



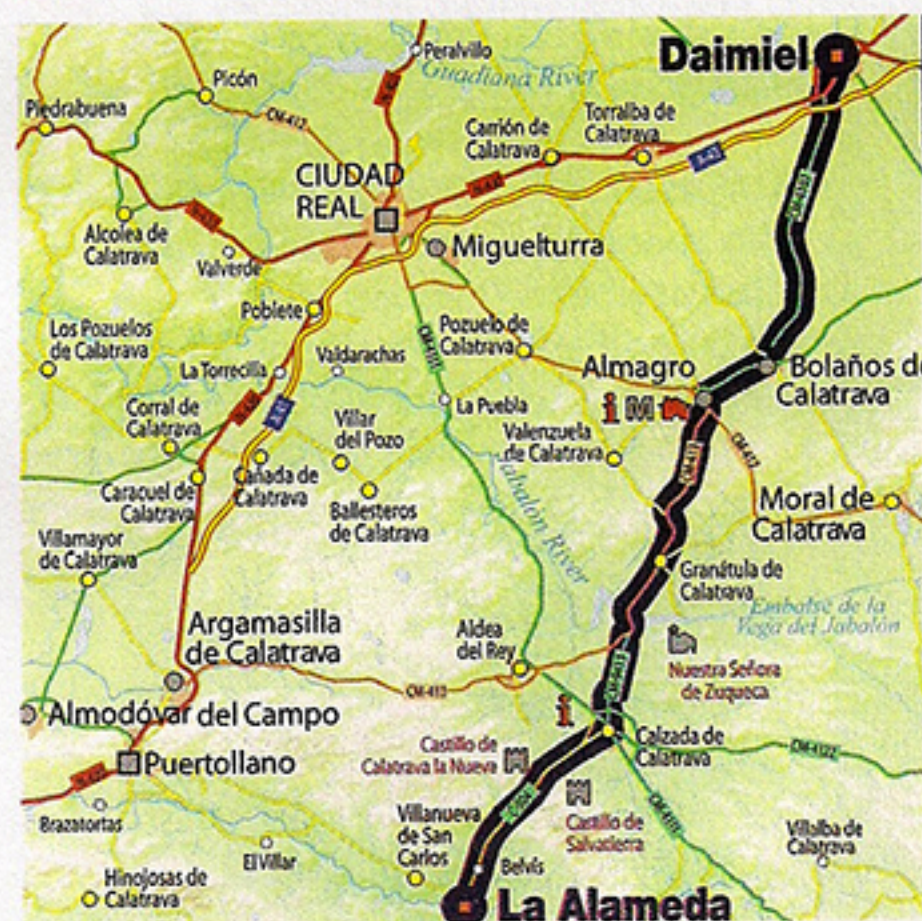
Almagro Aubergine

DON QUIXOTE SCENERIES



Windmills in La Mancha.

PLAN YOUR TRIP



Repsol Guide

Proposed route: 164 km. approx.

- Complete map of the area: page 57 E-3
- Tourist information, hotels and restaurants: pages 8 y 66
- More information: www.guiarepsol.com
www.repsol.com

From Almagro to towns and castles from the Order of Calatrava, following the beating of La Mancha's heart.

Façades painted in white and indigo, large extensions of vineyards and cereal fields, landscapes of infinite red soil plains and constant references to Don Quixote everywhere. That is La Mancha and the towns that make a living from the aubergines. To discover them, we recommend starting by Daimiel and visiting Parque Nacional de las Tablas. What once was a game preserve for kings Alfonso XII and his son Alfonso XIII, today is a wood of reeds and bulrushes among which ducks, herons and frogs prowl. A total of 250 bird species inhabit this wetland of almost 2,000 hectares located between Daimiel and Villarrubia de los Ojos. You should be well equipped for this visit: water bottle in the hottest months and binoculars at any time of the year. They are essential in order to watch closely even the rarest fauna species.

Almagro, reflected by Almodóvar

The CM-4107 road leading to our next stage, Almagro, is dotted with typical whitewashed farmhouses and windmills, which are more up-to-date than those attacked by Don Quixote. A scenery that filmmaker from La Mancha, Pedro Almodóvar, has been perfectly able to reflect in his films. Almagro is completely different from its surroundings. The town was declared Conjunto Histórico-Artístico (Historic-Artistic Site); however, it still keeps the same La Mancha essence that can be found in other neighbouring towns.



Indicación Geográfica
Protegida (I.G.P.)
(Protected Geographical Indication)

CORNER OF ALMAGRO AUBERGINE

Almagro aubergines are a local variety.

The cooking, fermentation and seasoning processes provide this vegetable with such a singular taste. Aubergines are collected before they are fully matured; therefore, they are stored with a small size and without their characteristic violet colour.

They are prepared to be tinned and are cooked and seasoned with olive oil, vinegar, water, salt, paprika, cumin, one bay leaf, garlic, and freshly ground pepper. They are served cold.

www.berenjenas.castillalamancha.es

Water is the main component, which is why it provides low energy content. It contains carbon hydrates and proteins and an insignificant amount of lipids. Rich in fibre, potassium, and provides low amounts of calcium and folic acid. Aubergines contain antioxidants like antocianins and flavonoids that prevent cardiovascular diseases.

Spanish Nutrition Foundation