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Editorial

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Dear Friends,

It is the month of June, the good weather is here and our olive trees are in bloom! With the high temperatures of the past few weeks, the fields are already golden and it won't take long until we hear the purring of tractors. A month of June which promises to be rich in events on our side since we will have the pleasure of receiving 2 groups from Barcelona, who will come to discover the property. First the culture group of

Barcelona Accueil and then the club of Entrepreneurs - Spain, an association which brings together female French -speaking entrepreneurs whose visit will include the discovery of a brain gym workshop.

Sunday June 19 is Father's Day, so why not take advantage of our offer of a 2-night stay, with a 3rd night free, for 2 people, breakfast included? Friday, June 24 is St Jean, and as tradition dictates, we will develop our own

Ratafia. For those who are interested, we are organizing a workshop that day. Do not hesitate to register!

In this month's newsletter we will talk about Wild Mallow and its multiple properties and we will discover the small town of Verdú and more particularly one of the specialties of this town which is known internationally for its black ceramics.

Happy reading!

Virginie Buu-Hoi Stewart



Wild mallow or *Malva Sylvestris* is also known as common mallow or wood mallow. The pretty mauve color of its flowers gave it its name.

It was already known in the time of the Greeks and

The Wild Mallow

Romans who feasted on its tender leaves renowned for their laxative properties. Favourite of Hippocrate, but also of Pythagoras, who used it against constipation. In the Middle Ages, it was cultivated in gardens that honoured medicinal plants. Charlemagne even insisted that it be cultivated for its appreciable therapeutic properties. The ancients had taken mallow as a symbol of gentleness and ease of character.

Mallow has many properties that affect the: ENT, dermatological,

urinary and digestive spheres. It soothes irritated or inflamed throats and calms dry coughs. It improves certain digestive disorders and prevents urinary tract infections; its laxative action can treat chronic constipation. Its calming and emollient action soothes sensitive or irritated skin. Effective in case of oral infections. It is rich in mucilage for soothing action.

Mallow is also an effective natural relaxant in case of

insomnia, stress or other problems affecting rest.

Mostly the flowers and leaves are used.

Principal benefits

- Expectorant
- Laxative
- Anti-inflammatory
- Calming

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

The recipe of the month : Morrocan Malva salad

INGREDIENTS

For 4 people:

- 250 grs of Mallow leaves
- ½ cup olive oil
- ½ cup parsley, cut into small pieces
- 4 garlic cloves, finely chopped or crushed
- 1.5 teaspoons of Pimentón (Spanish Chilli)
- 1.5 teaspoons of cumin
- ½ teaspoon of salt
- ¼ teaspoon cayenne pepper
- 2 teaspoons of lemon
- 1 lemon skin cut in 4
- 1 handful of olives

It is a perfect recipe for summer as an accompaniment for meat and fish.

1. Wash the Mallow leaves thoroughly and drain them well.
2. Cut the leaves finely and then steam them for 15 or 20 minutes, until the leaves are dark and tender.
3. Drain excess liquid.
4. Put the Mallow in a pan; add all the ingredients except

the olives.

5. Stir to gently fry over low heat for 5 to 10 minutes until the parsley is wilted and all is well mixed.
6. Adjust spices as desired.
7. Serve warm or at room temperature, adding the olives to garnish.

Enjoy!



Note:

If you pick the Mallow, be careful that the leaves do not have small orange spots because it is a fungus that can be toxic.

At the discovery of Verdú...



I had heard about Verdú for a long time, and especially about its black pottery, so, I set off to discover it! It is a small medieval town, about twenty km from the property and very rich in history. The first document mentioning the castle and the town of Verdú is from 1081. Its 13th century church is dedicated to Santa Maria. It is also the sanctuary of Sant Pere Claver. The town is known for its black pottery, a mark of artisanal quality. The activity gave the city well-deserved recognition

for its jugs, especially from the 14th century, reaching its peak in the 18th century, when there were more than thirty pottery workshops.

Unfortunately, today this know-how, transmitted from father to son, is in decline and threatens to disappear. The shapes and color take us back to earlier times, at least to the Middle Ages, when water was an element that required jugs to go to the source to fetch water and for tableware. Traditionally at the entrance to each farm there was a black ceramic utensil filled with fresh water, where a worker could cool off after a day's work. The potter uses a primitive technique which is characterized by a special process during firing and which produces a black or dark grey coloring. The

chemical variations give it a consistency and hardness like stone and increase its durability.

The jug – silló negre – is the most emblematic piece and has the characteristic of cooling water through perspiration.



If you are interested to know more, book your stays and come to discover our beautiful region.

Coming soon

- * Order your Pralines for your weddings and christening celebrations !
- * Summer holidays are coming : So book your upcoming stays and weekends!