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Editorial

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Dear Friends,

We hope you have had a good start to 2024.

For our part, in our region we are facing the worst drought in the last 50 years which will have harmful consequences in the agricultural sector. The water reserves have reached a critical level and in many areas they have implemented an emergency plan. The harvests will probably not be as abundant as in past years due to lack of rain and limited irrigation.

Fortunately, our trees and herb crops make do with

little water. Despite everything, the almond trees have flowered well and nature is already well advanced in its flowering.

We took advantage of the winter months to restore everything and prepare for the re-opening of the property on April 15th.

A nice project started a year ago has come to fruition: it is the book "Islands in a Common Sea" by the successful British author Jenny Jefferies, which was officially released on March 12. During the launch at Waterstones bookstore in

London, I had the honour and pleasure of being alongside the author as one of the contributors to the book. We are featured in chapter 2 of this magnificent tribute to farmers and fishermen around the world. I will give you a short summary of our trip via social media in the coming days.

On the program for this quarter, we will discover the Pale stonecrop and visit the village of Palouet.

Enjoy your reading!

Virginie Buu-Hoi Stewart

The Pale Stonecrop



Principal benefits

- Anti-inflammatory
- Emollient
- Disinfectant
- Antacid gastric

From its Latin name *Sedum Sediforme*, the Pale stonecrop is also known under the names of Cat's claw or vilano foot. This plant is considered the mini Mediterranean aloe with which it shares certain characteristics. It is mainly found in limestone and rocky soils.

The Romans attributed to it the ability to ward off lightning, an expression of Jupiter's anger, while the ancient Scandinavians

attributed to it the power to keep evil spirits away from the houses. We therefore planted stonecrop on the roofs of houses. The leaves were also used in the Middle Ages as an emollient on wounds.

Sheep are fond of eating the young shoots.

Pale Stonecrop has interesting medicinal properties:

It is an effective anti-inflammatory. It is used to

treat oral infections and relieve dental pain. In the stomach it treats regurgitation, gastritis and ulcers. Its action would also be beneficial in jaundice. Its anti-inflammatory properties are also used for skin irritations (stings, burnt lips, redness). Finally, it is used to disinfect and promote the healing of wounds, it is an effective emollient.

We use the fresh young shoots before they flower.

INGREDIENTS

For a 250 ml Jar

- 2 good handfuls of Stonecrop
- 250 ml of water
- 2 tbsp of vinegar
- 2 pinches of salt
- 8 grains of black pepper
- 1 small sprig of thyme

*The recipe of the month : Canned Cat's claw in Vinegar*

The Pale stonecrop is one of those forgotten aromatic plants and yet it has long figured in the traditional gastronomic culture of the villages.

Although little known, it remains popular in the southern regions of France and the Valencia and Alicante regions of Spain. It can be consumed canned following the recipe that we present to you but also can be consumed raw. It can enhance your salads or be transformed into juice by mixing it with other fruits such as apples.

The best time to pick it is the period of April-May when the shoots are the most tender and tasty.

1. Clean the stonecrop with water and remove its roots.
2. Put a pan of water to boil.
3. When the water boils, add the stonecrop.
4. As soon as the water boils again, turn off the heat and set aside.
5. Cover and wait for it to cool.
6. Strain the stonecrop from the water and place in a

250ml jar, packing it down a little.

7. Add the vinegar, salt, pepper and thyme (optional: add lemon slices).

8. Fill the remainder of the jar with fresh water, covering the stonecrop well, so that it does not get exposed.

9. Close the jar and leave to ferment for 4-5 days in a cool dark place.

Serve as an aperitif or with condiments such as pickles.

Enjoy your meal!

At the discovery of Palouet...

Its name comes from the Latin word Paltium, which means palace, castle or even rock. It is also known as Palou de Torá. It has around fifteen inhabitants.

The village of Palouet is made up of a group of a dozen stone houses along an alley leading to a square. The main houses are Cal Xuriguera, today a hotel-restaurant, Cal Comorera, and Cal Teixidó, owned by the journalist and writer Albert Torras, all three located in Plaza de Sant Jaume.

The church of Sant Jaume de Palou is of Romanesque origin. It was



reformed during the Plateresque period (15-16th century) and has a beautiful bell tower. You will also see Can Cuadros, which incorporates the remains of the Palouet Castle already documented in 1116. Nothing remains of the old fortifications which were razed in the 1960s.

The village still retains a communal bread oven, a public wash house and several presses.

Near the village, there is an airport for microlights and a small pond, zone of special protection to the birds, where migratory birds stop off every year.

The traditional Maypole festival takes place on the occasion of the spring equinox. On this day, a tree is decorated with food. The "Fiesta Major" takes place for Sant Jaume.

Coming soon

We open our doors on April 15th!

- ⇒ It's time to book your getaways in nature and come and recharge your batteries alone, with family or friends.
- ⇒ We can also organize your seminars or retreats according to your needs.
- ⇒ Contact us to organize your tailor-made stay.