

Ma' nhw wedi rhoi diet newydd ffansi i mi, dylet ei dro.
They've got me on this fancy new diet, you should try it.

Mae'n well gen i flewyn glas fy milltir sgwâr, cariad.
Dw i'n organig.
I prefer the green, green grass of home, hun.
I'm organic.

Efallai eu bod nhw'n edrych 'run fath ond mae wyn organig yn cael eu bwydo gyda diet mwy naturiol wedi'i ardystio'n rhydd o GM.
They may look the same, but organic lambs are fed a more natural diet that's certified GM-free.

Organic Naturally Different



The end of 2012 is nearly here and we are reflecting on a great year for our

We've attended several of your favourite food festivals all over Wales, such as Abergavenny and given away lots of fantastic organic prizes!

The support we have received so far has been fantastic, and there are still plenty of ways to get involved, check out our Facebook page for details of events coming up in 2013.

Choose Organics this Christmas and join in the fun on Facebook!

www.facebook.com/organiccentrewales

OCW Naturally Different Campaign.

Shoppers and radio listeners across Wales have seen and heard our lovely, chatty leeks and sheep, letting them know the benefits of choosing organic.

We hope you have come across our campaign and are adding organic products to your shopping lists.

Welsh Organics Taste Success

At this year's: *Wales the True Taste Food and Drink Awards*, **organic businesses scooped a fantastic eight awards!**

The winners were:

Capestone Organic Poultry
Graig Farm Organics
Caws Cenarth Cheese
Caws Teifi Cheese
Rachel's
Rhug Organic Farm
The Celt Experience



The annual award ceremony showcases the very best Welsh food and drink we have to offer, and we were delighted to see so many organic products win.

It highlights that Welsh organics are producing both excellent tasting food, as well as meeting the rigorous ethical and environmental guidelines of organic farming.

All the winners details can be found at: <http://w.walesthetruetaste.co.uk>

Log on to find out where to find some of these delicious products!

Open farms

The Open Farms project concluded in September 2012, after giving an opportunity for nearly 4000 children and people to visit farms and see where their food comes from. This has been achieved by taking children from 24 primary schools on to farms and holding mini-farmers markets in the schools.

The programme is now being extended and will enable children from over 15 schools across Wales to visit farms. The project is delivered by the Soil Association and includes opportunities for the general public to visit farms and talk to food producers.

Visit our Facebook site to see if there are any in your area.



Lets get social!

Like our Facebook page for the chance to win **fab organic prizes** ready for Christmas!

www.facebook.com/organiccentrewales

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Cylchlythyr Defnyddwyr



Mae diwedd 2012 ar fin ac rydym yn meddwl yn ôl dros flwyddyn wych ar gyfer

Rydym wedi mynychu sawl un o'ch hoff wyliau bwyd ledled Cymru, fel y Fenni, ac wedi rhoi llawer o wobrau organig gwych i ffwrdd!

Mae'r gefnogaeth a gawson ni hyd yn hyn wedi bod yn arbennig, ac mae digon o ffyrdd o hyd i gymryd rhan - ewch at ein tudalen Facebook am fanylion digwyddiadau sydd ar ddod yn 2013.

Dewiswch Nwyddau Organig y Nadolig hwn ac ymuno â'r hwyl ar Facebook!

www.facebook.com/organiccentrewales

Ymgyrch Yn Naturiol Wahanol Canolfan Organig Cymru.

Mae siopwyr a gwrandawyr radio ar draws Cymru wedi gweld a chlywed ein cennin a defaid siaradus hyfryd yn rhoi gwybod iddyn nhw am fuddion dewis nwyddau organig.

Rydym yn gobeithio eich bod wedi dod ar draws ein hymgyrch ac yn ychwanegu cynhyrchion organig at eich rhestrau siopa.

Y Gymru Organig yn blasu llwyddiant

Yng Ngwobrau Cymru Bwyd a Diodydd: y Gwir Flas eleni, **gwych o beth oedd gweld wyth gwobr yn cael eu cipio gan fusnesau organig!**

Yr enillwyr oedd:

Dofednod Organig Capestone
Cynhyrchwyr Organig y Graig
Caws Cenarth
Caws Teifi
Rachel's
Fferm Organig y Rug
Y Profiad Celtaidd



Mae'r seremoni wobrwyo flynyddol yn arddangos y bwyd a diodydd Cymreig gorau sydd gennym i'w cynnig ac roedden ni wrth ein boddau gweld cynifer o gynhyrchion organig yn ennill.

Mae'n tynnu sylw at y ffaith fod y Gymru organig yn cynhyrchu bwyd sy'n blasu'n rhagorol, yn ogystal â chydymffurfio â chanllawiau moesegol ac amgylcheddol llym ffermio organig.

Ceir manylion yr holl enillwyr ar: <http://www.walesthetruetaste.co.uk>

Mewngofnodwch i gael gwybod lle i ddod o hyd i rai o'r cynhyrchion blasus hyn!

Ffermydd Agored

Daeth y prosiect Ffermydd Agored i ben ym mis Medi 2012, ar ôl rhoi cyfle i bron 4000 o blant a phobl i ymweld â ffermydd a gweld o le mae eu bwyd yn dod. Mae hyn wedi'i gyflawni drwy fynd â phlant o 24 o ysgolion cynradd i ffermydd a chynnal marchnadoedd ffermwyr bychain yn yr ysgolion.

Mae'r rhaglen bellach yn cael ei hestyn a bydd yn galluogi plant o dros 15 o ysgolion ar draws Cymru i ymweld â ffermydd. Cyflenwir y prosiect gan Gymdeithas y Pridd ac mae'n cynnwys cyfleoedd i'r cyhoedd ymweld â ffermydd a siarad â chynhyrchwyr bwyd.

Ymwelwch â'n tudalen Facebook i weld a oes rhai yn eich ardal chi.



Dewch i gwmdeithasu!

Hoffwch ein tudalen Facebook am gyfle i ennill **gwobrau organig bendigedig** yn barod i'r Nadolig!

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