

December 2022
Number 12



Newsletter of Sant Miquel de Tudela

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 Cade Juniper</i>	1
<i>The recipe of the month</i>	2
<i>At the discovery</i>	2
<i>Coming soon</i>	2

Dear Friends,

Here is our last gazette of this year, 2022! I hope you liked the concept of this monthly event because we still have plenty of ideas to share!

Here, winter has just set in and the cool temperatures caught us a little off guard... The Rural Tourism season has just ended and we will reopen our doors in April.

The end of year celebrations are just around the corner! So it's time to think about your gifts! And as every year, we

thought of you! Some of you have already received our catalogue; I will not fail to send it to all of you in the coming weeks.

Our newest product: Cade jelly is a sensation! Its strong taste makes it an excellent base for glazing meats especially game, with melted goat cheese and even foie gras or simply on a buttered toast! Our Grenadine syrup to enhance your end-of-year cocktails will delight all ages!

Our wonderful pralines will

go perfectly with your holiday salads, or simply a good coffee. Finally, do not forget our special extra virgin olive oil and aromatic herbs to enhance your meals. In addition to our products, a stay at our property can also be a wonderful gift idea!

This month, I will introduce you to the Cade Juniper and we will discover the village of Sant Ramon.

Happy reading!

Virginie Buu-Hoi Stewart

The Cade Juniper

From its Latin name *Juniperus Oxycedrus*, it is also known as small cedar or pungent cedar. It is considered an aromatic plant. It is a dioecious shrub and it is therefore the female juniper trees that produce the cones or berries. These berries mature after two years and take on a red-brown color.

Used since antiquity for its many virtues, Cade Juniper has now fallen into disuse. Cade incense is probably one of the best known and oldest uses. It was used inside houses to clean the air and keep insects away.

Its medicinal properties are varied:



Juniper berries have digestive health properties; they facilitate digestion, improve pancreatic functions and are indicated to stimulate appetite.

Antiseptic: it helps disinfect wounds and offers good results as a parasiticide.

In the treatment of hair / nails: it is used in cosmetic products especially for the scalp, it

treats keratosis, psoriasis ... and it helps in the regrowth of hair as well as nails while strengthening them and making them shiny. It is recommended for the treatment of itching, dandruff and excess sebum.

Healing: it heals skin tissues, especially in case of eczema.

The berries, leaves and bark are all used, but only consumed in low doses, for their properties.

Principal benefits

- Stomachal
- Antiseptic
- Antibacterial
- ...

The recipe of the month : *Aperitif of Cade berries*

INGREDIENTS

- 30 gr. of juniper berries
- 75 cl dry white wine
- 10 cl of white alcohol such as Vodka
- 30 gr. of sugar
- 3 orange peels, previously dried

Cade berries are indicated to stimulate the appetite and are therefore a perfect base for an aperitif during these festive times. This aperitif needs to be prepared in advance!

1. Start by grinding the berries and then put them in a jar with a capacity of 1 l.
2. Add sugar, dried orange peel, alcohol and white wine.
3. Let your mixture sit for about a week.
4. Strain the liquid and use a funnel to fill a bottle that you can securely close.

All you have to do then is to taste it in moderation!

Enjoy!

Note:

You can add more sugar to the recipe



At the discovery of San Ramon...

At 5 kms from our property you will find the small town of San Ramon Nonato, a relatively modern town that was established around a monastery from which it took its name.

The monastery, one of the largest in the region, is still very active and continues to train a large number of future priests.

The sanctuary is governed by the order of mercedarians (Our Lady of Mercy). It was founded in the thirteenth century, on the ruins of a small church dedicated to Saint Nicholas.

San Ramon Nonato was originally from Portell, a village in the region.



Legend has it that a blind mule carrying the body of the Saint fell dead after making three turns around the small church and that it was there that he was buried. This put an end to the dispute that existed between the cities of Cardona, Portell and Barcelona over where the body of San Ramon should rest.

On August 31, feast of San Ramon, the three

towers are celebrated. A more recent tradition attracts all the tractors from the area that make the three turns around the sanctuary and are blessed by the archbishop so that the harvest is good.

The church of the monastery of San Ramon is a magnificent baroque building with a large nave, side chapels and a dome in the transept, finished with neoclassical lines. The monastery is organized around a cloister, dating from 1802, also in neoclassical style, with a temple-cistern in the middle. In the monastery of San Ramon there is an important collection of ex votos.

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

Coming soon

It's time to order your gourmet products and holiday stays!

Contact us for more information!

We wish you a happy holiday season!