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Erthygl i'r Wasg Press Release

Llawenydd Iwan wrth dyfu llyisiau

Bob nos Lun yn y rhaglen **Garddio a Mwy** ar S4C, mae Iwan Edwards o'i ardd odidog mae'n rhannu gyda'i wraig Sioned a'u teulu ifanc yn Nyffryn Clwyd, yn ysbrydoli garddwyr Cymru i dyfu llyisiau.

Dyma ddod i nabod Iwan yn well wrth iddo rannu rhywfaint o'i hanes a'i gariad at dyfu a bwyta llyisiau o'r ardd.

Helo Iwan, Dweud wrthym am dy hanes ac o ble daeth dy ddiddordeb mewn garddio?

Cychwynnais arddio yn ystod gwyliau tra yn y Brifysgol er mwyn cynilo arian i fynd i drafeilio. Roedd torri glaswellt a chwynnu yn ffordd hawdd o gael gwaith ond mi roeddwn yn mwynhau yn fawr iawn felly ar ôl sawl blwyddyn o drafeilio penderfynais fynd i Goleg Garddwriaeth Llanelwys i gael hyfforddiant ffurfiol mewn cynllunio gerddi tra'n gweithio fel garddwr mewn hen ardd Fictoraidd yn Llanrhos ger Llandudno. Fe gymerodd ddwy flynedd ond roedd werth yr ymdrech.

Yn Garddio a Mwy ti'n aml yn edrych ar ffyrdd gwahanol ac arloesol o arddio - wyt ti'n hoffi arbrofi yn yr ardd?

Nid arbrofi ond ceisio dod o hyd i'r dull orau o dyfu sydd yn gynaliadwy. Mae llawer o'r technegau yn gyfuniad o hen systemau garddio sydd hefyd yn tynnu ar ddatblygiadau yn y byd gwyddonol, yn enwedig wrth ddallt sut mae pridd yn ymateb i ychwanegolion gwahanol a chael ei drin fel organeb yn ei hun.

O ble wyt ti'n cael dy ysbrydoliaeth o beth a sut i dyfu llyisiau?

Dwi erioed wedi cael y cyfle i ddysgu ar randir ac yn anffodus chefais i erioed y cyfle i ddysgu gan fy nhaid a oedd yn arddwr proffesiynol yng ngwesty Bryn Morfydd ger Llanrheadr oherwydd bu farw pan roeddwn ni dal yn ifanc. Ond mae'r awch a'r diddordeb wedi dod o rywle mae'n rhaid. Dwi'n arbrofi gyda pha lysiau a ffrwythau sy'n tyfu'n dda ym Mhont y Twr ond ar y mwyaf yn tyfu pethau yr ydym ni fel teulu yn hoffi bwyta...gydag ambell lwyddiant a sawl methiant!

Beth yw dy hoff lysieuyn i dyfu?

Heb os am eiliad...letis! Pe bawn i mond yn tyfu un peth, letis fyddai hyn, does dim cymhariaeth a'r dail llipa, anorganig mae rhywun yn eu prynu o'r archfarchnad. Ac maen nhw mor hawdd i dyfu, hyd yn oed ar sil ffenest.

Pa lysiau byddet ti'n awgrymu i rywun sy'n newydd i arddio i dyfu?

Tatws, garleg, Kale a nionod, maen nhw'n hawdd i'w tyfu, yn ddi-ffwdan, ac yn sylfaen cymaint o brydau bwyd. Os blannwch chi Kale neu fresych gwanwyn ar ôl hirddydd yr haf, does dim angen rhwyd oherwydd maen nhw'n osgoi'r pryfetach sydd yn achosi trafferth.

Beth yw'r peth gorau am weithio ar Garddio a Mwy?



Mae gennym ni dîm arbennig o dda yn cynhyrchu'r rhaglen, ac mae pawb yn gweithio yn hynod o galed i greu eitemau diddorol, fydda hi ddim hanner cystal heb yr ymroddiad yna gan bawb, ac mae'n ffraind cael cyflwyno'r rhaglen. Mae Sioned a minnau yn mwynhau'r bwrlwm mae'r rhaglen yn ei greu, ac mae'n gwthio ni fynd mymryn yn bellach gyda'r ardd bob tro.

Garddio a Mwy

Pob nos Lun am 8.25, S4C

Isdeitlau Saesneg

Ar alw: S4C Clic, iPlayer a llwyfannau eraill

Cynhyrchiad Cwmni Da ar gyfer S4C



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Iwan's joy at growing vegetables

Every Monday evening in **Garddio a Mwy** on S4C, from the beautiful garden he shares with his wife Sioned and young family at their home in the Clwyd Valley, Iwan Edwards inspires gardeners all over Wales to grow their own veg.

Let's get to know Iwan a bit better as we learn more about what inspired him to become a gardener and his love of growing – and eating – vegetables from the garden.

Hello Iwan, tell us a bit about yourself and your interest in gardening.

I began gardening during the holidays when I was in university to save money to go travelling. Cutting grass and weeding was an easy way to get work and I enjoyed it very much so after several years of travelling, I decided to go to Northop Gardening College to undergo formal training in garden design while working as a gardener in an old Victorian garden in Llanrhos near Llandudno. It took two years but it was worth the effort.

In Garddio a Mwy (Gardening and More) you often look at different and innovative ways of gardening – do you like experimenting in the garden?

Not experimenting but trying to find the best way of growing that is also sustainable. Lots of techniques are a combination of old systems of gardening which also draw on advances in science, especially when understanding how soil reacts to different additives and being treated as an organism in its own right.

Where do you get your inspiration about what and how to grow veg?

I never had the opportunity to learn on an allotment and sadly I never got the opportunity to learn from my grandfather who was a professional gardener at the Bryn Morfydd hotel near Llanrhaeadr because he died when I was still young. But the desire and interest must have come from somewhere. I like to try and find out which vegetables and fruit grow well in Pont-y-Tŵr but mostly I grow the things which we as a family enjoy eating – with some successes and some failures!

What is your favourite vegetable to grow?

Without a doubt ... lettuce! If I only grew one thing it would be lettuce – there is no comparison to the limp, non-organic stuff you buy in a supermarket. And it's so easy to grow, even on a windowsill.

What vegetable would you suggest to someone who is new to gardening?

Potatoes, garlic, kale and onions are easy to grow, no hassle and the basis for so many meals. If you plant kale or spring cabbage after midsummer's day, you don't need netting because by then you will have avoided the insects which cause problems.

What's the best thing about working on Garddio a Mwy?



We have an incredibly good team producing the programme and everybody works really hard to create interesting items, it wouldn't be anywhere near as good without this commitment from everybody, and it's an honour to present the programme. Sioned and I enjoy the energy the programme creates, and it pushes us to go a little bit further with the garden every time.

Garddio a Mwy

Every Monday night at 8.25pm, S4C

English subtitles available

On demand: S4C Clic, iPlayer and other platforms

A Cwmni Da production for S4C