

Introduction

We're becoming a nation of food-lovers – and Pembrokeshire is no different. From enjoying a slap-up meal to tracking down the very best local produce – we're all more aware of the pleasures of fresh, tasty food.

Luckily, in Pembrokeshire we have an abundance of producers and food outlets to satisfy even the pickiest palate.

Explore the growing number of farm shops and delicatessens with their wide range of locally produced food – much of which has won county and national awards.

Visit the popular Farmers' Market in Haverfordwest, which has scooped the FARMA Best Farmers' Market in Britain Award 2005/06.

Sample seasonal menus in pubs, cafés and restaurants - and don't forget the food festivals dotted around the county (see page 43) where you can buy everything from fresh fish to local cheese and preserves.

This guide will take you through winding coastal lanes and along the countryside highways and byways, where the taste of Pembrokeshire is waiting to be discovered.



Rhagarweiniad

Rydym ni'n dechrau mynd yn genedl sy'n caru bwyd – ac nid yw Sir Benfro'n ddim gwahanol yn hynny o beth. Mae pob un ohonom – o fwynhau pryd o fwyd swmpus i chwilota am y cynnyrch lleol gorau un – yn fwy ymwybodol o bleserau bwyd ffres, blasus.

Yn ffodus, yn Sir Benfro, mae gennym ddigonedd o gynhyrchwyr ac allfeydd bwyd i fodloni'r chwaeth fwyaf dethol.

Beth am fynd ar drywydd y nifer cynyddol o siopau fferm a delicatessen sy'n cynnig dewis helaeth o fwydydd sy'n cael eu cynhyrchu'n lleol – ac mae cryn dipyn o'r bwydydd hynny wedi ennill gwobrau sirol a chenedlaethol.

Ewch ar ymweliad â Marchnad y Ffermwyr yn Hwlfordd a enillodd Wobr FARMA am y Farchnad Ffermwyr Orau ym Mhrydain yn 2005/06.

Profwch fwydlenni tymhorol mewn tafarnau, caffis a bwytai – a pheidwch anghofio'r gwyliau bwyd sy'n cael eu cynnal hwnt ac yma ar draws y sir (gweler tudalen 44), lle gallwch brynu popeth o bysgod ffres i gosynnau caws a chyffeithiau.

Bydd y canllaw hwn yn eich tywys drwy lonydd arfordirol troellog ac ar hyd priffyrdd a chulffyrdd cefn gwlad, lle mae blas Sir Benfro yn aros am gael ei ddarganfod.

Pembrokeshire Farmers' Markets 2011

Marchnadoedd Ffermwyr Sir Benfro 2011

HAVERFORDWEST (Fridays)

Haverfordwest Farmers' Market

9.00am - 3.00pm at Riverside Shopping,
Haverfordwest

T: Kate Morgan - 01437 776168
E: kate.morgan@pembrokeshire.gov.uk

HWLFFORDD (Dyddiau Gwener)

Marchnad Ffermwyr Hwlffordd

9.00am - 3.00pm yn Nghanolfan Siopa Glan yr Afon,
Hwlffordd

Ff: Kate Morgan - 01437 776168
E: kate.morgan@pembrokeshire.gov.uk

Jan/Ion	Feb/Chw	Mar/Maw	Apr/Ebr	May/Mai	Jun/Meh	Jul/Gor	Aug/Aws	Sep/Med	Oct/Hyd	Nov/Tach	Dec/Rha
07 21	04 18	04 18	01 15 22 29	13 27	10 24	08 22	05 19	02 16 30	14 28	11 25	09 16 23

FARMA Farmers' Market and True Taste retail Gold winner 2005/06
FARMA Regional Winner 2006/07
Runner-up in FARMA Rural Farmers' Market of the Year 2009
FARMA Regional Winner 2010/11

Marchnad Ffermwyr y Flwyddyn FARMA Enillydd Gwobr Aur manwerthu Gwir Ffas 2005/06
Enillydd Rhanbarthol FARMA 2006/07
Yn ail yng nghystadlaeuath marchnad ffermwyr gwledig y flwyddyn FARMA 2009
Enillydd Rhanbarthol FARMA 2010/11

PEMBROKE (Saturdays)

PENFRO (Dyddiau Sadwrn)

Jan/Ion	Feb/Chw	Mar/Maw	Apr/Ebr	May/Mai	Jun/Meh	Jul/Gor	Aug/Aws	Sep/Med	Oct/Hyd	Nov/Tach	Dec/Rha
15 29	12 26	12 26	09 23	14 28	11 25	09 23	06 13 20 27	10 24	08 22	05 19	10 17

Pembroke Farmers' Market

9.30am - 1.30pm in Pembroke Town Hall

T: Elizabeth Gossage - 01646 680090
E: elizabeth@pembroke21c.org

Marchnad Ffermwyr Penfro

9.30am - 1.30pm yn Neuadd y Dref, Penfro

Ff: Elizabeth Gossage - 01646 680090
E: elizabeth@pembroke21c.org

FISHGUARD (Saturdays)

ABERGWAUN (Dyddiau Sadwrn)

Jan/Ion	Feb/Chw	Mar/Maw	Apr/Ebr	May/Mai	Jun/Meh	Jul/Gor	Aug/Aws	Sep/Med	Oct/Hyd	Nov/Tach	Dec/Rha
15 22 29	5 12 19 26	05 12 19 26	02 09 16 23 30	07 14 21 28	04 11 18 25	02 09 16 23 30	06 13 20 27	03 10 17 24	01 08 15 22 29	05 12 19 26	03 10 17 24

Fishguard Farmers' Market

9.00am - 1.00pm in Fishguard Town Hall

T: Robert Vaughan - 01239 820775
E: robert@carnedward.co.uk

Marchnad Ffermwyr Abergwaun

9.00am - 1.00pm yn Neuadd y Dref, Abergwaun

Ff: Robert Vaughan - 01239 820775
E: robert@carnedward.co.uk



Pembrokeshire Produce Mark



Look out for this logo for a genuine Pembrokeshire experience. The Pembrokeshire Produce Mark provides an instantly recognisable identity mark, which denotes that:

The produce or product you are buying has been made in the

county of Pembrokeshire, **or**

Hospitality establishments displaying the logo use local produce within their menus, **or**

Retail outlets displaying the logo sell local produce within their shop.

Pembrokeshire is unrivalled for its quality art and craft, and the Mark reinforces that message.

Make sure you seek out the Produce Mark today.

Nod Cynnyrch Sir Benfro

Cadwch olwg am y logo hwn er mwyn profi gwir flas Sir Benfro. Mae Nod Cynnyrch Sir Benfro yn nod adnabod sy'n hawdd i'w 'nabod ar unwaith, ac sy'n dangos:

Bod y cynnyrch yr ydych yn ei brynu wedi cael ei wneud yn Sir Benfro, **neu**

Fod sefydliadau lletygarwch sy'n arddangos y logo yn defnyddio cynnyrch lleol ar eu bwydleni, **neu**

Fod masnachfannau manwerthu sy'n arddangos y logo yn gwerthu cynnyrch lleol yn eu siop.

Mae ansawdd celf a chrefft Sir Benfro yn ddiguro, ac mae'r Nod yn cadarnhau'r neges honno.

Cadwch olwg am y Nod Cynnyrch heddiw.



KEY TO SYMBOLS

- P** Parking on site
- P** & Disabled parking
- ♿** Level Access
- ♿** Access via ramp
- WC** Standard Toilet
- ♿ WC** Disabled Toilet
- ♿** Step Access
- 👂** Induction Loop Installed
- 🐕** Guide Dogs Welcome
- ♿** Narrow Doors
- ☎** Payphone on site
- 🍴** Food available
- £** Cashpoint

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