Harsem in Uppsala, Sweden. Mastered by Simon Hayworth in Devon, UK. *River of dreams*, *Achilles heel* and *Hard* arranged and co-produced by twice swedish grammy award nominated Johan Ekeborn (Producer of the year 2012 Jonathan Johansson "*Klagomuren*" & producer of the year 2015 Jonathan Johansson, "*Lebensraum*"). *Summer is like a swallow* & *Seagull* arranged and co-produced by Gustaf Spetz. *Toad* arranged and co-produced by Gustaf Spetz and Johan Ekeborn. Chris Worsley on cello (Achilles heel & Gone) has performed with artists such as The Verve, George Michael, Oasis and Suede.

Specific website of the album: [www.summerislikeaswallow.com](http://www.summerislikeaswallow.com)

[www.saraforslund.com](http://www.saraforslund.com) // [www.facebook.com/saraforslundmusic](https://www.facebook.com/saraforslundmusic) // [https://twitter.com/sara\\_forslund](https://twitter.com/sara_forslund) // <http://kaipmusik.se>

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