



# Newsletter of Sant Miquel de Tudela

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## Editorial

### Table of contents

<i>Editorial</i>	1
<i>The Thyme</i>	1
<i>The recipe of the month</i>	2
<i>At the discovery</i>	2
<i>Coming soon</i>	2

Dear friends,

First of all, I would like to send you our best wishes for 2022. We hope that this year will give us better perspectives, good health and a lot of success in all our activities.

What would be a start of the year without making good resolutions? This is why we have decided to launch our first Newsletter. We will publish it monthly, like this we will have the opportunity to share with you the

pleasures of living in the countryside as well as some recipes that you could make with our products, and finally, we will make you discover our region, which is full of richness and only 1 hour away from Barcelona.

If you prefer to receive this newsletter by e-mail, whatsapp or messenger, please let us know.

Also if there are subjects that you are interested in, share them with us and we will try to approach them.

This month, we are going to talk about the thyme, one of our star products whose aroma is especially intense in our region due to the climate.

Enjoy your reading!

Virginie Buu-Hoi Stewart

## The Thyme

The thyme is one of the aromatic herbs most common and useful. There are more than 100 varieties, the most common being the *thymus vulgaris*.

Its legend goes back to ancient Greece. They say that thyme was born from the tears of the beautiful Helen of Troy, tears that she cried over her forbidden love and initiated the famous war of Troy.

The uses of the thyme are

multiple : medicinal, therapeutic, cosmetic and gastronomic.

Its properties : balsamic (against the cough) pectoral, tonic, stimulant (physical and psychological) and spasmorelaxant. The thyme also fights dental problems and stomachache.

We usually use the leaves of the thyme.

The thyme has many more properties. If you would like

to know more about its legends, uses and advantages, register to one of our workshops or come and enjoy one of our stays.

### Principal benefits

- Anti-infectious
- Anti-inflammatory
- Antimicrobial
- Antiviral
- Decongestant



## The recipe of the month : the thyme soup

### INGREDIENTS

For 2:

- 1 handful or tablespoon of thyme
- 500 ml of water
- 1 garlic clove
- 1 pinch of salt
- 2 slices of hard bread or toasted
- 1 dash of olive oil
- 2 eggs (optional)

This traditional recipe is very popular in our region and come from our grandmother.

Excellent for digestion, the flu, or simply a detox recipe in this beginning of the year!

1. Boil the water with the branch of thyme and the pinch of salt, then let it rest for 10 – 15 minutes.
2. Meanwhile, rub your bread with the garlic and place it in a soup bowl, spread with the rest of the garlic finely chopped and

add a dash of olive oil.

3. Pour the broth over the bread through a strainer.

cover to enable the egg to cook with the steam of the hot broth.

Enjoy your meal!



**Optional :** if you want, you can add an egg to your soup: add the egg in your bowl and

## At the discovery of Sant Miquel de Tudela...

In the middle of the property you can discover the remains of the village of Tudela, village of the 11th century whose origins could be earlier.

The village included about 8 dwellings, its castle-tower (watchtower) and its church of Sant Pere de Tudela.

We have very little traces of the history of this village that was abandoned by its residents in 1348 following an epidemic.

The only writings that appear are the ones documenting the sales, rentals and rights of estovers (privilege of



gathering firewood), kept by the notaries.

The church has been dedicated to Sant Pere as confirmed by the act of consecration of 1098 consigned by the church Santa Maria de Guissona.

Nowdays, It is better known under the

name of Ermit of Sant Miquel de Tudela, name given by the locals, because of its location being in the surroundings of Sant Miquel de Tudela, and also for its close relationship to the church of Sant Miquel de la Prenyanosa, village located 2 kms away on which the property depends territorially nowadays.

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 the village and its legend.

## Coming soon

- \* The month of February and its countryside filled with the almond trees in flowers: a spectacle not to be missed!
- \* Think about booking your stays for Easter break, we are offering various packages and promotion of made to measure stays. Contact us for more information.