

THE LUXE LEDGER —VOL. 5 | OCTOBER EDITION

“Spice, Sip & Seasonal Trips”

Fall food tours, cultural bites, and cozy moments—just for you.

FEATURE STORY: FALL FEEDS & FEELS

‘Ever been on a food tour that fed your soul more than your stomach?’

Queen Shanshan Just Did It!!

A party bus rolling through LA, karaoke mics in hand, fried turkey chops in lap, and laughter bouncing off the windows.

It was a whole vibe...

We were eating, celebrating culture, singing our hearts out to Whitney, playing Black trivia, and swapping stories between bites of oxtail and sips of cocktails. I found deeper conversations wrapped in spice, history served with hot sauce, and connection with strangers who somehow started to feel like we’d known each other for years.

Because honey, your back and your voice matter!!



And that’s what made it unforgettable!!

Tour full on food, but even more full of the joy that comes from slowing down and soaking up every flavor of the moment.

Let’s talk highlights- because this wasn’t your average sightseeing + snacks situation.

WHAT WENT DOWN ON THE TOUR (AND WHY IT MATTERED)?



- ❖ **The bus was bumpin’** with party energy and cultural immersion. Karaoke mics were passed around like candy, cocktails flowed, and strangers became fast friends by the second food stop.
- ❖ **The food was so unreal.** Fried turkey chops with waffles, Oxtail with dirty rice and cupcake cheesecakes that shut the whole bus up. Every plate came with a side of storytelling- from chefs, from Daisy, from the community itself.
- ❖ But this wasn’t just about eating- the **tour served up Black history in the most human way** possible through food. Daisy weaved culture, memory, and meaning into every bite, which turned each stop into a moment of connection.
- ❖ And then came the **100% joy vibe**- trivia rounds, spontaneous dance breaks, and those karaoke classics (Whitney got plenty of love). What started as a food tour turned into a rolling celebration of culture, community, and belonging.

So, if you’ve ever wished your next meal came with a little more meaning- this episode is your sign.



- ▶ Ride along with ShanShan and Daisy as they take you through the sounds, smells, flavors, and feels of Black LA- from spicy plates to soulful conversations.
- ▶ Get inspired to explore your own city’s culture- maybe even host your own food crawl with friends.
- ▶ Start a “flavor journal” to track not just what you ate, but what it reminded you of because some meals hold memories.
- ▶ And most of all, feel how food can become therapy- storytelling, resilience, and reclaiming joy- served hot.

 **Tune in here: [Episode 66 on YouTube](#)**

A SELF-CARE RITUAL FOR AUTUMN VIBES

Fall isn’t just about crunchy leaves and pumpkin candles- it’s about slowing down, checking in, and creating little rituals that feel like a hug.

Here’s your permission slip to cozy up and do you:



Cook with the season

Whip up something soul-hugging like spiced bread pudding, roasted root veggies with thyme, or that butternut squash soup you’ve been meaning to try. Extra points for cinnamon.



Find your fall cafe corner

Pick a local coffee shop, order your go-to latte (maybe with oat milk?), and just pause. No emails. No to-do lists. Just you, your drink, and maybe a jazz playlist.



Host a slow brunch

Call up your people- or go solo! Light a candle, play some mellow music, and lean into the joy of good food and even better company. Bonus: flannel + pumpkin butter = elite combo.

Catch all episodes on:

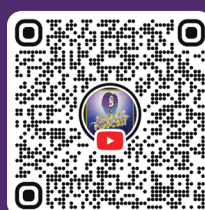


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FALL PICKS & LA VIBES

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OCTOBER IN LA- WHAT'S HAPPENING?

Date	Event Name	Location	Vibe / Highlights
October 1	Campeones Cup	Dignity Health Sports Park, Carson	A fiery soccer showdown- LA Galaxy takes on Toluca. Expect loud fans, goal celebrations, and serious championship energy.
October 6	Ravyn Lenae – Autumn 2025 Tour	The Wiltern	Smooth R&B, soulful vocals, and that perfect fall concert mood. Think dreamy lights, live vocals, and a cozy crowd.
October 18	Academy Museum Gala	Academy Museum, LA	Red carpet, couture gowns, celebs galore. It's LA glam at its peak—fashion, film, and fancy feels.
Oct 17–26	DineLA Fall Restaurant Week	Citywide	From 5-star plates to hidden gems- score fixed-price menus across LA. Treat yourself to a culinary crawl, luxe or laid-back.

Talk Back Corner

Been on the Black LA Food Tour? Discovered a cozy fall cafe? Got a flavor story of your own?

Let's dish!

Whether it's brunch pics, flavor journals, or your favorite fall latte spot, I want to hear it!

Tag me [@abroadpodcasts](#) or [@queenshanshan](#)

You might just be featured in next month's issue.



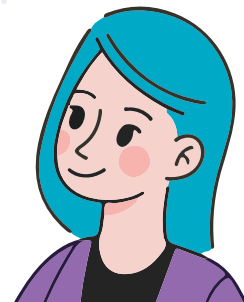
JUST FOR FUN: RIDDLE ME THIS

RIDDLE OF THE MONTH:

What has to be broken before it can be used?

— Think you've cracked it?

Drop your answer via DM, reply to this email, or comment on our latest IG post. Winner gets a personal shout-out in November's newsletter!



Until Next Time...

- ▶ Sip your cider slow.
- ▶ Explore bold bites.
- ▶ Plan your next soul-filling adventure.
- ▶ Take care, stay cozy and keep savoring every season...



- With love,
Queen ShanShan

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