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## Editorial

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Dear Friends,

It's time for olives and the long-awaited harvest! A year unfortunately a little poor due to the weather of recent months: hot weather and drought ... The entire team is preparing for this great event.

The holiday season is also fast approaching so it's time to think about your Christmas gifts and place your orders!

I will shortly send you our small holiday catalogue including our products as well as our ideas for stays in our

property.

We are also launching a new product: "Cade berry jelly". You will be surprised by its distinctive taste. This jelly goes perfectly with foie gras, goat cheeses and simply on a good buttered toast. You can also use it as a sauce base for game meats.

This month, we will talk about the olive tree, an emblematic tree and then I will take you to discover the village of my maternal

grandfather which is a few kilometers from us.

Happy reading!

Virginie Buu-Hoi Stewart

## The Olive Tree

This mythical tree can reach to more than 100 years of age. A symbol of peace and victory since ancient times, it was elevated to the rank of a sacred tree in antiquity in many religions and especially in Greek and Roman mythology.

Olive leaves are traditionally used as a diuretic but the olive tree has other equally important properties.

Useful in the prevention of arteriosclerosis and coronary heart disease, it also helps treat disorders associated with high blood pressure.



Its hypoglycemic and cholesterol-lowering action can therefore be used in the treatment of non-insulin-dependent diabetes. Its oil is recommended for problems of dermatitis, eczema, burns etc.

Other effects: antioxidant, antibacterial and antifungal as well as anti-inflammatory properties are

being studied.

The fruits carry mineral salts, vitamins A and D and glyceric and linoleic.

The leaves, fruits and bark are all used.

### Principal benefits

- Antioxidant
- Diuretic
- Antiviral
- Antibacterial
- Lowers arterial pressure
- ...

## The recipe of the month : Olivada

### INGREDIENTS

For 4 people

- 50 gr. of Capers
- 15 cl extra virgin olive oil
- 200 gr. of black olives
- 50 gr. of anchovies
- 1 clove of garlic
- Thyme
- Pepper

*Olivada is a classic recipe of Catalan cuisine. There are many variants throughout the Mediterranean basin, the best known being its French cousin Tapenade. The principle remains the same although we use in the region the Arbequine species of olive.*

1. In the bowl of a blender, put the pitted black olives, capers, peeled and degermed garlic, anchovy fillets, thyme and pepper.

2. Start mixing with a few impulses of the blender to mix the whole thing.

3. Add the olive oil gradually, mixing each time to bind the ingredients, and further mix until you get the texture you like: the less you mix, the more small pieces you will



#### Note:

Do not hesitate to add or remove some spices according to your tastes.

have; the more you mix, the more you will have a uniform and creamy texture.

Enjoy!

## At the discovery of Alfá...

The village of Alfá or El Far, is located on a small hill at 435 m above sea level.

Its name comes from Phare, taken in the sense of a watchtower or defensive lookout in the context of the border character of the Segarra in times of reconquest.

From the old town, at the top of the hill, only a few uninhabited houses and the ruins of the church of Sant Julià del Far, which was suffragan of the parish of Llor, remain. The old castle is documented as early as 1040. In the thirteenth century, it belonged to the Biosca family and from 1776 until the extinction of the lordships, to the canonical Solsona.



The castle was probably transformed into a stately home in the sixteenth century. The current building dates from 1886. Virtually no trace of the castle remains. It is now part of the large house of the Tacies family, owners of this village for several centuries.

At the foot of the hill, on the road that

connects El Llor to Comabella, you can discover the church of San Damia with its tiny moat.

One of the traditions of the village is the mass of August 4, the day of the celebration of its Saint: Saint Dominic, and which ends with the blessing of the village well.

It is said that the small church of St Dominic was burned during the war and that the painting that can still be admired today survived.

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

## Coming soon

\* The grenadine, the real one, has arrived! Order it now!

\* This is also the time to think about the holidays and order your baskets of gourmet products and stays!

Contact us for more information!