



Hanes Hadau Cymreig

DEG O STRAEON AM ARBED, RHANNU AC ADFER HADAU O GYMRU



Seed
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Mae gan hadau straeon.

**Ac mae'r straeon hynny'n
rhan hollbwysig o'n
dealltwriaeth ni, ac o'n
hangerdd ni, wrth fynd ati
i'w gwarchod.**

Seeds have stories.

**And stories are crucial to
our understanding and
passion to protect them.**



Dros y ganrif ddiwethaf, rydyn ni wedi colli 75% o amrywiaeth ein cnydau byd-eang (Sefydliad Bwyd ac Amaeth y Cenhedloedd Unedig). Yn y gorffennol, byddai Cymru wedi bod yn glytwaith o gnydau bwyd oedd wedi addasu'n lleol. Byddai gan y rheini i gyd eu nodweddion a'u blasau unigryw, a bydden nhw'n wydn yn yr amgylchiadau lleol yn eu ffyrdd eu hunain. A ninnau wedi troi at ffermio ungnwd mwy diwydiannol, rydyn ni'n colli llawer iawn o'r amrywogaethau gwerthfawr, lleol hyn mewn cnydau.

Rydyn ni i gyd yn deall yn reddfod bod amrywiaeth yn gryfder. Mae angen i'n system fwyd fod wedi'i seilio ar system hadau amrywiol. Mae gan hadau sydd ag amrywiaeth enetig y gallu i addasu i'r hinsawdd wrth i honno newid. Mae angen hadau arnon ni sy'n ffynnu mewn priddoedd amrywiol, hadau sy'n gallu gwrthsefyll sychder, a hadau sy'n gallu dygymod â llifogydd. Mae angen hadau arnon ni sy'n gysylltiedig â'n diwylliannau amrywiol, a hadau sy'n cyd-fynd â dulliau coginio amrywiol. Ac efallai'n bwysicach na dim, mae prydfferthwch mewn amrywiaeth.

Ymunwch â ni i werthfawrogi straeon deg o hadau Cymreig arbennig iawn. Mae gan bob un ei hanes ei hun. Bydd pob un yn dysgu rhywbeth newydd i ni am bwysigrwydd amrywiaeth hadau.

Byddwn ni'n clywed straeon am hadau sydd wedi'u colli a'u darganfod, hadau sydd wedi mudo, hadau o'r gorffennol sydd wedi'u hadfywio, a hadau sydd wedi'u creu gyda llygad ar y dyfodol. Mae'r holl hadau hyn yn bwysig wrth greu system fwyd a fydd yn ein galluogi ni i oroesi a ffynnu.

Seeds aren't only for planting. Seeds are stories. Seeds are spirituality, knowledge and power.



CHIEF ATAWÉ AKÔYI

In the last 100 years, we have lost 75% of our global crop diversity (UN FAO). The Wales of the past would have been a patchwork of locally adapted food crops, each with their own unique characteristics, flavours and resilience to local conditions. As we have moved towards a more industrialised monoculture farming landscape, we are losing so many of these precious regionally adapted crop varieties.

We all instinctively know that diversity is strength. We need a diverse seed system to be the foundation of our food system. Genetically diverse seeds hold the ability to adapt to changing climatic conditions. We need seeds that thrive in diverse soils, seeds that can withstand drought and seeds that can prosper in floods. We need seeds that are connected to our diverse cultures and seeds to suit diverse cuisines. Perhaps most importantly of all, diversity is beautiful.

Join us in appreciating the stories of ten special Welsh seeds. Each with their own story. Each teaching us something new about the importance of seed diversity.

We will hear stories of seeds lost and found, seeds that have migrated, seeds revived from the past and seeds created for our future. There is an important place for all of these things when building a seed system that we can survive and thrive from.

Canu am Hadau

CEIRCH DU BACH

Treuliodd y ffermwr Gerald Miles flynyddoedd lawer yn chwilio am y 'ceirch du' roedd ei dad-cu'n arfer eu tyfu ar eu fferm ar gopaon clogwyni gwyllt Sir Benfro. Gan gofio am gibyn du llachar y geirchen, a'i gwreiddiau dwfn, roedd Gerald yn awyddus i ailddechrau'i thyfu oherwydd ei bod hi'n rhan bwysig o hanes ei fferm.

Er iddo roi hysbysebion yn y Farmers Weekly a holi pobl yn lleol, roedd hi'n ymddangos i Gerald nad oedd gan neb arall y geirchen ddu hon a arferai fod yn ddigon cyffredin. Roedd hi wedi diflannu o dirwedd Cymru. Yn ei ymgais i ddod o hyd i'r geirchen ddu, cysylltodd Gerald â Rhaglen Sofraniaeth Hadau y Gaia Foundation, ac aeth y newyddion ar led drwy'r wlad ei fod yn chwilio am y geirchen ddu goll.

Yn ffodus, roedd Owen Shiers, hanesydd a chanwr gwerin, ei hun yn chwilio am hen ganeuon gwerin coll. Drwy'i gysylltiadau cerddorol, roedd yn digwydd adnabod ffermwr o'r enw Ifan Evans. Deallodd Owen fod Iwan yn tyfu'r Ceirch Du Bach yn ei gaeau ger Llandysul. Efallai'n wir mai Iwan oedd yr olaf yng Nghymru i fod â'r hadau hyn yn ei feddiant.

Roedd hi'n foment arbennig cael uno'r ddau hen ffermwr drwy'u hoffter o geirchen oedd bron wedi diflannu o'r tir. Arweiniodd hynny at gryn ddyhead i ganfod mwy am stori'r ceirch du hyn, a rhoddwyd sylw i'r hanes mewn papurau fel y Financial Times a'r Guardian. Mae'r Ceirch Du Bach bellach yn ngofal criw o bobl sy'n gweithio gyda'i gilydd o dan faner Llafur Ni i'w rhoi nhw yn ôl ar blatiau pobl Cymru.

Dyma stori sy'n dangos yn glir bod adfywio hadau'n golygu mwy na dim ond gofalu am yr hadau eu hunain. Mae hadau'n bleth â diwylliant, barddoniaeth a cherddoriaeth. Mae adfywio hadau'n golygu adfywio diwylliant.

TYFWR: OWEN SHIERS.

Seed Songs

CEIRCH DU BACH, OATS

Farmer Gerald Miles spent many years searching for the 'black oat' his grandfather used to grow on their clifftop farm on the wild cliffs of Pembrokeshire. Remembering the oat, with its shiny black hull and deep root structure, Gerald wanted to bring this part of his farm's legacy back into cultivation.

Despite putting adverts in the Farmers Weekly and across his local networks, Gerald discovered that no one else seemed to have this once common black oat. It had disappeared from the Welsh landscape. Gerald's quest to find the black oat led him to connect with The Gaia Foundation's Seed Sovereignty Programme, and news of the quest for the lost black oat spread across the country.

Luckily, Owen Shiers, a folk musician and historian, was on his own quest to uncover forgotten folk songs. When he connected with farmer Iwan Evans through a shared song, Owen discovered Iwan growing the sought-after Ceirch du Bach oat in his fields near Llandysul. Iwan was perhaps the last person in Wales with these seeds.

Uniting these two older farmers together through their love for an almost lost oat was a special moment. It sparked a widespread longing for the story of the black oat, with publications like the Financial Times and the Guardian covering the tale. The Ceirch du Bach is now stewarded by a small group of people working together under the banner of Llafur Ni (our cereals) to put this oat back on Welsh plates.

This story spotlights the fact that seed revival is about more than the seeds themselves. Seeds are enmeshed with culture, poetry and song. Seed revival is cultural revival.

GROWER: OWEN SHIERS.

Adfywio Hadau

HEN GYMRO, GWENITH

Mae'r Hen Gymro yn wenith brodorol* a dyfwyd yn hanesyddol yng Nghymru tan y 1920au. Wrth i ffermio droi'n fwy diwydiannol, dirywio wnaeth amrywiaeth y grawn a dechreuodd mathau mwy modern o wenith ddod yn amlycach. Ond daliwyd i dyfu'r Hen Gymro am gyfnod hwy na sawl hen amrywogaeth arall.

A hwnnw'n wenith di-farf (sy'n golygu nad yw'n goliog), mae'n un o'r ffurfiau prin sy'n goroesi sydd ag us blewog neu lwyd. Mae gan yr Hen Gymro bigment coch trawiadol yn rhan uchaf y coesyn, sy'n dod i'r amlwg wrth i'r planhigion aeddfedu.

Ynghyd â sawl math arall o rawn sydd wedi addasu'n rhanbarthol, bron iawn i'r Hen Gymro ddarfod o'r tir... tan i griw o bobl ddechrau cydweithio i'w adfywio. Cafodd Andy Forbes, sy'n ymddiddori mewn grawn ac sy'n berchen ar randir yn Llundain, afael ar rai hadau o fanc hadau yn Rwsia. Ar ôl blynyddoedd o dyfu'r Hen Gymro ar ei randir i gynyddu nifer yr hadau, trosglwyddodd yr awenau i Fforwm Grawn Cymru.

Fforwm yw hwn a'i aelodau yn ffermwyr, pobyddion, melinwyr a phobl sy'n ymddiddori mewn hanes, ac maen nhw wedi bod yn gweithio gyda'i gilydd i ddechrau tyfu'r Hen Gymro unwaith eto ar gaeau Cymru. Mae'r gwenith bellach yn cael ei falu ym melin ddŵr Felin Ganol ar yr arfordir, gan greu blawd meddal sy'n pobi'n fara tywyll, braf, blasus. Mae hwnnw bellach ar gael mewn siopau bara ym Machynlleth a Llanidloes, ac yn dechrau dod yn rhan o ymborth pobl Cymru drachefn.

Dyma stori sy'n dangos pwysigrwydd cydweithio rhwng sectorau er mwyn adfywio hadau sydd bron iawn â diflannu. Nid yn unig y mae adfywio hadau'n hwb i'n hamrywiaeth amaethyddol ni, ond mae hefyd yn fodd o ailgyflwyno blasau sydd bron â bod wedi darfod o'r tir.

**Mae amrywogaeth frodorol yn golygu amrywogaeth o blanhigion domestig sydd wedi addasu'n lleol a datblygu dros gyfnod o amser i gyd-fynd â'r amgylchiadau lleol penodol, fel yr hinsawdd, y pridd, a'r defnydd traddodiadol a wneir o'r planhigion gan bobl.*

Seeds Revived

HEN GYMRO, WHEAT

Hen Gymro (Old Welshman) is a landrace* wheat historically grown in Wales up until the 1930s. As the industrialisation of farming resulted in a reduction of grain diversity and a move towards modern wheat breeds, Hen Gymro clung on into cultivation longer than many other old wheat varieties.

Beardless (non-awned), it is one of the few surviving forms with hairy or 'hoary' chaff. Hen Gymro has striking red pigment in the upper portion of the stem as the plants reach maturity.

Along with many other regionally adapted grain varieties, Hen Gymro became almost extinct... until a group of people started working together to revive it. Andy Forbes, a grain enthusiast and baker, got hold of some seeds. Following his search for a more diverse sample, Andy ended up travelling to Russia to receive seeds from the Vavilov Institute. Following years of growing Hen Gymro on his allotment to increase the quantity of seeds, he passed stewardship over to the Welsh Grain Forum.

Made up of farmers, bakers, millers and historical enthusiasts, the Welsh Grain Forum have been working together to bring Hen Gymro back into cultivation in Welsh fields. They have cultivated Hen Gymro on several farms across Wales. This wheat is now milled in the traditional mills of Wales - Felin Ganol watermill, Y Felin in St Dogmeals and Talgarth Mill - into a soft flour that bakes into a dark, rich, and flavourful loaf. It can now be eaten in bakeries across Wales and even a Michelin starred restaurant in London, once again becoming part of our cuisine.

This story highlights the importance of working together across sectors to revive almost lost seeds. Not only does seed revival safeguard our agri-diversity, it brings back almost extinct flavours.

**A landrace is a domesticated, locally adapted variety of a plant that has developed over time to suit its specific local environment, such as climate, soil, and traditional human use.*

Ein Hadau Ni

CEIRCH HEN GARDIE

Ar ddiwrnod clir ar glogwyni Sir Benfro yn 2018, daeth criw bach o ffermwyr a thyfwyr at ei gilydd i roi hadau ceirch Cymreig prin yn y tir. Gan amlaf, byddai'r hadau hyn yn cael eu heuo ar wasgar mewn cae neu mewn rhychau hir, ond yn lle hynny, aethpwyd ati'n ddyfal â llaw i roi pob un o'r ceirch prin mewn gwllau oedd wedi'u creu'n ofalus. Roedd hon yn foment mor dyngedfennol, roedd camerâu'r BBC yno i gofnodi'r cyfan, a darlledwyd yr hanes ar y newyddion y noson honno drwy Gymru.

O dan faner Llafur Ni, mewn partneriaeth â Rhaglen Sofraniaeth Hadau y Gaia Foundation, mae'r grŵp hwn o bobl wedi bod yn gweithio gyda'i gilydd i ailgyflwyno rhywfaint o'r amrywiaeth ceirch sydd wedi'i golli o'n caeau ni.

Yn y gorffennol, roedd cannoedd o amrywogaethau ceirch i'w cael yng Nghymru. Roedd y rheini wedi addasu'n rhanbarthol, ac roedd gan bob amrywogaeth ei siâp, ei maint a'i blas ei hun. Mae gan yr hadau hyn yma nodweddion genetig anhysbys, mae'u gallu i wrthsefyll yr hinsawdd yn anhysbys, ac mae'u hymwrthedd i glefydau'n anhysbys. Ond ar ben hynny, maen nhw'n adrodd straeon y bobl fu'n eu tyfu, ynghyd â hanes ein tirwedd. Mae gadael iddyn nhw ddiflannu gystal â gadael i ran ohonon ni'n hunain ddiflannu.

Roedd yr Hen Gardie yn un o'r mathau prin o geirch a roddodd criw Llafur Ni yn dyner yn y ddaear ar y diwrnod hwnnw o wanwyn. Cafodd ei fesur, ei archwilio, ei gynaeafu, a'i dyfu eto. Gam wrth gam, mae criw Llafur Ni yn ymgyfarwyddo drachefn â cheirch Hen Gardie.

Cafodd yr hadau eu rhoi'n hael i griw Llafur Ni gan adran IBERS ym Mhrifysgol Aberystwyth, sy'n cadw hen hadau ar gyfer eu rhaglenni bridio. Ond yr hyn sy'n bwysig i aelodau Llafur Ni yw nad oes modd i neb fod yn berchen ar yr hadau hyn. Maen nhw'n perthyn i'n gorffennol ni, ac mae angen iddyn nhw fod yn rhan o'n dyfodol ni. Ein ceirch ni yw'r rhain yn barod.

TYFWR: RHWYDWAITH LLAFUR NI.

Our Seeds

HEN GARDIE, OAT

On a sharp day on the cliffs of the Pembrokeshire coast in 2018, a small group of farmers and growers met to place rare Welsh oat seeds in the ground. Where usually these seeds would be broadcast across a field or drilled in long rows, each of these rare oats was placed diligently by hand into carefully drawn channels. So momentous was this that the BBC focused their cameras on the sowing, broadcasting it on the 6 o'clock news across Wales. Coming together under the banner of the Llafur Ni (Our Cereals), in partnership with the Gaia Foundation's Seed Sovereignty Programme, this group of people have been working together to bring back some of the oat diversity lost from our fields.

In the past, hundreds of oat varieties existed in Wales. Regionally adapted, each with their own unique shapes, sizes and tastes. These older seeds don't just hold unknown genetic traits, unknown climatic tolerances, unknown disease resistance. They also hold the stories of the people who grew them and the history of our landscape. To let them disappear is to let a part of ourselves disappear.

Hen Gardie was one of the rare oats the Llafur Ni group lovingly placed in the ground that spring day. It was measured, observed, harvested and grown again. Step by step, the Llafur Ni group are reacquainting themselves with Hen Gardie oats.

The Hen Gardie seeds were kindly donated to the Llafur Ni group by the IBERS department of Aberystwyth University, who preserve old seeds for their breeding programmes. But what continues to resonate with members of the Llafur Ni group is that these seeds cannot be owned. They come from our past, and they need a place in our future. These oats are already ours.

GROWER: LLAFUR NI NETWORK. SEEDS NOT CURRENTLY AVAILABLE.

Hadau i'r Dyfodol

TOMATO ENDURANCE

Dulliau cydweithredol go anarferol sy'n gyfrifol am fodolaeth tomato Endurance. Gan amlaf, bydd amrywogaethau llyisiau newydd yn cael eu creu naill ai gan fridwyr unigol, neu gan gwmnïau mawr sy'n bridio planhigion. Yn achos tomato Endurance, mae math newydd o ddull bridio cydweithredol wedi arwain at ei fodolaeth.

Mae'r Endurance yn domato awyr agored sy'n gwrthsefyll malltod. Y bridiwr tomatos adnabyddus, Simon Crawford, a ddechreuodd y broses fridio. Croesodd Simon sawl amrywogaeth o domatos sy'n cael eu peillio'n agored, gan ddefnyddio amrywogaeth enwog Crimson Crush fel un o'r rhieni. Ar ôl tyfu sawl cenhedlaeth a'u dethol ar gyfer eu gwydnwch yn yr awyr agored a'u gallu i wrthsefyll malltod, trosglwyddwyd yr hadau i dyfwyr yn y Seed Cooperative yn nwyrain Lloegr, i ddethol ymhellach.

Ar ôl pum cenhedlaeth o ddatblygu, penderfynodd Rhaglen Sofraniaeth Hadau y Gaia Foundation y byddai tomato Endurance yn rhan o dreialon ledled y Deyrnas Unedig. Bu tyfwyr mor bell â gogledd yr Alban a gorllewin Cymru'n tyfu'r tomatos, gan gofnodi gwybodaeth a dethol y rhai a berfformiai orau. Dewiswyd y nodweddion a fyddai'n cael eu datblygu ymhellach yn y tomato hwn mewn sawl safle tyfu, a hynny drwy farn dorfol. Yn dra phwysig, cynhaliwyd profion blasu cymunedol, gan alluogi pobl i roi eu barn am y tomatos gorau ar olwyn flasau.

A hwnnw bellach wedi cyrraedd y seithfed genhedlaeth, mae'r Endurance yn domato sydd wedi datblygu'n dda iawn, ac mae'n gallu dygymod mewn hinsawdd heriol. Ar ôl cymryd rhan yn y prosiect bridio cydweithredol, mae tyfwyr o Hwb Hadau Cymru bellach yn gwerthu'r hadau i dyfwyr eraill eu defnyddio. Ni fydd pobl yn aml yn gwerthfawrogi pa mor hir yw'r broses o gyflwyno amrywogaeth newydd. Stori yw hon sy'n dangos pwysigrwydd cydweithredu yn y broses fridio honno.

TYFWR: CHRIS VERNON, HENDY-GWYN AR DAF. HADAU AR GAEL GAN: HWB HADAU CYMRU.

Seeds for the Future

ENDURANCE TOMATO

The Endurance tomato was born by unconventionally cooperative means. Usually, new breeds of vegetable varieties are created by either individual breeders or larger plant breeding companies. In the case of the Endurance tomato, a new kind of collaborative breeding approach has been taken to bring this tomato into being.

Endurance is an outdoor blight resistant tomato. The breeding process started with well-known tomato breeder Simon Crawford. Simon crossed several open pollinated tomato varieties, using the famous tomato variety Crimson Crush as one of the parents. Once several generations had been grown out and selected for their outdoor resilience and blight resistance, the seeds were passed to growers at the Seed Cooperative in East England to undergo further selections.

Following five generations of development, the Endurance tomato was taken on by the Gaia Foundation's Seed Sovereignty Programme for UK-wide trials. Growers from as far as the North of Scotland and the west of Wales grew the tomatoes, recording information and choosing the best performing. The traits to take forward in this tomato were decided across growing sites, through crowd opinion. Importantly, community taste tests were undertaken, allowing people to taste the tomatoes and rate the best lines against a tomato flavour wheel.


Now in its seventh generation, Endurance is a well-developed tomato with a resilience to challenging climates. Having participated in the collaborative breeding project, growers from the Wales Seed Hub are now selling this seed for other growers to try. The long process to bring a new variety into being is often overlooked. This story underscores the importance of cooperation in the breeding process.

GROWER: CHRIS VERNON, WHITLAND. SEEDS AVAILABLE FROM: WALES SEED HUB.

**O ble daw ein bwyd, straeon
sy'n egluro tarddiad ein
bwyd... Credaf mai hon yw
un o'r straeon pwysicaf y
gall rhywun wrando arni.**

DAN SALADINO





Where our food comes from, the origin stories of our food...I think is one of the most important stories any human can hear.

DAN SALADINO

Dychwelyd Hadau

CIWCYMBER SYRIA

Cafodd y ciwcymber bach, ffres hwn ei fridio yn Syria gan Future Seeds of Aleppo, cwmni bridio planhigion pwysig a ddinistriwyd yn ystod y rhyfel yn Syria yn 2012. Cyn dinistrio banciau hadau Syria, cafodd hadau'r amrywogaeth eu casglu gan Adam Alexander, y 'Ditectif Hadau' o Gymru, ar ei deithiau o amgylch y byd. Aeth Adam yn ei flaen i drosglwyddo ciwcymber Syria i dyfwyr o Hwb Hadau Cymru.

Cafodd y ciwcymberau eu treialu ym mhriddoedd Cymru a'u tyfu i gynhyrchu hadau. Yn ôl Sue Stickland, un o dyfwyr Hwb Hadau Cymru, roedd ciwcymber Syria yn ffynnu yn yr awyr agored yn y canolbarth yn ystod haf poeth 2025.

Roedd modd i Sue wedyn drosglwyddo'r hadau ciwcymber hyn i aelodau o'r gymuned Syriaidd yn y canolbarth, a fydd yn gallu tyfu'r ciwcymber a'i weini yn eu nosweithiau swper cymunedol.

Mae'r stori hon yn amlygu pwysigrwydd ysgwyddo cyfrifoldeb torfol dros gadw hadau, a hynny'n golygu bod modd dychwelyd hadau i gymunedau a allai fel arall fod wedi'u colli.

TYFWR: SUE STICKLAND, Y DRENEWYDD. HADAU AR GAEL GAN: HWB HADAU CYMRU.

Seeds Returned

SYRIAN CUCUMBER

This small crisp cucumber was bred in Syria by Future Seeds of Aleppo, an important plant breeding company which was destroyed in 2012 in the Syrian war. Before the destruction of Syria's seed banks, seeds for this variety were collected by the Welsh 'Seed Detective' Adam Alexander on his travels around the world. Adam went on to pass the Syrian cucumber to growers from the Wales Seed Hub cooperative.

The cucumbers were trialled in Welsh soils and grown for seeds. Wales Seed Hub grower Sue Stickland described the Syrian cucumber as flourishing outdoors in the hot summer of 2025 in Mid Wales.

Sue was then able to pass these cucumber seeds to members of the Syrian community in Mid Wales, who will be able to grow this cucumber and serve it at their community dinner nights.

This story highlights the importance of taking collective responsibility for seed preservation, enabling seeds to be returned to communities that may have otherwise lost them.

GROWER: SUE STICKLAND, NEWTOWN. SEEDS AVAILABLE FROM: WALES SEED HUB.

Hadau Cariad

PYS LLANOFER

Mae gan Bys Llanofer stori ramantus. Yn ystod y Rhyfel Byd Cyntaf, roedd carcharorion o'r Almaen yn cael eu cadw ar ystad Llanofer ger y Fenni. Syrthiodd un o'r milwyr hyn mewn cariad â Chymraes yr oedd wedi'i chyfarfod ar yr ystad. Ar ôl i'r rhyfel ddod i ben, dychwelodd o'r Almaen i'w phriodi – gan ddod â'r hadau pys gydag o. Yn ôl y sôn, anrheg priodas oedd y pys hyn gan y milwr o Almaenwr i'w briodferch.

Mae Pys Llanofer yn hynod o felys, ac yn tyfu i daldra o dros 1.5 metr. Yn wahanol i fridiau pys modern, sy'n cael eu dethol i fod yn unffurf ac sy'n gallu cael eu cynaeafu gan beiriannau, mae Pys Llanofer yn berffaith i'w cynaeafu fesul tipyn â llaw.

Tyfwyd y pys yng ngardd lysiau ystad Llanofer am flynyddoedd lawer. A'r rheini'n bys mor flasus, nid yw'n syndod bod garddwyr wedi parhau i'w tyfu ers hynny.

Dyma stori sy'n dyst i rym symbolaidd hadau. Nid yn unig fel bwyd y dyfodol, ond fel datganiadau o gariad a bwriad.

TYFWR: SUE STICKLAND, Y DRENEWYDD. HADAU AR GAEL GAN: HWB HADAU CYMRU.

Seeds of Love

LANOVER PEA

The Llanover pea has a romantic story behind it. During the First World War, German prisoners were kept on the Llanover estate near Abergavenny. A soldier who was held captive fell in love with a Welsh woman he met on the estate. After the war was over, he returned from Germany to marry her, bringing the pea seeds with him. These peas are thought to have been a wedding gift from this German soldier to his new wife.

The Llanover Pea is exceptionally sweet and grows to over 1.5 metres tall. Unlike modern breeds of pea, which are selected to be uniform and suited to harvest by machinery, the Llanover Pea is perfect for harvesting in batches by hand.

The peas were grown on the Llanover estate kitchen garden for many years, and – not surprisingly for such a wonderful pea – gardeners have kept them in cultivation ever since.

This story emphasises the symbolic power of seeds. Not only as future foods, but statements of love and intention.

GROWER: SUE STICKLAND, NEWTOWN. SEEDS AVAILABLE FROM: WALES SEED HUB.

Hadau er Iechyd

FFA FFRENGIG Y NYRS ARDAL

Y Llyfrgell Hadau Treftadaeth a achubodd y ffeuen borlotti streipiog, brydferth hon rhag diflannu. Mae gan y Llyfrgell fanc hadau ar gyfer amrywogaethau llysiâu prin yn y Deyrnas Unedig. Roedd y fenyw a gyfrannodd y ffa wedi cael yr hadau gan ei llysferech, a oedd yn nyrs ardal. Roedd y nyrs ddiennw honno, yn ôl y sôn, wedi cael yr hadau gan fenyw oedrannus yng Nghaerdydd, a honnodd eu bod nhw'n llesol iawn i iechyd pobl.

Yn ôl y stori, byddai'r nyrs ardal hon yn mynd â'r hadau gyda hi wrth alw i weld ei chleifion, gan eu hannog i dyfu a bwyta'r ffa gan eu bod nhw mor llesol.

Mae hadau'n cael eu rhannu am reswm. Dyma stori sy'n dangos y berthynas rhwng amrywiaeth hadau ac iechyd.

TYFWR: CAROLYN MOODY, DE CYMRU. HADAU AR GAEL GAN: HWB HADAU CYMRU.

Seeds for Health

DISTRICT NURSE FRENCH BEAN

This beautiful striped barlotti bean was saved from extinction by the Heritage Seed Library, who run a seed bank for rare UK vegetable varieties. The person who donated this bean for preservation was given the seeds by her step-daughter, a district nurse. The unnamed nurse says she was passed the seeds from an elderly woman in Cardiff, telling of their reputed health benefits.

The story goes that the district nurse would travel to her visits with patients carrying these seeds, encouraging them to grow and eat the District Nurse beans for their health benefits.

Seeds are shared for a reason. This story highlights the link between seed diversity and health.

GROWER: CAROLYN MOODY, SOUTH WALES. SEEDS AVAILABLE FROM: WALES SEED HUB.

Dirgelwch Hadau

FFA DRINGO DUON BRYCHEINIOG

Mae'n debygol bod Ffa Dringo Duon Brycheiniog wedi cael eu tyfu yn ardal Brycheiniog. Er hynny, mae tarddiad y ffa'n anhysbys.

Daeth y ffeuen i feddiant Adam Alexander, neu'r 'Ditectif Hadau' – newyddiadurwr a theithiwr byd-eang sy'n frwd dros amrywiaeth hadau. Rhannodd Adam yr hedyn, fel y bydd unrhyw gasglwr hadau da'n ei wneud. Mae hadau'n mynd ar led, a theithiodd y ffeuen hon i Iwerddon gyda thyfwr o Gymru a symudodd yno dros y môr. Cafodd ei hachub rhag diflannu wedyn gan yr Irish Seed Savers, sefydliad sy'n gwarchod hadau drwy dyfu a dosbarthu hadau prin.

Mae Ffa Dringo Duon Brycheiniog yn rhannu grŵp o enynnau ag amrywogaethau eraill o Gymru sydd â hadau duon, a chredir bod hynny'n eu gwneud nhw'n amrywogaethau brodorol Cymreig*. Dyma blanhigyn lluosflwydd dibynadwy, ac yn ôl garddwr o Gruchywel, bydd hi'n codi'r planhigion yn yr hydref a byddan nhw'n aildyfu'r flwyddyn ganlynol.

Dros y ganrif ddiwethaf, rydyn ni wedi colli 75% o amrywiaeth ein cnydau byd-eang (Sefydliad Bwyd ac Amaeth y Cenhedloedd Unedig). Wrth i ffermwyr droi at fridiau modern a thyfu ungnwd, mae nifer o amrywogaethau llysiâu wedi'u colli. Mae Ffa Dringo Duon Brycheiniog wedi llwyddo i beidio â diflannu drwy'r lwc o gael eu trosglwyddo i'r unigolyn iawn ar yr adeg iawn. Y peth trist yw nad yw'r stori wedi dilyn y ffa yn yr un modd, gan adael cryn ddirgelwch am eu tarddiad.

**TYFWR: LAUREN SIMPSON, GOGLEDD SIR BENFRO. HADAU AR GAEL GAN:
HWB HADAU CYMRU.**

Seed Mysteries

BRECON BLACK RUNNER BEAN

The Brecon Black runner bean was thought to have been cultivated in the Brecon area. Although its origins are largely unknown.

This bean found its way to Adam Alexander, aka The Seed Detective, a journalist and world traveller with a passion for seed diversity. Adam shared the seed, as any good seed collector does. Seeds spread, and this bean travelled to Ireland with a Welsh grower who moved across the sea. It was then secured from extinction by the Irish Seed Savers, a seed conservation organisation who grow and distribute rare seeds.

Being black seeded means the Brecon Black shares a group of genes with other black seeded varieties from Wales which are thought to mark it out as a genuine Welsh landrace*. It is a reliable perennial, with a gardener from Crickhowell reporting that she lifts the plants in autumn and regrows the following year.

Over the last 100 years, we have lost 75% of global crop diversity (UN FAO). As farmers have moved to modern breeds and monocultures, many vegetable varieties have been lost. The Brecon Black runner bean has escaped extinction by the luck of being passed to the right person at the right time. What is sad is that the story has not travelled with it, leaving a mystery around its origins.

GROWER: LAUREN SIMPSON, NORTH PEMBROKESHIRE. SEEDS AVAILABLE FROM: WALES SEED HUB.

Hadau'n Teithio

BLODAU AMOR CYMYSG

Mae Blodau Amor yn un o brif fwydydd Canol a De America, lle maen nhw wedi cael eu tyfu gan hen wareiddiadau fel yr Incas, y Maias a'r Astecs ers miloedd o flynyddoedd.

Mae'r hadau Blodau Amor penodol hyn wedi cael eu tyfu yng Nghymru gan Real Seeds, y cwmni bach ond grymus, ers dros 20 mlynedd.

Y Blodeuyn Amor hwn yw math cymysg arbennig Real Seed, wedi'i fridio o'u treialon eu hunain. Detholwyd yr hedyn gwreiddiol gan David Brenner, curadur banc hadau yr USDA yn yr Unol Daleithiau, wrth iddo ymateb i wybodaeth am amgylchiadau tyfu Real Seeds yng Nghymru. Dros nifer o flynyddoedd, aeth Real Seeds ati i ddedhol y deunydd i greu dwy boblogaeth. Mae'r detholiad hwn o Flodau Amor yn cynnwys planhigion sy'n sensitif i olau dydd, ac na fydd yn blodeuo tan yn hwyr yn y tymor. Mae hynny'n golygu ei fod yn ddelfrydol i gynhyrchu dail drwy gydol yr haf. Mae gan y cwmni hefyd fath sydd wedi'i ddedhol i gynhyrchu grawn, a hwnnw'n blodeuo'n gynharach yn y flwyddyn, felly bydd yn rhoi cynhaeaf da o hadau cyn tywydd gwlypach yr hydref.

Mae'r Blodeuyn Amor hwn yn faethlon ac yn digoni. Mae Real Seeds yn argymhell ei ychwanegu at reis, er mwyn rhoi blas a phrotein.

Dyma stori sy'n amlygu'r ffaith bod hadau'n teithio. Bydd cnwd sy'n perthyn ar un adeg i un rhan o'r byd yn mudo i ran arall, gan ymddangos mewn ceginau newydd. Mae Real Seeds yn gweithio i ddod o hyd i hadau o bob cwr o'r byd, cyn eu haddasu i'r amgylchiadau yng Nghymru a'n hannog ni i'w cyflwyno yn ein gerddi ac ar ein byrddau bwyd. Fesul cnwd, mae modd i'n diwylliannau bwyd esblygu ochr yn ochr â'r hadau y byddwn ni'n eu defnyddio i dyfu'r bwydydd hynny.

HADAU'N CAEL EU TYFU GAN: REAL SEEDS, SIR BENFRO. HADAU AR GAEL GAN: REAL SEEDS.

Seeds Travel

AMARANTH MIX

Amaranth is a staple food in Central and South America, where it was cultivated by ancient civilizations like the Inca, Maya, and Aztecs for thousands of years.

This particular Amaranth seed has been cultivated in Wales by the small but powerful seed company, Real Seeds, for over 20 years.

This Amaranth is Real Seed's own special mixed population bred from their trials. Initial seed was selected by the curator USDA government seed bank in the USA, David Brenner, in response to information about the Real Seeds growing conditions in Wales. Over a number of years, Real Seeds selected the material to create two populations. This Amaranth selection contains daylight-sensitive plants that won't flower until late in the season, making it ideal for leaf production throughout the summer. They also have a grain selection which flowers earlier in the year, so that it will mature a good harvest of seeds before the damper conditions of autumn. This Amaranth is filling and nutritious. Real Seeds recommend adding it to rice when cooking for both flavour and protein.

This story spotlights the fact that seeds travel. A crop which is considered native to one region of the world can migrate to another region and be welcomed into new kitchens. Real Seeds work to source seeds from all over the world and adapt them to Welsh conditions, enticing us to adopt them into our gardens and onto our dinner tables. Crop by crop, our food cultures can evolve along with the seeds we grow them from.

SEEDS GROWN BY: REAL SEEDS, PEMBROKESHIRE. SEEDS AVAILABLE FROM: REAL SEEDS.

Poblogaethau Hadau

CÊL CYMYSG CALEIDOSGOPIGY Y TYDDYNNWR

Poblogaeth yw'r cêl hwn, sy'n golygu bod y planhigion wedi cael eu croesi â'i gilydd, a hynny'n rhoi ystod eang o amrywiaeth enetig yn y cnwd. Efallai fod yr hadau i gyd yn edrych yn debyg, ond byddan nhw i gyd yn tyfu'n blanhigion cêl ac iddyn nhw siapiau a lliwiau gwahanol.

Pan fydd hadau'n cael eu hachub, bydd y tyfwr gan amlaf yn cymryd gofal mawr i sicrhau nad yw'r planhigion yn croesi ag amrywogaethau eraill yn yr un rhywogaethau, er mwyn i'r hadau fod yn 'driw i'w math'. Ond mae'r bobl sy'n achub hadau poblogaethau yn gwneud rhywbeth cwbl groes, sef bod yn fwy na pharod i drawsbeillio o fewn cnwd a chymysgu genynnau. Mae'r ystod eang o amrywiaeth enetig yng Nghêl Caleidosgopig y Tyddynnwr yn ei alluogi i ffynnu'n well mewn sawl math o hinsawdd a gwahanol amgylchiadau.

Cafodd y boblogaeth hon ei chreu gan Chris Homanics, bridiwr planhigion o'r Unol Daleithiau, a groesodd sawl math gwahanol o gêl cyn treulio blynyddoedd lawer yn eu dethol ar sail nodweddion penodol. Un o'i feini prawf oedd y gallu i oddef sychder, gyda'r boblogaeth yma o gêl yn perfformio'n dda iawn mewn tywydd sych. Graham o Gymru, sy'n ymddiddori'n fawr mewn cêl, a anfonodd rywfaint o'r hadau a ddefnyddiodd Chris i groesi'n wreiddiol. Trosglwyddwyd y boblogaeth hon i'r Experimental Farm Network yn yr Unol Daleithiau, sy'n gweithio i hwyluso bridio planhigion ac yn gwneud gwaith ymchwil i amaethyddiaeth gynaliadwy. Gan ddefnyddio gwefan ffynhonnell agored, mae modd iddyn nhw a ffermwyr rannu hadau a gwybodaeth â'i gilydd.

Yn y pen draw, mae'r boblogaeth cêl yma wedi dychwelyd i Gymru. Mae hi bellach yn cael ei thyfu gan Real Seeds yn Sir Benfro, a'i gwerthu i gwsmeriaid ledled y Deyrnas Unedig. Mae Real Seeds yn annog pobl i ddefnyddio'r hadau hyn er mwyn 'bridio eich cêl eich hunain!' Dewiswch y planhigion rydych chi'n eu hoffi fwyaf, gadewch iddyn nhw flodeuo, a chroeswch nhw â'i gilydd i greu eich poblogaeth cêl fach leol chi.

HADAU'N CAEL EU TYFU GAN: REAL SEEDS, SIR BENFRO. HADAU AR GAEL GAN: REAL SEEDS.

Seed Populations

HOMESTEADER'S KALEIDOSCOPIK KALE MIX

This kale is a population, meaning the plants have been allowed to cross with one another, giving a broad range of genetic diversity. Although the seeds might look the same, each will grow into a kale plant expressing different shapes and colours.

Usually, when seed is saved, great care is taken to ensure that the plants do not cross with other varieties in the same species, and the end seeds are 'true to type'. But population seed saving turns this on its head, embracing cross-pollination within a crop and the mixing of genes. The wide range of genetic diversity in Homesteader's Kaleidoscopic Kale gives it more ability to thrive in a variety of climates and conditions.

This kale population was created by USA-based plant breeder Chris Homanics, who crossed a multiplicity of Kales and then spent many years selecting them for specific traits. One of his criteria was drought tolerance, with this kale population performing very well in dry conditions. Some of the seed sent to Chris for the initial crosses he made came from a Welsh kale enthusiast, Graham. This population was passed on to the Experimental Farm Network in the USA, whose mission is to facilitate participatory plant breeding and sustainable agriculture research. Using an open-source website, they share seeds and information horizontally between farmers.

Finally, this Kale population has made it back to Wales. Now grown by Real Seeds in Pembrokeshire and sold to their UK-wide customer base. Real Seeds are encouraging people to use this seed mix to 'breed your own kale'! Select the plants you like the most, allow them to flower and cross with one another and create your own localised kale population.

SEED GROWN BY: REAL SEEDS, PEMBROKESHIRE. SEEDS AVAILABLE FROM: REAL SEEDS.



Welsh Seed Lore

TEN TALES OF SEED SAVING, SHARING, AND REVIVAL FROM WALES