



## Carmarthenshire Celebrates ...

### Becky Dufty: Bryn Farm, Llanpumsaint

“I would like to put forward our local fruit and veg deliverer, Becky Dufty, as a Carmarthenshire Lockdown Legend. They deliver far wider than just Llanpumsaint and Becky has taken good care of her customers, some who are shielding. She doesn't expect me to come to the van, I can provide my list and money and she will collect and then deliver to my doorstep. She has also been very thoughtful and provided some masks. Despite working very long hours she is always cheery and has time to have a chat. She knows my situation and always makes sure that I have what I need. Becky has been an incredible support to our village and we would like to honour her. Thank you”.

**CAVS Salutes You**



Community Recognition  
-Anonymous



**#LockdownLoyalty #Thank You**

As for her produce, it's all very fresh and one thing I've found out during lockdown, is that she is a fount of knowledge when it comes to a good menu or ways to store or cook something.



## Sir Gâr yn Dathlu ...

### Becky Dufty: Bryn Farm, Llanpumsaint

"Hoffwn enwebu ein dosbarthwr ffrwythau a llysiau lleol, Becky Dufty, fel Arwr Cyfnod Cloi Sir Gâr. Maent yn danfon nwyddau lawer ymhellach i ffwrdd na dim ond Llanpumsaint, ac mae Becky wedi gofalu am ei chwsmeriaid, rhai sy'n cysgodi. Nid yw hi'n disgwyl imi ddod i'r fan - gallaf ddarparu fy rhestr ac arian, ac yna bydd yn danfon at stepen fy nrws. Mae hi hefyd wedi bod yn feddylgar iawn ac wedi darparu masgiau. Er gwaethaf gweithio oriau hir iawn mae hi bob amser yn siriol a ganddi amser i gael sgwrs. Mae hi'n gwybod fy sefyllfa ac mae bob amser yn sicrhau bod gen i beth sydd ei angen arnaf. Mae Becky wedi bod yn gefnogaeth anhygoel i'n pentref a hoffem ei hanrhydeddu. Diolch".

**Mae CAVS yn eich Cyfarch**



Cydnabyddiaeth Gymunedol  
- Dienw

#Teyrngarwch #Diolch

O ran ei chynnyrch, mae'r cyfan yn ffres iawn. Un peth rydw i wedi'i ddarganfod yn ystod y cyfnod cloi, yw bod ganddi lawer o wybodaeth o ran bwydlen dda neu ffyrdd o storio neu goginio rhywbeth.

