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Newsletter of Sant Miquel de Tudela

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Editorial

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Dear Friends,

It's time to pack away our little pool that allowed us to survive the heat of this summer...

Autumn has arrived with its cooler temperatures, a big contrast after the 3 months of furnace we have just experienced.

Nature is changing and the trees are gradually taking on their pretty yellow, green and red colours of this beautiful season.

This month also marks the season of the Pomegranates and those mean we have Grenadine, the real one! A syrup made from the juice, blended with sugar, that we dilute with water like Ribena which is rich in vitamin C and antioxidants! It's also time to prepare the pralines and harvest some herbs... so a lot of work is on the horizon.

So this month we will talk about the Pomegranate tree and its fruits, then we will go

to discover Sant Guim de la Plana.

For our friends in the USA, we announced the winner of our competition on social networks. This is Kevin Kelly residing in California. We may be organizing other contests this year so be attentive!

Happy reading!

Virginie Buu-Hoi Stewart

The Pomegranate

There are different varieties but the one we have in the area is *Prunica Granatum*.

Born in Persia more than 5000 years ago, the Pomegranate tree occupied a prominent place in the gardens of Babylon. Symbol of fertility, posterity and eternity, we find the Pomegranate in Egypt but also represented in Byzantine mosaics. The Greeks refer to its medicinal virtues and consider it as a symbol of fertility.

In mythology, the fruit of the Pomegranate tree was associated with the Greek deities Aphrodite and Hera. According to legend, the shrub was born from the blood of Agraditis, a hermaphrodite character.



It has been cultivated since prehistoric times, we find the passage of its fruit "the Pomegranate" in the history of the Trojan War, where the famous "apple of discord" could only be the Pomegranate. In antiquity the Pomegranate would become the symbol of the unity of friendship and democracy.

The bark of its root and flowers are used to treat diarrhoea, dysentery, intestinal diseases caused by parasites (tapeworm, roundworm), metrorrhagia (bleeding outside menstruation) and leukorrhoea (white discharge). Pomegranate is also indicated as beneficial in case of hypertension and to prevent cardiovascular diseases.

It is rich in vitamins, minerals and trace elements.

Flower, fruit and bark are used.

Principal benefits

- Astringent
- Healing
- Antibacterial



The recipe of the month : Cocktails with Grenadine

We offer a choice of 2 cocktails for the holidays.
Let's stay in the classics!

Enjoy!

For Children:

'Diabolo Grenadine'

1. Make the recipe "Diabolo grenadine" directly in the glass.
2. Pour the grenadine into the glass and top it off with fresh lemonade.
3. Serve in a large glass.

NB: You can also make your Diabolo cocktail with sparkling water to have a less sweet drink while keeping the bubbles.

For Parents :

"Tequila Sunrise"

1. Fill a large glass with ice. Pour the tequila over the ice, then garnish with the freshly squeezed orange juice.
2. Add the grenadine and let it run to the bottom of the glass to create a layer effect.

NB: You can decorate the glass with a slice of orange.

INGREDIENTS

For 1 glass

- 3cl Grenadine syrup
- 15 cl lemonade (soda, 7up, sprite)

INGREDIENTS

For 1 glass

- 50ml of White Tequila
- 5ml of Grenadine
- 20 ml of orange juice

At the discovery of Sant Guim de la Plana...

Sant Guim de La Plana is a village in our eminently rural region that retains its medieval appearance. The first references of the village date from 1161.

It owes its name to the first name Guillaume and its geographical location. At 556 m altitude, it administratively manages the villages of Comabella (which we talked about last month) and Vicfred.

The historic center, perfectly preserved, is accessible through a large paved square. Since 1982, this square has become the setting for a living Nativity scene for the Christmas holidays.

The castle, transformed into a stately house, retains its medieval features.

In the square you will also find the parish church of Santa Maria, listed by the Canon of Guissona in 1098. Some walls of the early church are in Romanesque style but the current building is of relatively modern construction. Like many churches in the area, it is a single-nave building.

Its bell tower, dating from 1870, overlooks the main façade. The portal, a rose window and a stained glass window seem to be of older origin.

In front of the church stands a richly carved stone cross, the work of Lluís Cera Davins and dating from 2004.



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

Coming soon

* Remember to book your stays and experiences for the fall!

* It's time to think about ordering your baskets of gourmet products for the holidays!

Contact us for more information!