



Newsletter of Sant Miquel de Tudela

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Editorial

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Dear friends,

With this month of February, we can begin to appreciate a taste of spring.

Oh yes, this is the time of the almond trees blooming and we can hear the buzzing of the first bees in the distance that are gathering pollen.

This represents also the hopes of a bountiful almond harvest later on in the year.

The arable fields are also starting to show their first shoots of growth.

It is the perfect time to get out of the city and get a breath of fresh air, for walking or cycling. with the temperatures still fresh.

This month we will shine a light on the Rosemary, one of our most popular aromatic herbs, whose name means "dew of the sea".

We have 2 types at the property: the *rosmarinus officinalis* and the *rosmarinus officinalis prostratus* (climbing rosemary).

Both have similar properties.

We will also go to the discover the castle of Castellmeià, a little middle age castle of the region.

Enjoy your reading!

Virginie Buu-Hoi Stewart

The Rosemary

The Rosemary is one of the most multipurpose of the aromatic herbs We will focus our interest to target the most common: the *Rosmarinus officinalis*.

One legend says that it protected the Virgin Maria during her escape to Egypt. That is why its flowers, originally white, became blue matching the colour of her coat. Another legend tells that the Virgin hung the clothes of the baby Jesus to dry on top

of the Rosemary which gave the plant its green colour, fragrance and properties.

Its uses are numerous, especially therapeutic and nutritional.

Its properties: relieves digestive troubles and head aches; improves memory and concentration; treats inflammation of respiratory tracts and ENT sphere and it is a great energy stimulant.

It is the leaves that have the

therapeutic properties.

Principal benefits

- Anti-infectious
- Anti-inflammatory
- Antimicosys
- Diuretic
- Anxiolytic

Register to one of our workshops or come and enjoy one of our stays to learn more.



The recipe of the month : Rosemary and olive oil bread

INGREDIENTS

Pour 1 bread:

- 500 grs of flour
- 400 ml of water
- 10 grs of salt
- 7grs of baking yeast
- a branch of Rosemary
- Olive oil

An easy recipe to brighten up your meals, to be prepared ahead of time, but full of benefits.

1. Mix in a bowl the flour, salt and yeast.
2. Add the water and mix until you get a homogenous paste.
3. Pour olive oil on top of it, to form a thin layer and cover with cling film.
4. Let it rest in the fridge for 12 hours.
5. Prepare a pan for the oven and pour a thin layer of olive oil in it.
6. Knead the dough in the pan until you get rid of the bubbles.
7. Flatten the dough in the pan to 2 cm thick.
8. Leave to rest for 3 hours.
9. Sprinkle rosemary leaves and some olive oil on top of the dough.
10. Put in the oven for 30 minutes at 180 C.
11. Serve right away.



Enjoy!

At the discovery of Castellmeià...

2 km away from our property is the castle of Castellmeià (castrum median: medium fortified castle), dated from the XIII century.

It is a typical castle of the Segarra, nestled on top of a hill and overlooking fields of agriculture.

It was renovated in the XVI century as mentioned by the date of march 1569 carved on a stone on top of the front door, in order to transform it into a residence losing its original function of defence.

The castle is characterized by its two cylindrical towers



located at the extremity of the structure. We can also appreciate its windows of renaissance style, characteristic of XVI century.

100 metres from the castle, you can find the little church of Santa Maria de Castellmeià popularly known under the name of **Mare**

de Deu de La llet (mother of god of the milk).

The church is linked to the castle and was built a little while after the castle. The Romanic principal building features a belfry on top of its facade, nowadays without a bell.

If you are interested to know more, book your stays and come to discover our beautiful region, we will be pleased to share with you the history of this beautiful castle.

Coming soon

* The month of March : the wild asparagus hunt!

* Do not forget to book your stays for Easter break, we are offering various packages and promotion of personalized stays. Contact us now!