

NEWS RELEASE

FOR IMMEDIATE RELEASE

February 17, 2025

Contact information

Barb Brynstad

barb.brynstad@rocksolid.agency

612-360-3410

Turn Turn Turn Releases "Hungry Ghosts" on February 28

MINNEAPOLIS, MN—On Friday, February 28, 2025, the original Midwest Americana band Turn Turn Turn will release the second song from their third album, "All Hat, No Cattle." The single, "Hungry Ghosts," co-written by Adam Levy and Barb Brynstad, continues the band's shift toward country-infused Americana music. The lyrics evoke bittersweet nostalgia and explore the complexities of love, loss, and the quest for understanding in relationships.

"In Buddhism, hungry ghosts are spirits that are perpetually hungry and thirsty, symbolizing desires that can never be satisfied," explained Brynstad. "They represent the consequences of attachment and craving, highlighting the importance of letting go of these attachments to achieve spiritual liberation."

"The song reflects on relationships that felt both inevitable and doomed, yet were also filled with intense happiness and deep connections," she continued. "Despite the strong emotions tied to these attachments, there is a recognition that both parties are like hungry ghosts—forever yearning, but ultimately not meant to last together."

Recorded in the band's home studio, Hungry Ghosts offers listeners a sneak peek at the upcoming full-length album, "All Hat, No Cattle," which explores the roots, shoots, and branches of country and folk music in America. Adam Levy engineered and produced the track, mixed by [Christopher Furst](#) and mastered by [Chris Bethea](#), who has worked with internationally renowned artists such as the Backstreet Boys, Percy Sledge, and Johnny Clegg. The band features Brynstad on bass and lead vocals; Savannah Smith on backing vocals; Levy on guitars, 6-string bass, and percussion; Josh Kaplan on drums; Peter J. Sands on keyboard; and Joe Savage on pedal steel.

The song showcases the band's signature earworm three-part harmonies and swirling, twangy guitars, creating a Spaghetti Western-meets-early Beatles vibe. Levy said he was "aiming for a desert drive kind of feel," which blends perfectly with Brynstad's sultry vocals. The meandering music combined with melancholic lyrics captures the pain of separation and the relief of moving on, leading to a lighter heart.

Listen to "Hungry Ghosts" here:

https://drive.google.com/file/d/1JpMdl3rDyALPwctuMtz9Gwh5w3kMu7_c/view?usp=sharing

– more –

For more information about Turn Turn Turn, visit <https://www.turnturnturnmpls.com/>.

###

About Turn Turn Turn

Turn Turn Turn is a trio that bonded over their mutual love of close harmony, 60s and 70s country, folk, and pop music, and formed an original American band. To create their distinctive sound, the band “turns” to the distant past of early American recorded music, “turns” again to that renaissance of the 1960s and 1970s, and finally “turns” again to the present looking forward. Members Adam Levy (guitar, vocals), Savannah Smith (guitar, vocals), and Barb Brynstad (bass, vocals) are all mainstays of the Minnesota music scene and together craft an infectious, pop-infused Americana. Even though Turn Turn Turn was born as a cover band, the group’s original material—sweetheart alt-country folk-pop—quickly stole the spotlight. Turn Turn Turn’s Laurel Canyon meets 70s-Nashville-cosmic soul vibe is layered with three-part harmonies that stitch the band’s musical tapestry together. Brynstad, Smith, and Levy have distinct voices, and the combination—a “fourth voice”—is greater than the sum of its parts.