



Newsletter of Sant Miquel de Tudela

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,

The year 2026 is already well underway! I hope that, despite the somewhat worrying news, your start to the year has begun under good auspices. The end of last year was so hectic that I completely forgot our 4th newsletter...

This beginning of the year has been a little calmer than expected, as I managed to give myself a double fracture of my left wrist to kick off 2026. Needless to say, it forced me to slow down a bit.

Nature, however, has followed its course: the almond trees have bloomed magnificently, we have already harvested the first asparagus, and we are making progress with our maintenance work. There is still a lot to do, but we will be ready for the reopening in April, which is approaching fast!

I am also very busy with the relaunch of the Association of Agri-food Producers of La Segarra, of which I recently became president, as well as with the

development of an ambitious programme for 2026.

Still, we took advantage of this quieter start to the year to make an escapade to the mountains and enjoy a short stay in Paris.

This month, we will talk about shepherd's purse, and I will introduce you to the village of Sanaüja.

Enjoy your reading!

Virginie Buu-Hoi Stewart



Principal benefits

- Haemostatic
- Antiseptic
- Healing
- Astringent

The Shepherd's purse

Capsella bursa-pastoris, whose Latin name combines *capsa* ("little box") and *pastoris* ("shepherd"), is better known by its popular names such as shepherd's purse or shepherd's pouch.

This name comes from the small triangular purse that shepherds once wore on their belts, always flat due to their great poverty.

The shape of its fruits, reminiscent of both a viper's head and a small

heart, has also earned it colourful names such as "Judas' heart" or "asp's head."

Its many medicinal virtues have given rise to evocative nicknames such as fever herb, heart herb, or bloodwort.

Shepherd's purse has held an important place in traditional pharmacopoeia for centuries. Its flowering parts were already used in Antiquity. Nicknamed "the blood plant," it is renowned for its ability to stop many

types of bleeding, both internal and external: regulating an excessively heavy menstrual flow, treating cuts, or stopping nosebleeds.

Thanks to its anti-infectious properties, it is also useful in cases of urinary infections. Its astringent action helps combat cystitis and diarrhoea. It is also recognised for its antiseptic and healing properties.

The entire plant can be used: roots, seeds, leaves, stems, and inflorescences.

The recipe of the month : Shepherd's purse Flan

INGREDIENTS

Serves 6

- 3 carrots
- 2 onions
- A bunch of shepherd's purse leaves
- 6 eggs
- 1 dl milk
- 50 g grated cheese
- Olive oil
- Thyme
- Salt and pepper

Shepherd's purse belongs to the same family as cabbage and mustard. Its young leaves offer a delicate flavour reminiscent of cabbage, while its small heart-shaped fruits — like tiny purses — develop a pronounced mustard taste, perfect for enhancing a steaming hot soup. The small yellow seeds they contain can also be ground to make a local spice full of character. You will enjoy these vibrant green leaves, rich in vitamins

and minerals. They contain even more vitamin C than oranges and three times more calcium than milk.

1. Dice the carrots and onions.
2. Sauté them in olive oil.
3. Add the washed and chopped shepherd's purse leaves, along with the thyme.
4. Beat 4 whole eggs and 2 egg yolks with the milk and cheese.
5. Season with salt and pepper.
6. Place the vegetables in an oiled mould.

7. Pour the mixture over them and cook in a bain-marie for 45 minutes over medium heat.
8. Unmould carefully.
9. Serve hot, on its own or with a tomato coulis.



Recipe inspired by
François Couplan.

At the discovery of Sanaüja...

Sanaüja is a charming village located at the northern edge of La Segarra, on the banks of the Llobregós River. It has just under 400 inhabitants. Its historic centre stretches at the foot of a hill crowned by the remains of an 11th-century medieval castle. Despite its ruined state, one can still sense its former scale and importance.

Among the village's emblematic places is the **Font de Ferro**, a spring accessible only on foot, whose ferruginous-tasting water gives it its name.

The **Camí dels Molinets**, a narrow path running along the river, offers a pleasant walk in the heart of nature.

The **Placeta**, where the medical office and the pharmacy are located, is one of the nerve centres of local life.

Wandering through its narrow streets, you will discover the Romanesque church of **Sant Pere**, the medieval bridge crossing the Llobregós, and the old walls that once protected the village. The **Plaça Major**, surrounded by stone houses,

houses, remains one of the liveliest and most characteristic spaces in Sanaüja.

A few steps from the centre, the hermitage of **Santa Maria de Puigverd**, nestled in a peaceful natural setting, invites you to a walk combining heritage and nature.

And if you have the chance, come to the **Festa Major of Sanaüja on September 8**: in addition to

the many activities, you will be able to admire one of the most spectacular fireworks displays in the region.



Coming soon

Our Doors reopen on April 1st! Book your stay now!

Contact us at +34 639 303 833!