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Newsletter of Sant Miquel de Tudela

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Editorial

Table of contents

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

Dear Friends,

I hope you have survived the heat of this month of July! Hopefully august will have more temperate weather.

This end of July was punctuated by several important moments for us.

First of all, our friends from @Rural Modernos, headed by Blanca MJ Creativa and her charming husband Bernat, came to do a photo shoot for us at our property. Pictures of both interior and exterior details can be seen on our

Instagram and facebook accounts and website.

We were also finally able to receive the fruits of a long-term project thanks to my dear friend Tom Oder, an American journalist, who wrote an article on Sant Miquel de Tudela, published in the American magazine: Mother's Earth News. For our American friends, Watch out! Competition on the horizon! So get ready!

This month, I will tell you about the fig tree and its fruits

and we will discover another medieval village of the region, that of Malgrat.

For astronomy fans, the month of August marks the phenomenon of the tears of Sant Lorenzo, it is the time of the year when you can admire the greatest number of shooting stars! So start thinking about your wish list!

Happy reading!

Virginie Buu-Hoi Stewart



The Fig Tree

Its cultivation dates back to at least 4,000 years before our era. Egyptians, Greeks and Romans, all worshipped and grew fig trees. Figs had a reputation as a remedy to combat cough and chest diseases, while the Egyptians used it as a laxative.

It is the symbol of life and fertility. In ancient times we wrote on a fig leaf a question to which we wanted an answer. If the leaf withered quickly, it was interpreted as a bad omen, and if it was delayed it was a good omen.

Its benefits are multiple:

Rich in fiber, they promote intestinal transit and are an excellent remedy for chronic constipation. In addition, it has a regulating effect on blood sugar as well as cholesterol.

The pectin that is part of its composition restore the cartilage of the joints. Its antioxidant properties helps to cleanse and restore the elasticity of blood vessels.

In case of anaemia, the hematopoietic properties and the high iron content of the fruit raise the haemoglobin level.

Another advantage of the fig: its sweet flesh contains a good dose of selenium and flavonoids with multiple beauty virtues. Thus, a sufficient and regular consumption of fig would bring elasticity to the skin, keep it firmer and fight against premature aging of skin cells.

Leaves, stems and fruits are used.

Principal benefits

- Laxative
- Antioxidant
- Antiaging

The fig tree, whose Latin name is *Ficus carica*, offers more than 1000 varieties.

The fig trees in our region produce white figs. Their pale green color is due to their lower content of anthocyanin, purple pigments responsible for the dark color of classic figs.

INGREDIENTS

For 6 people:

- 3/4 cup fig preserves
- 1/3 cup water
- 2 tablespoons lemon juice
- 2 tablespoons sherry vinegar
- 4 teaspoons minced fresh rosemary or 1 teaspoon dried rosemary, crushed
- 1 tablespoon Worcestershire sauce
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 6 bone-in chicken thighs (about 2-1/4 pounds)
- 4 shallots, coarsely chopped
- 1 can (15 ounces) cannellini beans, rinsed and drained

The recipe of the month : Fig-Glazed Chicken with White Beans

The fig is one of the most important fruits in the diet of populations within the Mediterranean basin. Here is a recipe that you can make with our white fig jam! To your stoves!

1. Mix first 8 ingredients. In a Dutch oven over medium-high heat, brown chicken in batches, starting skin side down. Remove from pan, reserving drippings.

2. In drippings, saute

shallots until golden brown, 2-3 minutes.

3. Stir in preserves mixture; bring to a boil, stirring to loosen browned bits from pan.

4. Add chicken. Reduce heat; simmer, covered, 5 minutes.

5. Add beans; return to a boil. Cook, uncovered, until a

thermometer inserted in chicken reads 170°-175°, 12-15 minutes.



Enjoy!

At the discovery of Malgrat...

Malgrat, or Malgrat de Segarra is a village, located on the right bank of the river Sío. Located on a hill, one can see a small group of houses where most were farmers living and working in agriculture and livestock.

At the top of the group stands the castle of Malgrat, which is registered in 1078, in the county of Berga, and which belonged to the Solsonas until the nineteenth century.

The castle was restored, about twenty years ago, by a lover of history and art: Eduardo Herrero.



The castle cannot be visited but you can still admire its exterior architecture, typical of the frontier castles of the region and see a glimpse of its aromatic garden.

Its church, dedicated to Santa Maria, is suffragan of the parish of La Prenyanosa.

Near the core, it is a small Romanesque building, with a semi-circular apse and a façade rebuilt and crowned by a bell tower. The first writings mentioning it date from 1104.

Malgrat is a picturesque village that has kept all its charm and beauty of yesteryear.

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

Coming soon

- * Do not forget to start booking your stays and experiences for fall!
- * We organize visits of the property where you can discover the work we do !

Consult us for more information!