Vivian Williams, of Seattle, WA, composed this for a recording made by Mike Seeger. Frog Heaven is a meadow in Mt Rainier National Park that appears on maps thereof. Vivian presented it in her class at Kittitas Workshop Week of the WA OT Fiddlers, Aug 2010.

Imo it may be the finest tune for contra dancing she's written, among many fine dance tunes.

Medleys:

Small Pleasures 2011-2018: Round the Horn (G/Em) / Frog Heaven (D)

Fresh Cider 2011-2017: same medley