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Newsletter of Sant Miquel de Tudela

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Editorial

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Dear friends,

The scenery that the countryside offers us during this month of May is amazing.

Fields of cereals as far as the eye can see, that when pushed by the wind, give the illusion of a big green ocean with waves and white horses. Everything is flowering and it is a real feast of colours: blues, whites, yellows, reds, mauves,...all for the pleasure of our eyes.

May is also the time to think about planning and booking

your holidays. So if you plan to come to Barcelona, why not consider an escapade or longer stay in our property?

At the end of April, we had the pleasure to receive at the property Escapas_travel, a travel planner. You can read the wonderful French article written about our region and property on their website: [Week-end nature en Catalogne : à la découverte de la Segarra - Escapas](#), I hope it will tempt you to come and visit us.

Two important dates to remember: May 13th, we will be participating in the 1st exhibition of the Francophone women at the Institut Français de Barcelone, and May 29th it will be Mother's day in France, so think of us!

This month, our newsletter will focus on the wild fennel and we will go to discover the village of Florejacs.

Enjoy your reading!

The Wild Fennel

The wild fennel, whose Latin name is *foeniculum vulgare*, means "little hay".

In antiquity, it was appreciated not only for its medicinal properties but also as a condiment due to its strong aniseed flavour.

Pliny, a Roman writer, claims that snakes acquired the marvellous power of rejuvenation and shedding their skin through eating fennel. The Fennel is the symbol of spiritual rejuvenation and is also linked to St Mary Magdalene with the legend saying it was used like an

umbrella on top of the sleeping Saint. The fennel also symbolises the resurrection and the power of clairvoyance.

There are many benefits linked to this plant: antispasmodic in case of painful periods, antiemetic in case of nausea and vomiting, carminative to help with intestinal gas, digestive helping to burn fat etc.....It is also well known to stimulate the formation of maternal milk in pregnant women. Additionally, the active properties passing through the milk, allow the baby to also get the antispasmodic effects of the

fennel.

We use the seeds, the stems, the leaves and the flowers.

Principal benefits

- Digestive
- Carminative
- Antispasmodic
- Antiemetic
- ...

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



The recipe of the month : Marinated salmon with Fennel

INGREDIENTS

For 4 people:

- 1 filet of fresh salmon
- 500 grs coarse salt
- 350 grs powdered sugar
- Leaves and seeds of wild Fennel
- Olive oil extra virgin
- Juice of 1 or more Lemons

It is one of our favourite recipes! Easy to do, it was transmitted to us by our neighbour and friend José. It will impress your guests! This recipe takes a few days to prepare.

1. Freeze fish filet for 48 hrs to kill any bacteria.
2. Defrost it gently at room temperature.
3. Once defrosted, rinse it abundantly with water, dry it and place it on a deep dish.

4. Prepare the mix of coarse salt, sugar and mix well.
5. Spread over the salmon adding the seeds and the finely cut leaves of fennel, cover well the filet with a thick coat of the mix.
6. Close the dish with a transparent film or a lid and keep it in the fridge for 24hrs.
7. Rinse the filet abundantly with water to remove all the salt and pat it dry with paper towel.
8. Slice very thin and spread the slices on a big plate.

9. Drizzle with lemon juice and olive oil to taste.



Serve with small toast or blinis and enjoy!

At the discovery of Florejacs...



The name of this village that was already populated in Antiquity and means "strength of the flowers". It became quite important/powerful

during the Middle Ages.

This village has kept its medieval appeal with its narrow roads and its fortified wall.

The castle built inside the wall is one of the Castles of the Sío, a group of Castles that during the Middle Ages formed the border between the Muslim and Christian worlds.

It has been owned by the same family since the 11th century, who through generations have invested to keep it in good shape, habitable and as a museum.

The tower is from the 14th century and the castle was transformed into a seigniorial house in the 16th century.

A few years ago, the family decided to take the fennel flower as their symbol.

If you have the opportunity to visit it, you

will also be able to admire the church dedicated to Saint Mary Magdalene.

This village has a small number of permanent residents as well as an artisanal bakery: Els Tres Blats, who produce lovely fresh breads and other regional specialities.

Florejacs also has its own legend, the one of the Lady of Florejacs, a story of gallantry and flowers.....

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 and the legend of this village.

Coming soon

- * June : It is the arrival of the swallows!
- * June : It is the beginning of weddings and christening celebrations ! So why not think of our pralines instead of sugar almonds!
- * Long weekends and summer holidays are coming : So book your upcoming stays and weekends!