



Cal Tonillo-Sant Miquel de Tudela—25214 La Prenyanosa — Spain
Tel: 639 303 833 -E-mail: santmiqueldetudela@yahoo.com
Website: www.santmiqueldetudela.com—Insta: [@santmiqueldetudela](https://www.instagram.com/santmiqueldetudela)

Editorial

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Dear Friends,

Here finally is our quarterly connection! I hope you enjoyed the summer and took advantage to relax and recharge your batteries for the new school year! On our side we have taken it a bit easy, which has allowed us to focus on other projects.

So here are a few lines of our highlights of the summer:

In July we received a visit from Canal 21 Ebre (Television Channel of the Tarragona region) who came to film us as part of a documentary on different regions. This documentary will probably be broadcast in November, so we will keep you updated.

To end nicely the month of July, the famous Book by Jenny Jefferies in which we participated was launched worldwide on July 29th. So for those who wish to get it, it is finally available wherever you live.

In August I wrote an article about our beautiful region of La Segarra and I was lucky enough to have it published in Equinox Magazine, the French media of Barcelona. (equinoxmagazine.fr).

For those who remember the American journalist Tom Oder, whom we already talked about a few months ago, he has just created a Blog about nature and gardening (tomoder.com). In which you can find a nice article about Jenny Jefferies' book as well as our project.

September is always a month of great excitement for us. It marks the beginning of our various jam, jellies and the famous grenadine elaboration. It is also the month of almond harvesting! A harvest that looked promising and finally disappointed due to the great lack of water. Then, surprisingly, we had a day of heavy rain, more than 100 liters in 24 hours, which destroyed many fields. This devastating rain came too late to improve anything in the harvests.

To end the month of September, we participated in the Feria de Sant Miquel in Lérida (equivalent to an Agricultural trade show) where we were able to successfully promote our products and the region.

In this edition, I will introduce you to the Walnut tree and take you to discover the village of Hostafrancs.

Enjoy your reading!

Virginie Buu-Hoi Stewart



Principal benefits

- Astringent
- Antidiabetic
- Depurative
- Antiseptic

The Walnut tree

From its Latin name *Juglans Regia*, it is known as the Common Walnut. The Walnut has a longevity that can reach 400 years. A sacred tree among the Celts, it is the symbol of intelligence and wisdom. The nut has a shape that looks very much like a human brain, which made it a fruit that would increase the clairvoyance and intuition abilities of the druids.

For farmers, the walnut tree is a tree of good omen. If it produces a lot of nuts one year, they know that the winter will be harsh, but on the other hand that the following wheat harvest will be very good.

The Gauls were wary of it, because it is a rather solitary tree. Sleeping under the branches of a walnut tree

would be considered evil. However legend has it that if you pick branches on the eve of Saint John and hang them in the house, you are protected from madness and lightning.

It was once used to restore hair to those who lacked it by administering poultices of chewed walnuts to their scalp. The walnut provides a highly valued oil, dye from its husk and its wood is widely used in cabinetmaking.

Walnut leaves have:

- Astringent properties traditionally used to treat diarrhea and imbalances in the intestinal flora.
- They are also useful for improving lymphatic and venous circulation, act as a blood purifier and formerly as a vermifuge.

- Hypotensive properties recognized as beneficial for people with high blood pressure.

- The leaves are valuable in cases of diabetes associated with obesity.

Walnut is recommended in the treatment of:

- Skin problems such as acne, eczema, infections and skin ulcers.
- Scalp conditions: it strengthens the keratin of the epidermis cells.
- Excessive sweating: walnut leaf preparations can be applied directly to the skin of the affected areas (feet, armpits, etc.)
- Mycoses: the juglone and essential oil contained in the leaves give the plant antifungal activity.

Uses: leaves, trunk and fruits



INGREDIENTS

For 6 people

- 150 g walnuts + 8 whole kernels (for decoration)
- 150g sugar
- 1 pinch of salt
- 100g butter
- 3 large eggs
- 75 g flour

For the topping:

- 115g 55% chocolate
- 25g butter

The recipe of the month : Walnut cake

Walnuts can be eaten in many ways. They are used to garnish salads, as accompaniments to cheeses and they have an important place in our pastries.

Raw, they are an excellent source of antioxidants.

In Catalonia, one of our favourite desserts is the "Músic", a mixture of nuts and other dried fruits, served with a small glass of Moscatell. To illustrate the walnut, we have chosen to share with you a simple and delicious cake recipe typical

of the Périgord region (southwest of France).

– Pre heat the oven to 200° without convection fan.

– Pass the walnuts through a food processor.

– Add half the sugar and the salt, mix together.

– Melt the butter then remove from the heat, add the rest of the sugar and mix well. Incorporate into the previous mixture.

– Add the eggs one by one, then the flour mixing as you go.

– Butter a 25 cm diameter cake tin. Pour in the mixture. Place in the oven on a rack and leave to cook for 20 minutes.

- Once the cake is out of the oven, melt the butter and chocolate over low heat.

- Spread on top of the cake, let it set for 15 minutes then draw lines with the tines of a fork.

- 8 walnuts around the edge of the cake as decoration.

- Place in the refrigerator and serve cold.

Enjoy !

At the discovery of Hostafrancs...



The medieval village of Hostafrancs has been documented since 1063. It takes its name from an addition of the common noun "hostal" meaning lodging house and the adjective "franc".

Today it has about a hundred inhabitants.

It had a castle of which no remains can be seen. However there is a large 17th century manor house, now almost in ruins, which probably occupies the site of the

old medieval castle. The lordship of the village returned to the Urgell family until the extinction of the lordships in the 19th century. The village largely preserves its old structure and its houses date mostly from the 17th and 18th centuries.

The Cross of Hostafrancs, located next to the church, is one of the few Gothic-Renaissance crosses saved from the destruction of religious symbols in 1936. This cross is believed to be the work commissioned in 1517 from the Basque stonemason Pasqual de Gancia. It is raised above a step with an octagonal shaft and was restored in 1950. It is a buttoned cross. On one side you can appreciate the scene of the crucified Christ with the two thieves and an angel. On the other side is the Virgin Mary with the

symbols of the evangelists and at the level of the knot several saints with their attributes.

Attached to the church of Hostafrancs is a fountain, built in 1929. It consists of two sinks inscribed between two pilasters crowned with unique stone spheres. In the middle of the façade wall there is a mosaic depicting the image of Saint Bartholomew, the patron saint of the town.

The church of Hostafrancs is surprising for its large

proportions, unusual for such a small town. The current building, from the early 18th century, replaced a primitive church documented as early as the 14th century. It consists of a large nave with side chapels, a curved façade in the Baroque style with a pilastered portal and a large bell tower, octagonal at half height, dated from 1754.

For the record, the Hostafrancs district of Barcelona takes its name from the inn built in the mid-19th century by Joan Corrades i Bosch, who bought the land in 1840 and gave it the name of the village where he came from.



Coming soon

We will be present at the following markets and events:

- ⇒ **Sant Galderic in Ivorra—October 12**
- ⇒ **Gastronomic Barcelona—November 6**
- ⇒ **Christmas Market of the Lycée Français in Barcelona—December 14**

Start thinking now about your end-of-year gifts: gastronomic products or stays are at your disposal!

Contact us without delay!