

La Bonte - “Grist For The Mill” (Anxiety Blanket Records, 2022)

As we move through life from one chapter to another, we find events and experiences that we’ve held onto but aren’t sure what to do with them. Some store them away to reflect at a later date, while others share these with others as an attempt to process the past and make sense of the present simultaneously. A chance to heal and create something new. This process is what **La Bonte** discovered and leaned into during the writing and recording of their debut record *Don’t Let This Define Me*, and this energy fed into the creation of the follow-up EP *Grist For The Mill*.

La Bonte is the personal project of Garrett La Bonte, a Southern California-based songwriter and musician that has been immersed in the local indie and punk scenes for over 15 years. After a decade of playing in several bands and projects, Garrett began in 2015 to explore a quieter, more personal spectrum of music that he had not fully explored previously. Mixing influences from his childhood of down-tempo acts of **Kranky** and **Up Records** with contemporary songwriters of **Saddle Creek** and **Secretly Canadian** and combining his love for whisper-quiet dynamics with slow-burning instrumentation, **La Bonte** was created as a vehicle to make sense of the then and now.

La Bonte is a deeply personal project. As *Don’t Let This Define Me* served as an opening statement on articulating loneliness and isolation from a complicated past, *Grist For The Mill* continues that meditation and self-reflection. While two of the tracks were recorded during the same sessions as *Don’t Let This Define Me*, the remainder of the EP was recorded during deep moments of physical and emotional solitude of 2020 and 2021. *Grist For The Mill* contains three of La Bonte’s strongest examples of his vulnerable sound to date, and it also features two reinterpreted versions of songs by LA songwriter **Gracie Gray** and the late great **Townes Van Zandt**.

While the project may be seen as only one person, **La Bonte** is far from being a solo effort. *Grist For The Mill* was recorded by both Colin Knight of **Paradise Records** and by **La Bonte** at his home in Los Angeles. The EP features members of **Media Jeweler**, **Sonoda**, **Chase Petra**, **Darto**, and **Layman**.

Accolades for *La Bonte*

“A record of emotional, widescreen California slowcore that evokes American Music Club and early Low” – Rosy Overdrive

“All the slow burning weight of its predecessors, flickering to reluctant life from acoustic strums before gradually unfurling its wings” – Various Small Flames

“The only arguing taking place on Grist for the Mill is internal, and it’s a stretch to call it arguing at that. Rather, La Bonte looks inward to seek answers to questions about sources of loneliness or a longing for what once was.” – Post Trash

““Don’t Let This Define Me” sees La Bonte carving out room for himself to build, then pause, breathe, and build again. Though the melancholy of the song and its accompanying video are on full display, La Bonte reckons with the past in a clear, decisive, and emotionally affecting way.” – Consequence of Sound

“Beautifully melancholy in a sort of Scottish indie band sort of way, with dashes of David Bazan, Songs: Ohia for good measure.” – Backseat Mafia

thelabontebandis.com

