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**Review of "Cast Iron Letters"**  
**Conscious Records**  
**-Written by Nancy Mulhouse**  
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"Cast Iron Letters", the latest release from Oregonian Adam Zwig, is a lovely sounding album. The vibe reminds me of Neil Young's "Harvest" but in a kind of updated way. Relaxed and soothing vocals mixed with loose but well crafted instrumentation make this album a pleasure to listen to and the pedal steel guitar is very mood altering. The lyrics are extremely poetic and focus on themes of social justice and spirituality. This is a wonderful album.