



Newsletter of Sant Miquel de Tudela

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Editorial

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Dear Friends,

This second quarter is ending with intense heat, although the beginning of spring had been rainy, much to the delight of our plants!

The olive and almond trees promise a good harvest: the small olives have already appeared, and the almonds are already a good size! Between farm work and customers, we've had a lot to do.

In April, we welcomed our first Wwoofers! WWoof is a platform that offers people a farm experience. They participate in daily tasks and activities. It's an educational and cultural exchange. In short, a wonderful experience for both parties!

In May, we participated for the first time in the Cervera Bread and Cereal Market, now in its 79th year. For the event, we were asked to organize a tasting of our olive oil and aromatic herbs for around fifty people. We ended the month by participating, as we do every year, in the Women Entrepreneurs Club-Spain Fair in Barcelona.

One of the highlights of June was marked by our participation in a cocktail reception organized by the Cervera City Hall. This event took place on the university premises for the opening of the cultural year dedicated to the great Catalan writer Augusti Duran i San Pere (originally from Cervera). Guests enjoyed an assortment of canapés made with our extra virgin olive oil and

topped with goat cheese and dark chocolate. A true delight! Then I took a short trip to Estoril, Portugal, where I had the joy of accompanying Jenny Jefferies, who received an award for her book *Islands in a Commons Sea* at the Gourmand Worldwide Award - the culinary equivalent of the Oscars. Finally, to end on a high note, we just welcomed Marjolaine @desigraphe, who offered us a screen printing workshop. What a success! And what a pleasure to be able to create cards with vegetable inks made from our aromatic herbs. Other workshops are planned for the fall! This term, we'll talk about the purple flowered garlic, and then I'll introduce you to the village of Fonolleres.

Enjoy your reading!

Virginie Buu-Hoi Stewart

The Purple Flowered Garlic

From its Latin name: *Allium rotundum*, it is also called round-headed leek.

With its deep purple, spherical inflorescences, it is sometimes associated with natural elegance and quiet strength of wild plants. It can be interpreted as a symbol of protection and unity: Like common garlic (*Allium sativum*), it is often associated with the ability to repel negative energy. In some cultures, garlic bulbs were

placed near doors to ward off evil spirits. The round shape of its inflorescences symbolizes unity, wholeness, and harmony between beings.

It has numerous medicinal properties: Rich in vitamin C, sulfur compounds, and antioxidants, it helps stimulate the body's natural defenses. Its active compounds promote good blood circulation and can help regulate blood pressure. Its extracts (particularly methanolic

neutralize free radicals, chelate iron, and reduce oxidative stress. It protects red blood cells from oxidative damage, which can be beneficial for blood health. Like other alliums, it stimulates digestion and has mild antiseptic effects. It contains manganese, iron, zinc, and copper, essential for the body's proper functioning.

The flower, leaves, and bulbs are used.



Principal benefits

- Antioxidant
- Antihemolytic
- Strengthens the immune system
- Promotes digestion
- Protects the cardiovascular system

INGREDIENTS

Serves 2

- 200g pasta (tagliatelle or linguine)
- 1 small handful of bulbs, finely sliced
- 1 tbsp butter
- 10cl crème fraîche (or plant-based cream)
- The zest of half an organic lemon
- 1 tbsp 1 tbsp lemon juice
- Salt, pepper
- Grated Parmesan
- 2 Allium rotundum flowers, for garnish

The recipe of the month : Creamy pasta with Allium rotundum and lemon

Allium rotundum is a wild edible plant. In addition to its health benefits, it is also appreciated in cooking for its subtle and aromatic flavor. Delicious, it aids digestion!

1. Cook the pasta in a large pot of salted water according to the package instructions.
2. Meanwhile, melt the butter in a frying pan over low heat and add the

Allium rotundum. Cook for 2 to 3 minutes without browning.

3. Add the cream, lemon zest, and juice. Simmer gently for 2 minutes. Season to taste with salt and pepper.

4. Drain the pasta, add it to the sauce, and toss well to coat.

5. Serve hot with a little grated Parmesan.

6. Place a flower on each plate for decoration.



Enjoy !

At the discovery of Fonolleres...

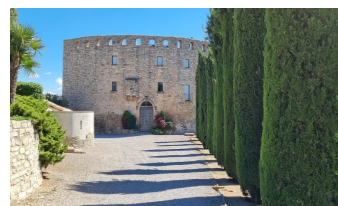
The village of Fonolleres is located on a hill on the right slope of the Ondara River valley. The royal road which linked Lleida to Barcelona ran through the village. Its name clearly refers to fennel, which was very common in the region.

On the highest part of the hill stands the castle of Fonolleres. Like the neighboring castles, it was probably built in the late 11th and early 12th centuries to allow the Count of Barcelona to secure this route and ensure the success of his campaigns against the Saracens.

The first mention of the castle dates back to 1113. The building comprises a ground floor—with an interior courtyard, most likely the original parade ground—a first and second floor with irregularly cut stone openings and walls, except for the doors and windows, which are more carefully crafted. On the right side of the main façade is a quadrangular tower with an arched opening and a barrel vault at the bottom. Fonolleres Castle has been declared a Cultural Property of National Interest.

The Church of Santa Maria de Fonolleres, listed in the Inventory of Architectural Heritage of Catalonia, is located at the foot of the castle, in the middle of a square. Although it retains Romanesque and Baroque elements, its original structure has undergone significant modifications over the centuries. It has a gable roof, and the walls are formed from irregularly cut stones from the region. It is adorned with side chapels and a three-sided bell tower, two of which are occupied by bells.

On the main façade, one can admire the access door with a basic upper lintel and a circular opening at the top. The bell tower and chapels are more contemporary additions.



The village is also home to the **Aromes del Camí** brand (@aromes_del_cami), which specializes in selling aromatic herbs for infusions.

Coming soon

- * Remember to book your Back-to-School Escapades!
- * Screen Printing Workshops: Several dates are available; contact us for more information.
- * Weekend of September 27–28th : Almond Picking - a sensory, friendly, and educational experience!