

# MY LIFE AS A MOM

Love Life As It Is, Enjoy What You Do



Classical Music  
Month



Upcoming  
in October



International  
Grenache Day

## ISSUE 9

September 2024

### BOOK OF THE MONTH

Crave  
By Tracy Wolff

### BOOK CLUB REVIEW BOOK REVIEW

### RECIPES OF THE WEEK

Weekly blog featuring tasty  
recipes.

### LET'S TALK GARDEN

Preparing Your Garden for  
Spring/Summer: Planting for  
End of Summer/Fall garden

### DAYS OF THE YEAR

National Organic Month  
Baby Safety Month  
World Alzheimer Month  
Thyroid Cancer Awareness  
Month  
NICU Awareness Month  
National Sewing Month

### QUELA'S DESIGNS & PLANNING

Shop Your Favorite Merch

### OF THE DAY...

Herb of the Day  
Vegetable of the Day  
Flower of the Day  
Fruit of the Day  
Book of the Day  
Art of the Month  
and more...



# EDITOR'S NOTES

## FALL AFFILIATES

Check out some great deals for the Winter from my affiliates.

Look out for great deals on My Life as A Mom website.

### Affiliates:

Cricut  
Cents of Style  
The California Wine Club  
Kiyonna Clothing  
Seven Sister Scones  
EasyCloset  
ShareaSale  
Minted  
Monday.com  
Basic Invites  
BeeBeeCraft  
Brytn Smile  
AccuQuilt  
Art of Tea  
momAgenda  
1st in Coffee  
Barkev  
Natalie Mills  
Amazon  
Tea Collection  
Bumpin Blends  
Wickbox  
Garden in Minutes  
Decor Steals  
and more..

Website:  
[mylifesthobbiesasamom.com](http://mylifesthobbiesasamom.com)



Hello, Everyone!

As September arrives, the essence of fall lingers in the air. Let's prepare for the season of hearty soups, comforting stews, and homey southern dishes. While summer brought its share of fun with warm weather and beach getaways, it's now time to embrace the cozy fall wardrobe and snug blankets. Join me this September for delicious home-cooked meals, autumn reading, book reviews, and exciting new content on My Life As Mom Blog.

Sincerely,

*Taquela Hudson*  
Blogger & Editor



# SOCIAL MEDIA

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FOLLOW MY JOURNEY AS A MOM ON SOCIAL MEDIA AND STAY UP-TO-DATE WITH  
OUR WEEKLY NEWSLETTER AND MUCH MORE.

## SUBSCRIBE ONLINE

### ***Social Media***

*Facebook: @mylifehobbiesasamom | @quelasdesign*

*Facebook Group: Quela's Sip & Party*

*Instagram: @mylifeasamomblog | @quelasdesign*

*@quelassipnparty*

### ***Website***

*Blog: [www.mylifehobbiesasamom.com](http://www.mylifehobbiesasamom.com)*

*One Hope Wine:*

*<https://www.onehopewine.com/myshop/taquela-hudson>*

*doTerra: [my.doterra.com/quelascents](http://my.doterra.com/quelascents)*

*Etsy Shop: [www.etsy.com/shop/quelasdesign](http://www.etsy.com/shop/quelasdesign)*

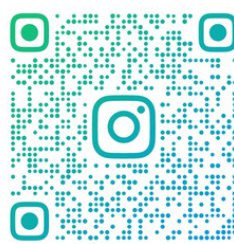
Facebook Group  
@QUELASSIPNPARTY



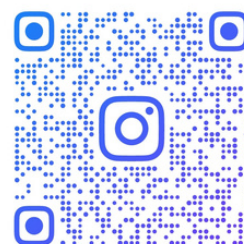
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# momAgenda



Select the ideal gift for your mother, sister, father, or any special person in your life.

## DAY PLANNERS FOR MOMS

Designed for busy moms, by a mom of four!

## DAY PLANNERS FOR EVERYONE

Day planners designed for your life.































## PERSONALIZE YOUR PLANNER



momAgenda



# September 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 	3 Garden Tips 	4 Wine Wine Winesday 	5 <i>BUT FIRST</i> Skin care 	6  of the Month	7 Feel Free to Garden 
8  Mindful Sunday	9 	10 Garden Tips 	11 Wine Wine Winesday 	12 <i>BUT FIRST</i> Skin care 	13  of the Month	14 Feel Free to Garden 
15  Mindful Sunday	16 	17 Garden Tips 	18 Wine Wine Winesday 	19 <i>BUT FIRST</i> Skin care 	20  of the Month	21 Feel Free to Garden 
22  Mindful Sunday 	23 	24 Garden Tips 	25 Wine Wine Winesday 	26 <i>BUT FIRST</i> Skin care 	27  of the Month	28 Feel Free to Garden 
29  Mindful Sunday	30 					



*Feel Free To..*

## FALL GARDEN

Want to start a garden? Start small with a patio garden and raised garden bed. Plant some herbs, tomato, or flowers and watch them grow.



*Art of the Month*

## PAINTS OF FALL

MOSPROFS FROM GETTY IMAGE



*Recipes*

## TASTE OF FALL

Check out My Life As A Mom all summer long for cool and delicious recipes to add to your collection summer recipes.



## GREENHOUSE GARDEN

Issue 5 May 2023



### LEARN PLANT GROW

Come join me in my garden for a fun, exciting, educational way to grow your vegetables at home whether its big or small.

[mylifehobbiesasamom.com](http://mylifehobbiesasamom.com)



*Learn About Gardening*





# *Outfit of the Week*

**STYLE YOUR WEEK WITH ME**



# *Skin Care*

**MORNING & NIGHT ROUTINE**



# *My Go-To*

**FAVORITE PRODUCT**



**GORGIOUS SHAGGY HAIRCUTS NATURAL BLACK  
CURLY WIG WITH BANGS**

# *Coffee or Tea*



*Learn About  
Gardening*





# BRUSSELS SPROUT

## *When to Plant?*

Due to brussels sprouts' need for a long growing season, we recommend planting them with a fall or winter harvest in mind. They do best when allowed to mature during the cool days of fall.

## *How to Plant?*

- Sow seeds about ½ inch deep.
- If direct-sowing seeds outdoors, sow seeds about 2 to 3 inches apart. (Seedlings should be thinned to 12 to 24 inches apart when they reach about 6 inches tall.)
- Plant seedlings 12 to 24 inches apart.
- Water well at time of sowing/transplanting

## *How to Store?*

- Do not wash the sprouts before storing them, only right before use.
- Keep fresh-picked sprouts in a plastic bag for up to 5 days in the refrigerator.

## *Learn more from:*

*How to Grow Brussels Sprouts:  
The Complete Guide*







# SCENTS OF NATURE



A staple in Thai and Italian cuisine and a delicious addition to tomato soup, basil is a popular plant in many herb gardens. The sweet, warm, and spicy flavor of Basil essential oil is perfect for your culinary ventures.

Basil essential oil and its high linalool content contributes to its relaxing aroma, and its camphor content gives it exceptional cleansing properties, making it an effective surface cleanser. The skin-cooling properties of Basil essential oil also make it ideal for uplifting aromatic massages.

## Primary Benefits

- Basil oil provides a calming, relaxing aroma.
- Basil essential oil offers soothing comfort when incorporated into a massage.
- Basil essential oil may support a healthy cell lifecycle when used internally, according to preclinical research.\*
- Basil oil provides added cleansing power to surface cleaners.

QUELA'S SIP & PARTY  
PRESENT

# STARTING THE SCHOOL OFF RIGHT FUNDRAISER

*Supporting*

GEORGIA ASSOCIATION OF EDUCATORS

LET'S ASSIST TEACHERS IN  
STARTING THE SCHOOL YEAR ON  
THE RIGHT NOTE BY AIDING THEM IN  
ACQUIRING CLASSROOM SUPPLIES  
FOR THE 2024-2025 ACADEMIC  
YEAR. YOUR SUPPORT IN  
FUNDRAISING WILL ENABLE EVERY  
TEACHER IN GEORGIA TO EQUIP  
THEIR CLASSROOMS WITH THE  
NECESSARY SUPPLIES TO ENSURE  
STUDENTS REMAIN ENGAGED AND  
FOCUSED THROUGHOUT THE  
SCHOOL TERM. ORDER A BOTTLE OF  
WINE TO SUPPORT OR DONATE TO  
THIS SPECIAL CAUSE.



**Shopping Made Easy:  
Simply Scan the QR Code.**



# Wine Series of the Month



## Aged Cabernet Series

Uncork the rewards of finely aged Cabernet Sauvignon from some of Napa Valley's most iconic artisan wineries.

Wine club shipments include:

- Up to **6** different Napa Cabernet Sauvignons aged **6-12** years.
- Winery information, winemaker notes, tasting notes, pairing suggestions, and a recipe.
- Our Love It Guarantee.

While our focus is Napa Valley, occasionally we discover neighboring Sonoma or Lake County Cabernets worthy of inclusion.



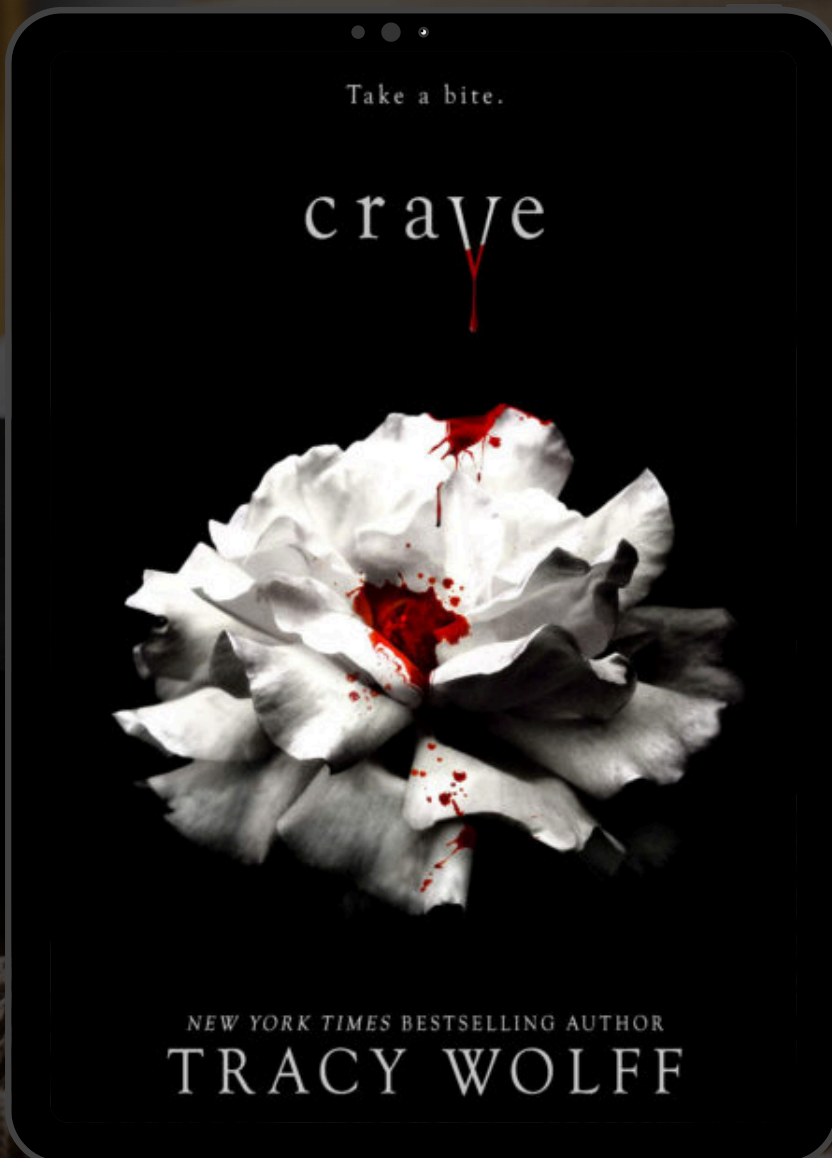


START A BOOK CLUB

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# BOOK OF THE MONTH

## *Crave*



*My whole world changed when I stepped inside the academy. Nothing is right about this place or the other students in it. Here I am, a mere mortal among gods...or monsters. I still can't decide which of these warring factions I belong to, if I belong at all. I only know the one thing that unites them is their hatred of me.*

*Then there's Jaxon Vega. A vampire with deadly secrets who hasn't felt anything for a hundred years. But there's something about him that calls to me, something broken in him that somehow fits with what's broken in me. Which could spell death for us all.*

*Because Jaxon walled himself off for a reason. And now someone wants to wake a sleeping monster, and I'm wondering if I was brought here intentionally—as the bait.*



# DAUGHTER'S CHOICE

## *The Wild Robot*



*This #1 New York Times bestselling illustrated middle grade novel from a Caldecott Honor winner tells an extraordinary story full of action and thought-provoking questions as a robot learns to survive—and live—in the wilderness.*

*Can a robot survive in the wilderness?*

*When robot Roz opens her eyes for the first time, she discovers that she is all alone on a remote, wild island. She has no idea how she got there or what her purpose is—but she knows she needs to survive. After battling a violent storm and escaping a vicious bear attack, she realizes that her only hope for survival is to adapt to her surroundings and learn from the island's unwelcoming animal inhabitants.*

# COOKBOOK OF THE MONTH

## *Dinner in One*

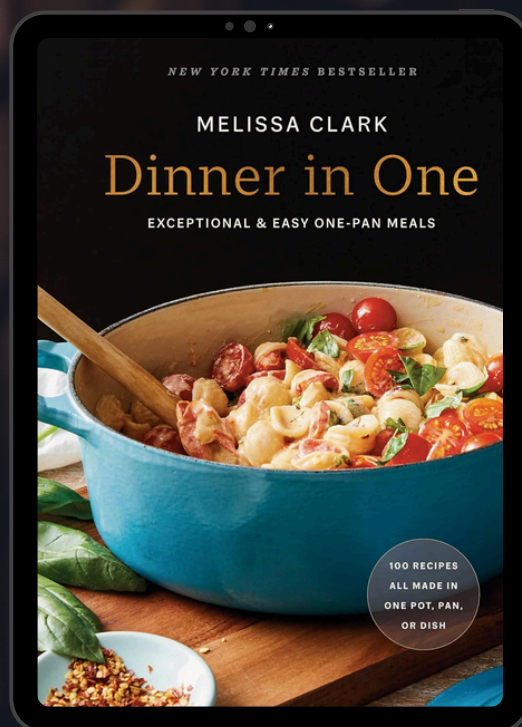
*NEW YORK TIMES BESTSELLER • 100 all-new super-simple and incredibly delicious one-pot, one-pan, one-sheet—one-everything!—recipes from the star food writer and bestselling author of Dinner in French.*

*ONE OF THE BEST COOKBOOKS OF THE YEAR: Food & Wine*

*Melissa Clark brings her home cook's expertise and no-fuss approach to the world of one-pot pan cooking. With nearly all of the recipes being made in under one hour, the streamlined steps ensure you are in and out of the kitchen without dirtying a multitude of pans or spending more time than you need to on dinner.*

*Expect to find a bevy of sheet-pan suppers (Miso-Glazed Salmon with Roasted Sugar Snap Peas), skillet dinners (Cheesy Meatball Parm with Spinach), Instant Pot® pinch hitters (Cheaters Chicken and Dumplings), comforting casseroles (Herby Artichoke and Gruyere Bread Pudding) that you can assemble right in the baking dish, crowd-pleasing one-pot pasta meals (Gingerly Coconut Noodles with Shrimp and Greens), vegetable-forward mains, and dozens of tips for turning a vegetarian or meat-based recipe vegan. And since no dinner is complete without dessert, you'll find a chapter of one-bowl cakes, too—from an Easy Chocolate Fudge Torte to a Ricotta-Olive Oil Pound Cake.*

*These are simple, delicious recipes for weekdays, busy evenings, and any time you need to get a delicious, inspiring meal on the table quickly—with as little clean-up as possible.*







Introducing  
Matcha Fresca



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B

tea time





## *Thinker Oil*

Thinker Focus Blend perfectly combines Vetiver, Peppermint, Clementine, and Rosemary essential oils with Fractionated Coconut Oil. Earthy, minty, and herbal, Thinker essential oil blend provides an energizing, clarifying aroma.



**10% off**

### Primary Benefits

- Thinker essential oil blend provides a fresh, invigorating aroma.
- Thinker oil blend creates a productive, focused environment.

### Uses

- Keep Thinker essential oil blend in your purse or a child's backpack.
- Roll Thinker oil blend on the wrists or hands and inhale deeply before taking a test.
- Apply Thinker essential oil blend to the pulse points for an uplifting aroma while studying.

### Directions For Use

Aromatic Use: Roll Thinker essential oil blend on diffusing jewelry, natural dolomite, or lava diffusing rocks.

Topical Use: Apply Thinker oil blend to the desired area.

Intended for use with adult supervision.

See additional precautions below.

### Cautions

Keep out of reach of children under three years old. Possible skin sensitivity. If you're pregnant, nursing, or under a doctor's care, consult your physician. Keep out of eyes, inner ears, mouth, and sensitive areas.



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Neutral Wildflower Vellum  
Jacket for Wedding Invitations



Neutral Wildflower Vellum  
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# DAILY QUESTIONS & QUOTES

Wine Quotes



Mindful Quote



Moment As A Mother

MOMENT AS  
A MOTHER

LEARN THE STRENGTH  
WITHIN



#Momlife





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**100% AUTHENTIC.**

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## What to look for?

Top Podcast - Sharing my favorite podcast

Affiliate Post - Check out some deals from some of my affiliates

All About Wine - Wine Wine Winesday every Wednesday

Garden Saturday - Take a Scroll in my garden

MOMENT AS  
A MOTHER  
LEARN THE STRENGTH  
WITHIN

MOM  
#Momlife

## Natural Cleaning Recipes

Come make homemade sanitizers, disinfectants, and more with me on My Life As A Mom Blog



Design





## *Taste the Journey: New Field to Table Red Blend*

Discover a wine that captures the essence of the Central Coast in every sip. Scan the QR code for curated recipes and embark on a flavorful journey.

SHOP RED BLEND



The Field to Table Red Blend 2021 is a celebration of California's Central Coast's rich viticultural history. Crafted by the renowned Winemaker Isadora Frias, each bottle from this collection features one of three unique label designs that beautifully capture the rolling hills and coastal landscapes of the region, bringing the vineyard experience right to your table.

Experience a sophisticated palate with bold notes of dark cherry, seamlessly integrated with smooth oak and a hint of exotic spices. The wine's finish is elegantly accented by subtle undertones of leather and dried rose petals, making it a perfect choice for enhancing any dining experience.

Each bottle comes with a QR code that links to specially curated recipes designed to complement the distinctive flavors of the wine. This interactive feature not only enhances your tasting experience but also provides valuable pairing suggestions to elevate any meal.

# SAY IT WITH SHIMMER



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# SEPTEMBER

## Promo

## GUAIAACWOOD

Guaiacwood is steam-distilled from the heartwood of the *Bulnesia sarmientoi* tree and has been used for centuries by Native Americans in wellness practices and ceremonies. This rich, earthy essential oil has a grounding, woody aroma with a hint of sweetness.

### How to Use Guaiacwood

CPTG Certified Pure Tested Grade® Guaiacwood essential oil can be used aromatically and topically. Its deep, woody aroma supports a harmonious, rooted environment. You can enjoy the earthy-sweet scent by diffusing, applying it to your hands and wrists or neck, or simply smelling it straight from the bottle. Topical use of Guaiacwood may provide comfort to minor skin irritations and supports your skin's natural hydration.

### Usage Tips:

- Diffuse Guaiacwood to create a grounding atmosphere.
- Apply a drop or two to minor skin irritations for a soothing effect.
- Use Guaiacwood aromatically in the evening for a tranquil aroma.





October

**Digest Coming Soon**

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