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Erthygl i'r Wasg Press Release

Garddio a Mwy: Sgwrs gyda Sioned Edwards

Mae'r gyfres hon o **Garddio a Mwy** wedi cynnwys digonedd o hau a phlannu, bwyd tymhorol, hybu natur, a blodau bendigedig yn ogystal â mynd a ni i ymweld â lleoliadau arbennig ar hyd a lled y wlad.

Ac wrth nesáu at ddiwedd y gyfres, dyma gyfle i fwynhau pennod arbennig, awr o hyd, ar ôl y Banc olaf yr haf.

Bydd Iwan yn ymweld a chaffi yn Llundain sy'n tyfu cynhwysion ar ben y to ac sydd wedi creu cymuned arbennig o gwmpas y fenter. Ac mi fydd y tri cyflwynydd gyda'i gilydd yng ngardd Meinir.

Mae Sioned Edwards yn un o'r cyflwynwyr, a dyma gyfle i ddod i'w nabod yn well wrth iddi rannu ychydig o'i hanes a beth sy'n ei hysbrydoli.

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

Mae'n debyg mai drwy mam. Fel hogan fach, roedd hi wrth ei bodd yn garddio, a nain cyn hynny hefyd. Ac yn fwy na dim, gwneud trefniannau blodau. Roedd Mam wastad yn gwneud addurniadau blodau yn defnyddio blodau o'r ardd.

O ran y gwaith trefnu blodau, ges i waith mewn siop flodau yn 14 a cael fy lluchio mewn iddo fo go iawn yn gwneud bob math o bethau. Roeddwn i'n gwneud priodasau a phethau yn reit ifanc. Ac wedyn oni'n teimlo fel bo fi angen cael y cymwysterau i gael mwy o hyder felly es i i Laneurgain i'r coleg. Mi oni'n lwcus i gael fy nysgu gan diwtoriaid o'r Iseldiroedd ac o lefydd gyda'r steil Ewropeaidd. Ac mae'r steil yna yn fy ngwaith i'n aml.

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

Dwi'n cael fy ysbrydoli'n ofnadwy gan beth sydd yn eu tymor. Mae pobl yn gofyn i mi'n aml beth yw fy hoff flodau ond does gen i ddim achos ei fod o'n newid fel mae'r tymhorau yn mynd yn eu blaenau.

Yn y Gwanwyn dwi'n hoffi blodau main fel y Muscari a'r Fritillaria a dyna sut dwi'n gwneud trefniannau blodau. Ac wedyn fel mae'r haf yn dod a'r Peonies yn dod allan, mae'r addurniadau yn mynd yn fwy oherwydd bod y blodau'n mynd yn fwy. Ac fel mae'n dod i'r Hydref, yn aml iawn mae'r lliwiau brown a niwtral i gyd mewn blodau sych, felly dwi'n hoffi defnyddio blodau sych adeg yma.

Felly y tymhorau sy'n ysbrydoli fi fwyaf a'r blodau sydd allan yn eu tymor. Does yna ddim byd neisach – pwy sydd eisiau gweld blodyn haul ar ddiwrnod 'Dolig'?

Beth fyddet ti'n awgrymu i rywun sy'n newydd i arddio i dyfu?

Fyswn i'n prynu casgliad o hadau cymysg ar gyfer eu torri (*cut flower mix*). Jest gwneud un sgwaryn bach yn yr ardd a rhoi'r hadau cymysg ynddo fo a gweld rheiny'n tyfu oherwydd maen nhw mor lliwgar ac mae'r ffaith eich bod chi'n gorfod eu torri nhw ar gyfer dod a nhw i'r tŷ nid yn unig yn annog mwy o flodau i dyfu, ond mae o'n esgus bach neis i gael blodau yn y tŷ hefyd.

A pys pêr. Dwi'n meddwl bod yna le ym mhob gardd i bys pêr. Hyd yn oed mewn potyn os nad oes gan rywun ardd mawr. Mae'r ffaith fod pys pêr yn arogl mor hyfryd ac eto, y ffaith bod rhaid eu torri nhw er mwyn annog mwy o flodau, yn esgus i ddod a nhw i'r tŷ.

A peidio bod ofn – jest eu rhoi nhw mewn, hyd yn oed os oes yna jar jam gwag, jest rhoi nhw mewn! Mond bod y dail i gyd wedi'u tynnu o'r coesau a bod yna ddigon o le rhwng bob un blodyn iddyn nhw anadlu – gall neb fynd o'i le!

Sut mae'r ardd eleni ar ôl y tywydd sych yn ddiweddar?

Mae o wedi bod yn dipyn o waith caled. Dydw i ddim yn un sydd yn dyfrio'r borderi na'r glaswellt. Dwi ddim yn teimlo bod angen gwneud achos fy mod i'n dyfrio yn y twnnel tyfu ac yn yr ardal ble dwi'n torri'r blodau.

Ond dwi'n meddwl falle fydd yn rhaid i ni gyd newid y ffordd rydyn ni'n garddio ac yn dewis planhigion yn y deg mlynedd nesa a gweithio gyda phlanhigion sydd yn gwrthsefyll tywydd eithafol – o un pen i'r llall – y glaw trwm ond hefyd y sychder.

Felly mi ydyn ni wedi gorfod meddwl mwy am hynny yn yr ardd flwyddyn yma dwi'n teimlo.

Beth oedd rhai o dy uchafbwyntiau o'r gyfres yma?

Nes i fwynhau dwy ardd yn arbennig. Nant y Bedd yn un, ble roedd y bywyd gwylt yn cael ei reoli ond yn cael ei groesawu i'r ardd. Mi ydyn ni'n dueddol o feddwl 'o, chwyn, mi na'i ei godi fo o 'na' ble maen nhw'n ei groesawu o. Roedd y blodau gwylt yn siwtio yr ardd, ac roedd hi'n ardd go wahanol – dwi erioed wedi gweld gardd sydd ar agor i'r cyhoedd sydd mor wylt a hynny o'r blaen. Roedd o'n agoriad llygaid.

Ac i'r gwrthwyneb llwyr, nes i fynd i weld gardd gyda chasgliad o fintys. Ond roedd yr ardd yn andros o fach ac roedd o'n tyfu'r holl fintys mewn potiau. A gweld sut roedd obsesiwn rhywun efo un planhigyn wedi tyfu dros gyfnod Covid, a sut bod yr ardd wedi'i ysbrydoli o dros y cyfnod. Erbyn hyn, mae ganddo fo gasgliad cenedlaethol o fintys ac yn brysur yn troi'n yrfa ac yn fusnes iddo fo.

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

Cael cyfarfod pobl. A teithio i weld gwahanol erddi fyswn i byth yn cael y cyfle i neud fel arall. A crwydro dros Gymru i gyd – mae yna lefydd dwi mond wedi bod iddyn nhw oherwydd fy mod i'n gweithio ar y rhaglen. Mae hynny wedi bod yn ffantastig.

Garddio a Mwy

S4C

Nos Lun 29 Awst, 8.00

Isdeitlau Cymraeg a Saesneg ar gael

Ar alw: S4C Clic, iPlayer a llwyfannau eraill

Cynhyrchiad Cwmni Da ar gyfer S4C

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Garddio a Mwy: A chat with Sioned Edwards

This series of **Garddio a Mwy** has included plenty of sowing and planting, seasonal food, promoting nature, and wonderful flowers as well as taking us to visit unique locations all over the country.

And as we approach the end of the series, we get to enjoy a special one-hour long episode on the summer's last Bank holiday.

Iwan will visit a café in London that grows ingredients on the roof and has created a special community around the initiative. And the three presenters will all be together in Meinir's garden.

Sioned Edwards is one of the presenters, and we get to know her a little better as she shares a bit of her background and what inspires her.

Tell us about your history and where did your interest in gardening come from?

Probably through my mother. As a little girl, she loved gardening, and so did my grandmother before her. And more than anything, making flower arrangements. Mum was always making flower decorations using flowers from the garden.

As for the floristry, I got a job in a flower shop at 14 and was really thrown into it doing all sorts. I was doing weddings and things quite young. And then I felt like I needed to get the qualifications to have more confidence, so I went to college in Northop. I was lucky to be taught by tutors from the Netherlands and from other places with European style. And that style is often in my work.

Where do you get your inspiration from what and how to grow flowers?

I'm very inspired by what's in season. People often ask me what my favourite flowers are, but I don't have any because it changes as the seasons go on.

In the Spring I like delicate flowers like the Muscari and the Fritillaria and that's how I make flower arrangements. And then as the summer comes and the Peonies come out, the arrangements get bigger because the flowers get bigger. And as it comes to Autumn, very often the brown and neutral colours are all dried flowers, so I like to use dried flowers during this time.

So, the seasons inspire me the most and the flowers that are out in their season. There's nothing nicer - who wants to see a sunflower on Christmas Day!?

What would you suggest to someone new to gardening to grow?

I would buy a mix of cut flower seeds. Just make a little square in the garden and put the mixed seeds in it and see them grow. They are so colourful and because you cut them to bring them into the house, it not only encourages more flowers to grow, but it's a nice little excuse to have flowers in the house too.

And sweet peas. I think there is a place in every garden for sweet peas. Even in a pot if you don't have a large garden. The fact that sweet peas smell so lovely and again, the fact that they must be cut to encourage more flowers, is a good excuse to bring them into the house.

And don't be afraid - just put them in, even if there is an empty jam jar, just put them in! Make sure all the leaves are removed from the stems and that there is enough space between each flower for them to breathe - you can't go wrong!

How is the garden this year after the recent dry weather?

It has been a bit of hard work. I'm not one to water the borders or the grass. I don't feel the need to do it because I water in the polytunnel and in the area where I cut the flowers.

But I think we may all have to change the way we garden and choose plants in the next ten years and work with plants that resist extreme weather - from one end to the other - the heavy rain but also the drought.

So, we've had to think more about that in the garden this year.

What were some of your highlights from this series?

I particularly enjoyed two gardens. Nant y Bedd is one, where the wildlife was controlled but also welcomed into the garden. We tend to think 'oh, weeds, I'll take that away' where they welcome it. The wildflowers suited the place, and it was a different kind of garden - I've never seen a garden open to the public that was so wild before. It was an eye opener.

And on the complete opposite, I went to see a garden with a collection of mint. The garden was very small, and he grew all the mint in pots. Seeing how someone's obsession with one plant had grown over the Covid period, and how his garden inspired him at that time. By now, he has a collection of mints and is busy turning it into a career and a business.

What is the best thing about working on Garddio a Mwy?

Meeting people. And traveling to see different gardens I would never have had the opportunity to do otherwise. And wandering all over Wales - there are places I've only been to because I'm working on the programme. That has been fantastic.

Garddio a Mwy

Monday 29 August, 8.00pm

Welsh and English subtitles available

On demand: S4C Clic, iPlayer and other platforms

A Cwmni Da production for S4C