

Beans and Seeds offer a sweet musical legume

By **STEVEN J. SMITH**

LET'S GO CORRESPONDENT

Jaime Garza said the name for his duo with Mark Cangelosi, Beans and Seeds, came about by way of their surnames.

"My name, Garza, sounded to me like garbanzo beans," Garza said. "Mark's name, Cangelosi, reminded me of cantaloupe seeds. I put the two together and that's how Beans and Seeds was born."

The duo, he added, plays a mix of adult contemporary music from the '60s, '70s and beyond. They met in Gilchrist Park "as part of the Punta Gorda Guitar Army," he said, in 2003 and have been playing together ever since.

"We play everything from Bob Welch, the Eagles and Beatles to Kings of Leon, Donovan and Collective Soul," Garza said. "That's a pretty wide range."

That range, he added, includes acoustic, Beatles, blues, classic rock, trop rock, contemporary, country, folk and southern rock.

Originally from Michigan, Garza, 50, moved to Florida with his family and now resides in Rotonda, where he's lived since 2004. He has been performing professionally about 11 years now with Cangelosi and plays guitar and sings for Beans and Seeds. His partner does the same.

"We have some original songs that we mix in with the covers," Garza said. "But it's mostly covers. I'd say about 85 percent covers."

He added the type of show Beans and Seeds puts on is loaded with good feelings and good emotions.

"Like most of the people who seem to keep going and keep getting in front of appreciative crowds, we bring good energy and vibes to our performances," Garza said. "I mean, you have to have that or it just won't work."

IF YOU GO!

Beans and Seeds will be playing over the next few months at the Englewood Moose Lodge, 55 W. Dearborn St., and 6:30 p.m. to 10:30 p.m. on July 31, Aug. 11 and Aug. 25; at Hurricane Charley's, 300 W. Retta Esplanade, Punta Gorda from 1 p.m. to 5 p.m. on Sept. 7, Oct. 12 and Dec. 14.

For more information on Beans and Seeds and their upcoming gigs, visit the duo's website at www.beansandseeds.com or visit their Facebook page at www.facebook.com/BeansNSeeds.



PHOTO PROVIDED

Beans and Seeds is composed of Jaime "Garbanzo Beans" Garza (left) and Mark "Cantaloupe Seeds" Cangelosi.

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