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Editorial

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Dear Friends,

3 months have already passed since the last gazette! The olives have finally appeared and the almond trees are full of good-sized almonds. If all goes well, this year the harvest will be better despite the lack of rain!

In April we were contacted by the Catalan government delegation in Lerida and I had the honour of being selected with 13 other women to represent the La Segarra region in the project "Dones transformadores": It is a movement that promotes the role of women entrepreneurs within rural communities with a view to greater equality and social justice.

In May, we had the pleasure of welcoming the cultural association: "Els amics dels castells de Catalunya". Around forty people came to spend the day in our region with a visit to the Castle of Florejacs, the Castle of Concabella and finally to our estate. They were able to enjoy a country buffet made up of local products. It was a moment filled with emotion as this association had come 20 years previously and they were able to see the evolution of our project.

In June, we opened our doors for "Benvinguts A Pages". For the 3rd year in a row, we participated in this initiative which gives people from the city and surrounding areas the opportunity to observe the

work necessary to produce the artisanal products they consume. We even had the honour of receiving TV Lleida who came to do a very nice report presented by the talented Journalist Noelia Burgos.

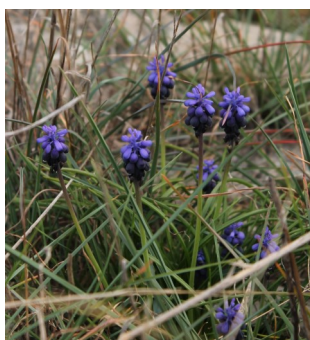
Finally we also had the pleasure of receiving, for an exceptional day, a visit from the Spanish Entrepreneurs Club, enhanced by a workshop on the theme of "the skin from all angles" followed by a good lunch around local products.

This month, I will introduce you to the Grape Hyacinth then the village of Granyena de Segarra.

Enjoy your reading!

Virginie Buu-Hoi Stewart

The Muscari



From its Latin name *Muscari Neglectum*, we also know it under the name Grape Hyacinth. It is a little-known aromatic herb typical of Spring.

Its food use has been documented since antiquity, in Egypt, Greece, Spain and

Turkey, but it is mainly consumed in Italy. Italian immigrants to the United States imported them for commemorative festivities. Prepared in oil, it is eaten like dried tomatoes. In Greece, they are eaten marinated. Muscaris have no particular symbolism, but

the depth of their purple color evokes self-confidence and a sense of responsibility.

Their medicinal virtues are mainly linked to their high content of vitamin C and antioxidants.

Fruit and flowers are consumed.

The recipe of the month : Grape hyacinth lemonade

INGREDIENTS

For a 1l Jar

For the syrup:

- * 1 bowl of 500ml filled with grape hyacinth flowers;
- * 500ml boiling water
- * Sugar

For the lemonade:

- * 2 tablespoons of lemon juice
- * 1 liter of water

There are few recipes using the grape hyacinth. Italians eat the fruit preserved in olive oil, a heritage of peasant cuisine.

We will look at a completely different way of consuming this plant using its flowers. Its floral flavour and muscat aroma are unique.

1. Prepare a muscari flower syrup:

a. Add the flowers to a glass jar and cover with 500ml boiling water

b. Leave to infuse for at least

an hour.

c. Filter.

d. Mix the infusion with an equal amount of sugar.

e. Heat the mixture until it boils to create a simple syrup.

2. To prepare the lemonade:

a. Mix 250-300ml of simple syrup with 1 litre of water and 2 tablespoons of lemon juice.

b. Put in the fridge to cool.

Enjoy!

NB:

The syrup can also flavor teas or sorbets.



At the discovery of Granyena de Segarra...

The village of Granyena, which has around 150 inhabitants, is located south of Cervera between the Ondara river and the Corb river.

It rises on a hill crowned by its ancient castle. The gates and remains of the ancient wall mark the limits of the medieval old town.

From the end of the Middle Ages, construction began outside the walls and in the 18th century, the square and the street of Saint Pere were built on the old cemetery.

The parish church of Saint Maria is a large neoclassical building, one of

the largest and most interesting in La Segarra, built at the end of the 18th century with three naves and a majestic bell tower.

Of Granyena Castle, built largely by the Templars, only a few large walls remain marking the size of the building.

To the south of the village are the ruins of a cylindrical tower which served as a watchtower or defence in the 11th and part of the 12th centuries.

In the cemetery, near the castle, is a chapel which perhaps dates back to the time of the Templars.

If you are visiting the region, do not hesitate to stop and discover this beautiful village.



Coming soon

Are you looking for a place in nature to organize your workshops or retreats as part of your activity?

Contact us today to explore our options and reserve your dates!