

Throwback: E-40-Sprinkle Me Feat. Suga-T



E-40's "Sprinkle Me" features his sister Suga-T and was one of the singles from his 1995 album *In A Major Way*. The Bay Area legend's words flowed like the movement of curvy lines, and his unique rapping style made him identifiable and his songs unforgettable. Mike Mosley and Sam Bostic produced the song, which used rapper James Bailey's term sprinkle, which means to teach. "Sprinkle Me" was E-40's most successful single of the '90s, and *In A Major Way*, his first album on a label, charted in the Top Ten. Tupac Shakur and Mac Mall also appeared on this album. E-40, one-fourth of the hip-hop supergroup Mount Westmore, released their self-titled album in 2022. A lifelong entrepreneur, he recently launched the Earl Stevens Selections wine company and the Goon With The Spoon food brand. His cookbook [Snoop Dogg Presents Gone With The Spoon](#), and his 27th album *Rule Of Thumb* was released last week. He also dropped the video for "Off Dat Mob" from ROT.

