

July 2022
Number 7



Cal Tonillo-Sant Miquel de Tudela—25214 La Prenyanosa — Spain
Tel/whatsapp: 639 303 833 -E-mail: santmiqueldetudela@yahoo.com—Insta: @santmiqueldetudela
Website: www.santmiqueldetudela.com

Editorial

Table of contents

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

Dear Friends,

It's official, summer is here! Many of you will be going on holidays so we take this opportunity to wish you a very good time wherever you go! For those who have not yet organized their holidays, and who would like a quiet place to unwind, think about coming to visit us!

As the season promises to be dry and hot, we have already taken the lead and installed our small swimming pool.

Our first olives have appeared and the vegetable garden is showing the first signs of a good season.

We have developed our 1st vintage of Ratafia, a typical Catalan liqueur, whose recipe based on a multitude of aromatic herbs which varies from family to family and region to region. This nectar will be available for tasting at the property from the end of August. This month we will tell you about the flower of

summer, which is none other than lavender. In this case the true lavender, not to be confused with its cousin Lavandin, whose properties are different. Then, we will discover the small medieval village of Comabella, a well-hidden little treasure that few people know about.

Happy reading!

Virginie Buu-Hoi Stewart



Lavender, with its scientific name *Lavandula angustifolia*, is a plant with blue-violet flowers, which gives it its name.

The Lavender

The first mentions of this plant date back more than 2500 years. Lavender was used in ancient Egyptian mummification and also for its smell in perfumes.

In ancient Rome lavender perfumed baths thermal baths, in ancient Greece, lavender was used to relieve muscle pain and promote peaceful sleep. It was also used to heal wounds and burns.

In the 16th century, lavender and alcohol were used to disinfect and had the reputation of protecting against the risk of contracting diseases.

It is recognized for many properties: Sedatives against headaches (headaches and migraines) and toothaches; antiseptics: it would promote the healing of wounds by improving the formation of tissues during healing; calming: its soothing effects would relieve mild symptoms of mental stress, exhaustion and sleep disorders, also to calm distracted children! Anxiolytic: it would reduce the symptoms of anxiety; anti-inflammatory: against muscle pain and antispasmodic: it would relieve

women suffering from menstrual cramps.

We mainly use the flower to obtain these properties.

Principal benefits

- Antiseptic
- Anxiolytic
- Anti-inflammatory
- Antispasmodic

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

The recipe of the month : Lavender crème brûlée

INGREDIENTS

For 6 people:

- 40 cl of liquid cream
- 40 cl semi-skimmed milk
- 100 grams of powdered sugar
- 8 egg yolks
- 15 grams of dry lavender

Lavender is an aromatic herb that has its place in gastronomy, its flowers are an excellent seasoning for sweet and savoury dishes.

1. Preheat the oven to 100° C.
2. Put the milk and the cream to boil with the lavender flowers, let it cool and then filter the mixture to remove the lavender flowers.
3. Beat the yolks with the sugar until the mixture whitens.
4. Pour over the filtered milk/cream, mix well and pour into individual terrines.
5. Bake in the oven for 40 minutes at 100°C then leave to cool.
6. Sprinkle the terrines with brown sugar and caramelize with a torch.
7. Serve immediately.



Enjoy!



Comabella, like many villages in La Segarra, retains its medieval typology, with its small interior streets, one of which is a dead end and which we will

At the discovery of Comabella...

talk about later. Its church located at the top of the village is dedicated to St Esteve and displays on its door the date of 1818, probably the date of the last renovation of the facade. The village is 612 mm above sea level. It has only a few inhabitants, most of them being city people who have second homes there.

It would seem that its dead end lane was used in the old days, when the village lived from hunting, to drive rabbits and hares there to be able to catch them without them being able to escape. Its community oven was renowned for the production of acorn bread, the villagers gathered there once a week to bake their bread as well as spin

hemp and make clothes. The clothes were washed with ashes from the oven and then rinsed in the washhouse at the bottom of the village which was filled by rainwater. The cultivation of the grape vine was also an important activity, the village was famous for its brandy "a la facina" which was transported to the port of Tarragona.

Like any village, it has its legend and that of Comabella is that of La vera Creu, the true cross, left by a passing knight...

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

Coming soon

- * We still have availability for this summer, so do not hesitate to book your stays and getaways!
- * Otherwise book now your weekend getaways (September to November) or simply a day of discovery.

Consult us for more information!