



Carmarthenshire Celebrates ...



Keeping us well fed during lockdown, thanks Gardd Sadwrn!

Never before have I got so excited over a box of veg ... until Gardd Sadwrn came into our hearts & bellies!



Gardd Sadwrn: Llansadwrn

“I would like to put forward our local market garden, Gardd Sadwrn, as a Carmarthenshire Lockdown Legend. They grow organic fruit and veg and have a real dedication to our community, wanting their food to be healthy and full of taste. In April it became apparent that they needed to get their fresh veg boxes ready earlier so they sourced food from other local organic producers. They have really clear ethics and procedures and make sure that all food meets their high standards. They did this until their own harvesting season was underway. As well as our local collections they have also started delivering to towns and villages further afield”. **CAVS Salutes You**



#LockdownLoyalty #Thank You



**Community Recognition
-Anonymous**

Sir Gâr yn Dathlu ...



Am ein bwydo'n dda yn ystod y cyfnod cloi, diolch Gardd Sadwrn!

Dwi erioed o'r blaen wedi cynhyrfu cymaint dros focs o lysiau ... nes i Garddmais ddod i'n calonnau a'n stumogau!



Gardd Sadwrn: Llansadwrn

“Hoffwn gyflwyno ein gardd farchnad leol, Gardd Sadwrn, fel Arwr Cyfnod Cloi Sir Gâr. Maen nhw'n tyfu ffrwythau a llysiau organig ac mae ganddyn nhw ymroddiad arbennig i'n cymuned, ac am i'r bwyd fod yn flasus ac yn iach. Ym mis Ebrill daeth yn amlwg bod angen iddynt baratoi eu blychau llysiau ffres yn gynharach, felly cawsant fwyd gan gynhyrchwyr organig lleol eraill. Mae ganddyn nhw egwyddorion a gweithdrefnau clir iawn, ac maen nhw'n sicrhau bod yr holl fwyd yn cwrdd â'u safonau uchel. Fe wnaethant hyn nes cyrraedd eu tymor cynaeafu eu hunain. Yn ogystal â'n casgliadau lleol mae nhw hefyd wedi dechrau danfon i drefi a phentrefi ymhellach i ffwrdd”.

Mae CAVS yn eich Cyfarch



#Teyrngarwch #Diolch



**Cydnabyddiaeth Gymunedol
- Dienw**