Meat & Poultry / Cig a Ffowls

Cig Lodor Meat

- Benni Thomas

01437 532 277

Lodor Fach, Maenclochog
Clynderwen, Pembs, SA66 7RD

lodormeat@aol.com
g.thomas22@sky.com

Our home-bred Dexter beef is 100% grass fed, not corn fed, therefore high in omega-3. It is butchered and packed in our Farm Shop in the same manner as our Welsh Mountain Lamb. We dry-cure bacon and make our own sausages, burgers, faggots, pies sausage rolls and scotch eggs. We also sell local pork, potatoes, eggs, honey, jams, chutneys and home-made cakes and much more in our Farm Shop, which we have called "Carla`s Shop." Watch out for Seasonal Special Offers.

Cafodd ein cig eidion Dexter cartref ei besgi 100% ar borfa, nid ei borthi ar gorn, ac yn llawn omega-3 o'r herwydd. Caiff ei ladd a'i bacio yn ein Siop Fferm yn yr un modd â'n Cig Oen Mynydd Cymru. Byddwn yn sychu cig moch a gwneud ein selsig, eidionod, ffagots, pasteiod, rholiau selsig ac wyau selsig ein hunain. Byddwn hefyd yn gwerthu cig moch, tatws, wyau, mêl, jamiau, siytni a theisenni cartref lleol a llawer mwy yn ein Siop Fferm, a gafodd yr enw "Carla's Shop" gennym. Cadwch olwg am Gynigion Arbennig y Tymor.

www.lodormeat.co.uk

Coland Rise Farm Meats

colandrisefarmmeats

- Andrew & Tricia Rogers

01437 710 295
07526 691 805

Hayscastle, Pembs, SA62 5PS

welshbeefuk@gmail.com

Succulent grass-fed home-reared beef, consisting of joints, steaks, mince, diced and home-made gourmet gluten-free burgers.

Cig eidion cartref o'r borfa sy'n toddi yn eich ceg, yn cynnwys darnau, steciau, cig mân, ciwbiau ac eidionod cartref archwaethol rhydd o lwten.

HaverfordwestFarmersMarket

Cuckoo Mill Farm

- Martin & Julie Davies

01437 762 139

Pelcomb Bridge, Haverfordwest,
Pembrokeshire SA62 6EA

juliecuckoo@aol.com

Home-produced turkeys and a range of turkey products and barn-reared chickens.

Twrcïod cartref ac amrywiaeth o gynhyrchion twrci a chywion a fagwyd mewn ysgubor

www.welshturkey.co.uk

Hazelwell Organic Farm

- Paul Oeppen

01994 241 099

Hazelwell Farm, Ciffig,
Whitland, Carms SA34 0LU

pauloeppen@hotmail.com

Award-winning organic beef and lamb. Beef and lamb from British native breeds.

Cig eidion a chig oen organig arobryn o fridiau brodorol Prydeinig.

ORGANIC/ORGANIG

Plants & Nurseries/Planhigion a Phlanhifydd

Newbridge Nursery & Plant Centre

- Phil & Jane Davies

01437 731 678

Crundale,Haverfordwest,
Pembrokeshire, SA62 4EJ

newbridgenursery@btinternet.co.uk

Extensive range of home-grown plants, including shrubs, herbaceous, perennials, climbers, bedding and vegetable plants.

Amrywiaeth eang o blanhigion wedi'u tyfu gartref, yn cynnwys llwyni, planhigion parhaol, dringwyr, planhigion gwely blodau a llysiau.

www.newbridgenursery.co.uk

Fruit and Vegetables / Ffrwythau a Llysiau

Blaencamel Farm

- Anne Evans and Peter Segger

01570 470 529

Blaencamel Farm, Cilcennin,
Lampeter, Ceredigion, SA48 8DB

anne@blaencamel.com
peter@blaencamel.com

A wide range of organically grown vegetables, year-round salads, some fruit and flowers. Also, preserves made with organic ingredients and from our own produce.

Amrywiaeth eang o lysiau organig, saladau gydol y flwyddyn, rhai ffrwythau a blodau. Hefyd, jamiau a siytni a wnaed o gynhwysion organaidd ac o'n cynnyrch ein hunain. **ORGANIC/ORGANIG**

www.blaencamel.com

Springfields Fresh Produce (Manorbier) Ltd.

- Pat & Nick Bean

01834 871 746

Manorbier, Tenby, Pembs, SA70 7SL

nickpatbean@yahoo.co.uk

A range of seasonal soft fruits, potatoes, asparagus, field vegetables and bedding plants, all home-produced direct on farm.

Ystod o ffrwythau meddal, tatws, asbaragws, llysiau cae a phlanhigion ar gyfer y gwely blodau, i gyd wedi eu cynhyrchu gartref ar fferm.

Bakery/Popty

Country Markets

- Helen Cecil & J. Annis

01437 890 032 - Helen Cecil
01348 811 121 - J. Annis

Popehill Villa, Popehill, Johnston,
Haverfordwest, Pembs, SA62 3NX

h.cicil8@btinternet.com
jennie.annis@btinternet.com

Large range of homemade sweet and savoury baked goods; dietary requirements on request and celebration cakes to order. Vegetables in season, a large selection of preserves. Knitted goods and assorted craft items.

Amrywiaeth fawr o nwyddau melys a sawrus wedi'u pobi adref; gofynion diet ar gael trwy ofyn ac mae teisennau achlysurol ar gael i'w harchebu. Llysiau tymhorol, detholiad helaeth o gyffeithiau. Nwyddau wedi eu gwau ac eitemau crefft amrywiol.

www.country-markets.co.uk

Rocky Bees

Chef_Rocky88

- Rachael Morgan

07814 769 718

48 Gwyther Street, Pembroke Dock, Pembs, SA72 6HB

rachael.morgan@beeinthebonnet.co.uk

We create unique pastries, enriched doughs and pre-fermented breads using locally sourced honey and Welsh produce. Foraging anything from blackberries and elderflowers to samphire and purslane from hedgerows and beaches and using seaweed and flavoured salts we push the boundaries of flavour in our products. All our products are seasonal, using traditional preserving methods such as salting, fermenting and pickling.

Rydym ni'n creu teisennau crwst unigryw, toes wedi'i gyfoethogi a bara wedi'i eplesu o flaen llaw, gan ddefnyddio mêl lleol a chynnyrch o Gymru. Gan chwilota am unrhyw beth o fwyar duon a blodau'r ysgaw i ffenigl y môr (samphire) a pherlysiau porpin (purslane) o lwyni a thraethau, a defnyddio gwymon a halen â blas, rydym ni'n gwthio ffiniau blasau yn ein cynnyrch. Mae ein holl gynnyrch yn dymhorol, ac rydym ni'n defnyddio dulliau cadw traddodiadol fel halltu, eplesu a phiclo.

Anuna Craft Bakery

- Andrew and Elisabeth Neagle

01545 590490
07527 550 377

Capel Dewi, Llandysul, Ceredigion,
SA44 4PP

bakery@anuna.co.uk

Artisanal bakery offering handcrafted sourdough bread and croissants baked fresh on market mornings. Using our own sourdough culture, organic flour and salt our breads are made by hand and fermented slowly for improved flavour and nutrient availability. Wholesale orders available. Introductory sourdough courses offered from our farmhouse kitchen.

Becws crefftwrol yn cynnig bara surdoes crefftus a croissants newydd eu pobi ar foreau marchnad. Gan ddefnyddio ein surdoes meithrin ein hunain, blawd a halen organig caiff ein bara ei wneud â llaw a'i weithio'n araf er mwyn cael gwell sawr a chadw maetholion. Archebion cyfanwerthu ar gael. Cyrsiau cyflwyno surdoes yn cael eu cynnig o gegin ein ffermdy.

HAVERFORDWEST · HWLFFORDD
www.pembrokeshirefarmersmarkets.co.uk
Farmers Market · Marchnad Ffermwyr

HAVERFORDWEST FARMERS MARKET

EVERY FRIDAY	BOB DYDD GWENER
9:00AM - 2:00PM	9:00YB - 2:00YP
at Riverside Shopping Haverfordwest	yng Nghanolfan Siopa Riverside, Hwlffordd

MARCHNAD FFERMWYR HWLFFORDD

PEMBROKESHIRE PRODUCE · CYNNYRCH SIR BENFRO
CERTIFICATION MARK · NOD ARDYSTIAD

Fish / Pysgod

Ocean Seafoods & Shellfish

- Allan & Belinda Owston

01437 710 337

Keeston, Pembrokeshire

allanowston@gmail.com

Ocean Seafoods and Shellfish is a family-run fishing and processing business. We catch and produce a variety of seafood including brown crab, dressed crab, white and brown crab meat, cooked and dressed lobster, whelks and fresh fish.

Busnes pysgota a phrosesu teuluol yw Ocean Seafoods and Shellfish. Byddwn yn dal a chynhyrchu amrywiaeth o fwyd môr gan gynnwys crancod brown, crancod parod, cig crancod gwyn a brown, cimychiaid parod ac wedi'u coginio, gwichiaid môr a physgod ffres.

Orders welcome. Delivery available. *Croeso i archebion. Cludo ar gael.*

www.oceanseafoods.co.uk

Street Food / Bwyd Stryd

Shaar Middle Eastern Food

Shaar_Cuisine

- Haidar Shaar

07388 609 317

41 St Davids Road, Letterston, Haverfordwest, Pembs, SA62 5SF

haidar.shaar@yahoo.com

A family-run business offering traditional home-made Syrian food, all freshly baked and all ingredients locally sourced where possible. Hot and cold food choices, such as Falafels and Shawerma wraps, Baklava, Ma'amoul (date/pistachio stuffed biscuits), Hummus, Man'ouche (cheese and herb flatbreads) and more. Catering for weddings and parties available.

Busnes teuluol yn cynnig bwyd Syriaidd cartref traddodiadol, i gyd yn ffres o'r popty a holl elfennau'n lleol lle bo modd. Dewisiadau bwyd poeth ac oer, fel plygion Falafel a Shawerma, Baklava, Ma'amoul (bisgedi llawn datys / cnau pistasio), Hummus, Man'ouche (bara fflat caws a pherlysiau) a mwy. Arlwyo ar gyfer priodasau a phartion ar gael.

Haverfordwest Farmers' Market is supported by Riverside Shopping Management and Pembrokeshire County Council

RIVERSIDE SHOPPING

Cefnogir Marchnad Ffermwyr Hwlffordd gan Reolaeth Siopa Riverside a Cyngor Sir Penfro

Dairy/Llaeth

Pennsylvania Farm, Free Range Eggs

- Euros & Vanessa Havard-Evans

01437 762 176

Pennsylvania Farm, Crundale, Haverfordwest, Pembs, SA62 4DF

penn_farm@yahoo.co.uk

Award-winning eggs from hens and ducks allowed to range free - 'Happy Hens are Free Range Hens' - 'The quality is in the taste'.

Wyau sydd wedi ennill gwobrau o ieir a hwyaid sy'n cael crwydro'n rhydd - 'Ieir Hapus yw Ieit Buarth' - 'Blaswch yr Ansawdd'.

Teifi Farmhouse Cheese

- John Savage

01239 851 528

Glynhynod Ffostrasol, Llandysul, Ceredigion, SA44 5JY

john@teificheese.com

Award-winning hard and soft cheeses with rich, creamy textures and a wide range of flavours. Plus Da Mhile Organic Gin (Botanical, Seaweed, Sloe, Pink and Oak-Aged); Organic Apple Brandy; Organic Orange Liqueur and Organic Single Malt Whisky. Also, Danny's Chilli Sauces. Order your chilli sauces at **chillisensation@hotmail.co.uk.**

Cawsiau gwobrwyol caled a meddal o ansawdd bras, hufennog ac amrywiaeth eang o sawrau. Ynghyd â Jin Organig Da Mhile (Llysieuol, Gwymon, Eirin Tagu, Pinc ac o'r Gasgen Dderw); Brandi Afal Organig; Gwirod Oren Organig a Brag Sengl Organig. Hefyd, Sawsiau Tsili Danny's. Archebwch eich sawsiau tsili yn **chillisensation@hotmail.co.uk.** www.teificheese.co.uk

Preserves / Cyffeithiau

Farmers Food at Home

- Anne-Marie Harries

07960 093 716

The Paddock, Llanreithan, Mathry, Pembrokeshire SA62 5LG

farmersfoodathome@gmail.com

A wide range of homemade jams, chutneys, jellies and marmalade, including beetroot and apple, and runner bean chutney; hot chilli jam; mint jelly and bramble jelly and Seville orange marmalade.

Amrywiaeth eang o jam, siytniau, jeli a marmalêd cartref gan gynnwys betysen ac afal, a siytni ffa dringo; jam tsili poeth; jeli mintys a jeli miaren a marmalêd oren Seville.

One of the longest-running markets in Wales, Haverfordwest Farmers Market is celebrating its **20th birthday!**

Mae un o farchnadoedd hynaf Cymru, Marchnad Ffermwyr Hwlffordd, yn **dathlu ei hugeinfed pen-blwydd!**

Alpacas

Tynewydd Alpacas

- Stephen & Emma Cooper

07806 635 680

Tynewydd, Cwmfelin Boeth, Whitland, Pembs, SA34 0RR

tynewyddalpaca@gmail.com

A wide range of beautifully soft alpaca wool products from their own herd of alpacas, including booties, scarves, socks, beanies and leg warmers - all made with 100% natural alpaca wool.

Amrywiaeth eang o gynhyrchion gwlân meddal a phrydferth alpaca o'u buches eu hunain, gan gynnwys 'booties', scarffiau, sanau, hetiau a chynheswyr coesau – i gyd wedi eu gwneud 100% wlân naturiol alpaca.

www.tynewyddalpacas.co.uk

Honey / Mel

Old Park Apiary

- George Durham

01437 710 056

Old Park, Chapel Road, Keyston, Haverfordwest, Pembs, SA62 6HL

gwdurham13@btinternet.com

Pembrokeshire-based beekeeping family with beehives sited locally, producing various types of pure country honey and beeswax products such as wax blocks, candles and polish.

Teulu cadw gwenyn yn Sir Benfro gyda chychod gwenyn lleol, yn cynhyrchu mathau amrywiol o fêl pur o'r wlad a chynhyrchion cŵyr gwenyn fel blociau cwyr, canhwyllau a pholish.

Occasional Traders

The following traders are occasional traders at Haverfordwest Farmers Market, please feel free to contact them direct if you would like to discuss any of their products.

Masnachwyr achlysurol ym Marchnad Ffermwyr Hwlffordd yw'r canlynol, cofiwch gysylltu â nhw'n uniongyrchol os hoffech drafod eu cynhyrchion.

Greenacre Market Garden

- Leah & Sola

0787 109 0401 | 0756 390 0306

Folly Cross, Llanteg, SA67 8QG

greenacremarketgarden@outlook.com

A good variety of seasonal Pembrokeshire-grown Daffodils (wholesale available).

Dewis da o Gennin-Pedr tymhorol a dyfwyd yn Sir Benfro (cyfanwerthu ar gael).

Pembrokeshire Beach Tree

- Andrea Hill

01646 697 399 | 07377 552 077

7 George Street, Milford Haven, Pembrokeshire, SA73 2AY

pembrokeshirebeachtree@hotmail.com

A unique range of recycled handmade gifts, using sea glass & sea pottery from Pembrokeshire beaches and locally sourced reclaimed wood.

Dewis unigryw o anrhegion a wnaed â llaw wedi'u hailgylchu, gan ddefnyddio gwydr môr a chrochenwaith môr o draethau Sir Benfro a phren lleol wedi'i adfer.

Rhoshill Herbs and Garden Plants

- Andy & Liz Cook, NCH & OND Hort

07967 917 449

Tripp Farmhouse, Rhoshill, Cardigan, Pembs, SA43 2TX

andy.herb@outlook.com

Herbs and hardy nursery stock from own cuttings and seed, environmentally grown. Seasonal wreaths and bird boxes.

Llysiau mân a phlanhigion caled o'r feithrinfa o'n toriadau a'n hadau ein hunain, a dyfwyd yn amgylcheddol. Torchau a blychau adar tymhorol.

Look out for our special market events on Good Friday, Harvest Fayre and Christmas

Visit our Facebook page for updates

Gwyliwch am ein marchnadoedd arbennig ar Ddydd Gwener y Groglith, Ffair Fedi a'r Nadolig

Ymwelwch â'n tudalen Weplyfr i weld y newyddion diweddaraf

HaverfordwestFarmersMarket

www.pembrokeshirefarmersmarkets.co.uk

Not all stallholders attend on all market dates

Nid yw holl stondinwyr yn dod ar bob diwrnod marchnad

If you would like to receive a copy in large print, Braille, audio tape or an alternative language, please call 01437 776613.

Os hoffech dderbyn copi mewn print mawr, Braille, tâp sain neu iaith arall, ffoniwch 01437 776613.