

# **LLANDEILO & TYWI**

## **LOCAL FOOD GUIDE 2015**



**Sponsored by THE GREEN HOUSE, Llandeilo, and by DODD RACHER LTD, Llansawel**

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If you have any comments, please contact either of our sponsors – details on page 15

Entries are listed in three categories

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Preserves**
- **Representing Producers**

## PRODUCERS

### BAKERY, CEREALS and PASTA

#### 1) **Casa del Cymru**

*Llysteifi Lechryd, Cardigan, Ceredigion SA43 2NX*

*Tel: 01239 683156 Mob: 07988 874876*

*Website: [www.casadecymru.co.uk](http://www.casadecymru.co.uk)*

*Email: [casadecymru@hotmail.com](mailto:casadecymru@hotmail.com)*

Artisan pasta from Simon and Gina Sarracini Pope, Italian tradition with Welsh ingredients. Seven flavoured pastas including spinach and cracked black pepper, and carrot and citrus; eight raviolis, such as Perl Las cheese with chives and walnuts and smoked Swansea salmon with sweet red pepper, dill, ricotta and lime. The Sarracini Popes use organic flour and Welsh eggs, and sell at farmers' markets in Ceredigion, Pembrokeshire, Swansea and Cardiff, and delicatessens in Carmarthen, Cardigan, Narberth, Haverfordwest and

Aberystwyth. They also supply restaurants throughout Wales.

#### 2) **Cegin Pantygwin**

*Pantygwin, Cellan, Lampeter SA48 8HL*

*Tel: 01570 423651*

Rhonwen Thomas bakes cakes and quiches of many types and flavours made to order, and caters for events. Bread, pies, quiches, cakes at Llansawel Market every 3<sup>rd</sup> Saturday in the month. *(See entry for Llansawel Market under Retailers)*

#### 3) **Glanbrydan – The Cottage Bakehouse**

*Pont Isaac, Cwmifor, Llandeilo SA19 7AP. Tel: 01558 822846*

*Website: [www.glanbrydan.com](http://www.glanbrydan.com)*

*Email: [glanbrydan@btinternet.com](mailto:glanbrydan@btinternet.com)*

Sam and Wilf Winter's bakery producing tasty artisan pies, pasties, buns, cakes, paella. Catering at events too. The Gin Haus in Market Street, Llandeilo, Dryslwyn Community Shop and Cwmdru Shop and Post Office sell Cottage Bakehouse products.

#### 4) **Hafodneddyn Feeds**

*Hafodneddyn Farm, Broad Oak, Llandeilo SA19 7AE. Tel: 01558 668207, 07977 913469  
Information from Anne-Marie Royal  
Website: [www.hafoneddynfeeds.co.uk](http://www.hafoneddynfeeds.co.uk)  
Email: [am.royal123@btinternet.com](mailto:am.royal123@btinternet.com)*

For animals rather than humans – Hafodneddyn Feeds is a family-run business based at Hafodneddyn Farm, open Monday – Friday 8.30am-5pm, Saturday 8.30am-12noon. Oats and wheat grown on the farm are ingredients in the range of feeds formulated for beef cattle, sheep, horses and pigs. Wherever possible local suppliers are used, and the electricity on the farm is generated using solar panels. As part of the sustainability

programme, more than 125 acres of woodland are grown and managed on the farm.

#### 5) **Popty Patagonia Bakehouse**

*Crescent Road, Llandeilo*

*Tel: 01558 822637, 07794 417229*

*Website:*

*[www.poptypatagoniabakehouse.co.uk](http://www.poptypatagoniabakehouse.co.uk)*

*Email:*

*[cecilia@poptypatagoniabakehouse.co.uk](mailto:cecilia@poptypatagoniabakehouse.co.uk)*

Cecilia Pruden's baked goods include Lithuanian rye bread, made with organic flours, milk, black treacle, butter, yeast, sea salt and caraway seeds. This bread stays fresh for a long time, is filling and packed with flavour, and is one of the local specialities often available from Y Pantri, 83 Rhosmaen Street, Llandeilo, and Dryslwyn Community Shop. Other tasty breads include Irish wholemeal, spelt, spelt and rye, and a rye bread made with organic flour and organic pumpkin and sunflower seeds. Cakes, quiches and gluten-free products also. Cecilia grew up in

Argentina, and brings Patagonian culinary traditions to Llandeilo.

## BEVERAGES

### 6) Hafod Water

*Hafodneddyn Farm, Broad Oak, Llandeilo  
SA19 7AE. Tel: 01558 668207*

*Mobile: 07977 913469.*

*Website: [www.hafodwater.co.uk](http://www.hafodwater.co.uk)*

*Email: [am.royal123@btinternet.com](mailto:am.royal123@btinternet.com)*

Spring water on Hafodneddyn Farm is decanted into 18.5-litre bottles destined for businesses and others who drink substantial quantities.

The bottled water is sold through three main distributors: Y Ffynnon Ltd of Upper Brynamman, Ammanford, tel 01269 506113; Water Cooler Wales of Llandovery, tel 07976 904976; and Nant-y-Mynydd of Garndolbenmaen, Gwynedd, tel 01766 806580.

### 7) Jacobi Brewery

*The Brewery, Penlanwen Farm, Pumsaint  
SA19 8RR. Tel: 01558 650605*

*Website: [www.jacobibrewery.co.uk](http://www.jacobibrewery.co.uk)*

*Email: [info@jacobibrewery.co.uk](mailto:info@jacobibrewery.co.uk)*

Real ale brewer Justin Jacobi is bottling several beers at Penlanwen Farm, adjacent to the Dolaucothi Roman Goldmines, Pumsaint. The principal beers are Buzz Light Beer, Dr Harries' Dark Magic, Gold Miner Light, Red Squirrel (with fruit undertones), and Original Bitter. More beers are planned to extend the range. Beers can be purchased in cases of 12 from the online shop on the website, and are stocked in local shops including Llandovery Craft Centre, the Red Giraffe at the Castle Hotel, Llandovery, Llanwrda Village Shop, and Cwmcerrig Farm Shop, Gorslas.

The Dolaucothi Arms, Pumsaint, and the Bluebell, in Llandovery's high street, have Jacobi beer too. A visitor centre at the brewery, with tastings, a shop and cafe, is planned.

## ICE CREAM

### 8) **Mountain View Ice Cream**

*Ffrwdwen, Capel Isaac, Llandeilo,  
Carmarthenshire SA19 7TR. Tel: 01558  
685316 / 07815 750693*

*Email: [mary@mountainviewicecream.co.uk](mailto:mary@mountainviewicecream.co.uk)*

Mountain View — Golwg y Mynydd — is rich, real ice cream from Mary Jones, Capel Isaac, near Llandeilo. The Jones family's mainly Friesian cows provide the milk for the ice cream, which Mary takes in a mobile servery to events such as shows, carnivals and parties. Typical price, £2 for a medium cone. Range of flavours including butterscotch, chocolate and strawberry.

## MEAT and FISH

### 9) **Black Mountain Foods**

*Cwmcochied, Cwmdu, Llandeilo SA19 7EE.  
Tel: 01558 685018*

*Website: [www.blackmountainfoods.co.uk](http://www.blackmountainfoods.co.uk)*

*Email: [mynydddu@aol.com](mailto:mynydddu@aol.com)*

Jemima and Peter Mitchell are wholesalers of organic meat and poultry over a wide area, supplying retailers including Dewi Roberts Butchers at 16 Towy Terrace, Ffairfach, Llandeilo.

### 10) **Cnwd**

*Unit 9, Crosshands Business Centre, Heol  
Parc Mawr, Cross Hands, Llanelli SA14 6RE.*

*Tel: 01269 833703*

*Website: [www.cnwd.co.uk](http://www.cnwd.co.uk)*

*Email: [info@cnwd.co.uk](mailto:info@cnwd.co.uk)*

Chef Scott Davis, who has experience in the kitchens of Michelin-starred restaurants, learning from chefs such as Marco Pierre White, Gary Rhodes and Jean-Georges Vongerichten, returned home to West Wales to smoke fish and make terrines and pâtés for his venture Cnwd (which means 'crop' in English). West Wales coracle-caught sewin (sea trout) and salmon are smoked, using Welsh oak

from Talley. Local ingredients also include pedigree Welsh pork, chicken and venison. A 'vintage hamper' comprises smoked salmon, farmhouse or venison terrine, chicken liver parfait, pork rillettes, red onion marmalade, duck fat, smoked duck breast, smoked cheese and sparkling wine. Smaller hampers are also available. Products available from the online shop and many top food shops including Fortnum & Mason.

#### 11) **Fferm Tyllwyd**

*Felingwm-uchaf, Carmarthenshire SA32 7QE*

*Tel: 01267 290537*

Welsh Black beef reared and finished organically on grass and silage from Fferm Tyllwyd. Fresh on the 3<sup>rd</sup> weekend of every month, frozen at other times. True Taste of Wales/ Gwir Flas award winner; award from Michelin chefs. Sold through Brechfa Community Shop, Dryslwyn Community Shop, Llanddarog Village Shop, Llansawel Market,

also available on the farm by arrangement. RSPB-approved farm, minimal food miles, very high standards of animal welfare.

Contact John James,  
email [johntyllwyd@btinternet.com](mailto:johntyllwyd@btinternet.com), mobile  
0771 582 7939

#### 12) **From the Hedge Rose**

*The HedgeRose, Pumsaint, Llanwrda SA19 8BJ*

*Tel: 07946 606079*

*Website: [www.fromthehedgerose.com](http://www.fromthehedgerose.com)*

*Email: [SarahHedgeRose@gmail.com](mailto:SarahHedgeRose@gmail.com)*

Free-range rare-breed pork, lamb and beef producer from Pumsaint. All meat is raised on the farm. Specialising in gluten-free sausages, burgers and faggots, also fresh joints, chops, mince, dry-cured bacon and gammon. Weaners supplied all year round.

#### 13) **Pant Y Moch**

Pant Y Moch supply pork from rare breed Berkshire pigs, raised outdoors on a

smallholding in Llanddeusant, where the pig feed is organic, supplemented with vegetables from the same land, and in the autumn, lots of windfall apples. Pant Y Moch has meat for sale at certain times of year only. Please phone 01550 740655 for information on availability and to place an order. See the Pant Y Moch page on Facebook at <https://www.facebook.com/pages/Pant-Y-Moch/486611578028484>

#### 14) **Ty Siriol**

*Pontarddulais, Swansea SA4 8DQ. Tel: 01792 882676*

*Website: [www.welshpork.co.uk](http://www.welshpork.co.uk)*

*Email: [shop@welshpork.co.uk](mailto:shop@welshpork.co.uk)*

Delicious pork from a smallholding where native Welsh pigs are bred and raised. Product range includes chops, joints, sausages, gammon, bacon, faggots, burgers. Markets in Swansea (Uplands and Marina), St Fagans Museum, Cardiff Riverside, Caerphilly, Porthcawl. Free weekly home deliveries

(minimum £20 order), see website for full details. Pork boxes from £30. Customers are welcome to order and then collect their purchases by arrangement from one of the markets which Ty Siriol attends.

## **VEGETABLES, HERBS, FRUIT and PRESERVES**

#### 15) **Blaencamel Farm**

*Cilcennin, Lampeter SA48 8DB*

*Tel: 01570 470529*

*Website: <http://blaencamel.com>*

*Email: [anne@blaencamel.fsnet.co.uk](mailto:anne@blaencamel.fsnet.co.uk)*

Peter Segger OBE and Anne Evans grow vegetables in rotation with clover and grasses for sheep. Their highly productive 45-acre farm, where compost-making is a vital part of the system, includes 1.5 acres of unheated greenhouses. The greenhouse area has been expanded from one acre, to improve the



security of supply of vegetables in case of adverse climate change.

Fresh green produce is generally available year-round, and in summer the wide range of crops includes tomatoes, peppers, aubergines and strawberries. The indoor and outdoor produce, and home-made preserves, are sold in the shop on the farm, and at farmers' markets in Aberystwyth, Brecon, Cardiff, Cowbridge, Haverfordwest and Uplands, Swansea. In addition, there is a box scheme in the Cardiff area organised by Anne's son Tom, contact [tom@blaencamelbox.com](mailto:tom@blaencamelbox.com). Visitors are welcome to take the woodland walk on the farm, and to look at the crops growing in the greenhouses.

#### **16) Glebelands Market Garden**

*St Dogmaels Road, Cardigan SA43 3BA*  
*Tel: 01239 614491 Mob: 07511 546701*  
*Website: [www.glebelandsmarketgarden.co.uk](http://www.glebelandsmarketgarden.co.uk)*  
*Email: [contact@glebelandsmarketgarden.co.uk](mailto:contact@glebelandsmarketgarden.co.uk)*  
Experienced growers Adam York and Lesley Bryson have transformed a field at St

Dogmaels Road, outside Cardigan, into a productive market garden, with a shop on site open on Thursday, Friday and Saturday from 10am to 5.30pm, and on Sunday from 11am to 3pm.

#### **17) Goo's Garden**

*Penycefn, Manordeilo, Llandeilo SA19 7BE*  
*Tel: 01550 779099 / 07791 769782*  
*Website: [www.goosgarden.co.uk](http://www.goosgarden.co.uk)*  
*Email: [goosgarden@icloud.com](mailto:goosgarden@icloud.com)*

Julia Cox's range of 17 jams, marmalades and chutneys include unusual treats such as Penderyn whisky and Welsh gin marmalades, strawberry and champagne jam and portly plum jam. Wedding favours, full list on website. Good stock in Y Pantri, 83 Rhosmaen Street, Llandeilo.

#### **18) Liliwen Herbs**

*Wauahir, Gwynfe Eoad, Ffairfach, Llandeilo*  
*SA19 6YT*  
*Tel: 01558 823099 Mob: 07833 324207*

*Website: www.liliwenherbs.com*

*Email: lucie@liliwenherbs.com*

Lucie Scott's organically grown herbs, well known in West Wales, come fresh and dried, and are also supplied as teas and bodycare products. Stockists include Iechyd Da in Broad Street, Llandovery; Just So Scrumptious in King's Road, Llandovery; Wright's Independent Food Emporium, Llanarthne; and Y Pantri, 83 Rhosmaen Street, Llandovery. The Telegraph Diner near Llangadog railway station; and Caffi Iechyd Da, Jacksons Lane, Carmarthen, regularly use Liliwen herbs and herbal products. For the latest activities, see the Liliwen Herbs page on Facebook.

#### **19) Organics to Go**

*Werndolau Farm, Golden Grove, Carmarthen SA32 8NE*

*Tel: 07588 559459*

*Email: organics2go@googlemail.com*

Organics to Go has been growing registered organic fruit and vegetables at Werndolau

Farm, between Llandeilo and Llanarthne, for 15 years. Ten acres of south-facing land are used for growing, and the farm also has six commercial-size polytunnels.

Fresh produce is ordered by and delivered to local people every week. More than 150 households order through the Organics to Go box scheme.

#### **20) Rhyd-y-Gwin Farm**

*Temple Bar, Felinfach, Lampeter SA48 7SA*

*Tel: 01570 471432*

*Email: rhydygwinfarm@talktalk.net*

Fresh high-quality organic vegetables and soft fruit grown by Phil and Michelle Drayton, also home-made preserves.

Hardy perennials such as campanulas, hardy geraniums, irises. Regulars at Llansawel Market in the village hall, 3<sup>rd</sup> Saturday of month, and the people's market, 2nd & 4th Saturdays, in the Victoria Hall, Lampeter.

### 21) **Troed y Rhiw Farm**

*Llwyndafydd, Llandysul SA44 6BY*

*Tel: 01545 560475*

*Website: [www.troedyrhiwfarm.co.uk](http://www.troedyrhiwfarm.co.uk)*

*Email: [info@troedyrhiwfarm.co.uk](mailto:info@troedyrhiwfarm.co.uk)*

Nathan Richards and Alicia Miller produce Soil Association certified organic vegetables, soft fruit, herbs and flowers, on their farm Troed y Rhiw, sold through their own box scheme and local producers' markets in Newport Pembrokeshire and Llangrannog, Ceredigion. You can also buy from their on-site farm stand with honesty box for immediate purchases – just stop by the farm. They also supply to local shops and restaurants in the area including Llys Meddyg in Newport and the Hungry Trout in New Quay.

You can also visit the farm for courses and events including beekeeping and wild food foraging weekends (run with New Quay Honey Farm and Wild Pickings). Visit on the Farm Open Day, August 8<sup>th</sup> 2015.

To find out more, search Facebook for Troed-Y-Rhiw Farm.

## **and REPRESENTING PRODUCERS**

### 22) **Grown in the UK**

*Tel: 01544 300401*

*Website: <http://www.grownintheuk.co.uk>*

*Email: [david@grownintheuk.co.uk](mailto:david@grownintheuk.co.uk)*

Experienced grower David Darrell of Llanwrda is expanding and developing the Grown in the UK website, which lists member businesses in the UK and Ireland. The website is devoted to quality food, ornamentals and wood from growers in Wales and elsewhere in the British Isles. Find where it was grown, where you can buy it and, for edibles, where you can eat it. The website was a finalist for two awards at the UK Grower Awards 2014.

## RETAILERS

### 23) **Cooper the Butchers**

*Smithfield House, 4 Carmarthen Street,  
Llandeilo SA19 6AE*

*Tel: 01558 823463 Mob: 07720 287086*

*Email: [jhcooper2012@hotmail.co.uk](mailto:jhcooper2012@hotmail.co.uk)*

*Website: [www.cooperthebutchers.co.uk](http://www.cooperthebutchers.co.uk)*

Welsh Black and Hereford beef,  
Pembrokeshire free-range chicken, Welsh  
lamb, Dinefwr venison, free-range pork.  
Burgers, bacon, faggots, sausages – Llandeilo,  
Old Mercian, Smokey, Garlic, many more  
flavours. Local deliveries. Shop open 8am-  
5.30pm Mon-Wed and Fri, closing 1pm Thurs  
and 4.30pm Sat.

### 24) **Cwmcerrig Farmshop and Grill**

*Gorslas, Llanelli SA14 7HU. Tel: 01269  
844405*

*Website: [www.cwmcerrigfarmshop.co.uk](http://www.cwmcerrigfarmshop.co.uk)*

*Email: [info@cwmcerrigfarmshop.co.uk](mailto:info@cwmcerrigfarmshop.co.uk)*

The Watkins family's farm diversification has created a popular farm shop and café, open 8am to 5pm Mondays to Saturdays, 10am to 4pm on Sundays and Bank Holidays.

The farm shop aims to promote local produce which travels as small a distance as possible between farm and plate. There are Hereford beef and Texel-cross lamb from Cwmcerrig Farm itself, other local meats, sausages, quiches, pies, eggs, fresh vegetables and fruit, bread and baked goods, cheeses, milk and other dairy goods, confectionery and more.

*See also under Restaurants, Cafés, Fast Food and Stalls*

### 25) **Cwmdu Shop**

*Cwmdu, Llandeilo SA19 7DU. Tel: 01558  
685088*

*Website: [www.cwmdu.org](http://www.cwmdu.org)*

The tiny village of Cwmdu, south of Talley, offers a shop and post office in historic premises. The community shop sells local

foods including pies and bread, as well as organic and Fair Trade products and household essentials. More details on Facebook, or send your email address to be included on the mailing list. Opening hours for shop and post office, Tuesday to Friday 9.30am-1.30pm, Saturday 9.30am-12 noon.

Next door the Cwmdy Inn is open during shop times and Wed-Sat 7pm-11pm. There is a restaurant seating 19, serving bar meals every Saturday evening. It is available for hire for events, parties and meetings.

There are regular events such as Folk Night on the first Friday of each month, the annual Boat Race (May 4<sup>th</sup> in 2015), a summer picnic in June, and Apple Day in October. The villages of Cwmdy and Talley unite for a summer fair, in 2015 is in Talley on July 11<sup>th</sup>.

#### **26) Dewi Roberts Butchers**

*16 Towy Terrace, Ffairfach, Llandeilo SA19 6ST. Tel: 01558 822566  
Website: [www.dewirobertsbutchers.com](http://www.dewirobertsbutchers.com)*

*Email: [info@dewirobertsbutchers.com](mailto:info@dewirobertsbutchers.com)*

Dewi Roberts' shop is noted for Saltmarsh lamb, Welsh beef, free-range pork and bacon, game, home-made sausages and burgers and home-cooked meats and pies. The shop also sells wines, preserves, Welsh cheeses and fresh fish. Customers travel from far away, but if you prefer to order from your armchair, you can select meat packs at [www.dewirobertsbutchers.com](http://www.dewirobertsbutchers.com). Delivery is by overnight courier.

#### **27) Jac's Fruit and Veg**

*Heol y Dderi, Llanybydder*

*Tel: 07817 101794*

Greengrocer in Llanybydder, also with regular and friendly van service for several villages in north Carmarthenshire and south Ceredigion.

On Facebook under Jac's Fruit & Veg.

#### **28) Just So Scrumptious / O Mor Braf**

*4 Kings Road, Llandovery SA20 0AW. Tel: 01550 720824*

*Email: omorbraf@gmail.com*

Elizabeth McGill's delicatessen selling a cornucopia of foods chosen for flavour including her own homemade ranges of pies, sausage rolls, quiches, cakes and biscuits. Local fresh salads, cheeses, eggs, cooked meats, pâtés, terrines, honey, preserves, apple juice. Sandwiches, salads, soups and more for take-away lunches. Also now a café serving all the homemade food, or choose from the charcuterie and cheese platters. Wales True Taste award winner.

Emphasis on produce from within 15 miles of Llandovery, to support the local economy and minimise food miles. Open Monday to Saturday 9am to 5pm.

### **29) Llansawel Market**

Llansawel Village Hall, third Saturday of the month, 10am-1pm.

'Village shop' at regular intervals. Produce from local suppliers including Cegin Pantygwin

(cakes, bread, quiches, pies), Fferm Tyllwyd (organic beef, also eggs), From the Hedge Rose (rare-breed pork products), Rhyd-y-Gwin Farm (vegetables, plants and preserves) and Simply Caws (Welsh cheeses). Foods and crafts to buy, refreshments. Contact Bill Davis, tel 01558 685696, email bill.davis@lineone.net.

### **30) Mathews Butchers**

6 Stone Street, Llandovery SA20 0JR. Tel: 01550 721277

Website: [www.mathewsbutchers.co.uk](http://www.mathewsbutchers.co.uk)

Email: [info@mathewsbutchers.co.uk](mailto:info@mathewsbutchers.co.uk)

High quality Welsh lamb, beef, pork, bacon. Homemade sausages, meat pies, sausage rolls. Much meat from local farms. Family run, open Mon-Sat inclusive.

### **31) Simply Caws**

Email: [timmartin200@icloud.com](mailto:timmartin200@icloud.com)

Selling artisan cheeses produced within about 30 miles of Lampeter – and there is a wide

choice, such as Teifi, Hafod, Caws Cenarth. Stall at the People's Market in Victoria Hall, Lampeter, 2<sup>nd</sup> and 4<sup>th</sup> Saturdays of the month, and Llansawel Market in the village hall, 3<sup>rd</sup> Saturdays. On Facebook, look for Simply Caws.

## **RESTAURANTS, CAFÉS, FAST FOOD and STALLS**

### **32) Blas o'r Tan**

*Tel: 07976 945245*

*Email: [thomas.bean@gmail.com](mailto:thomas.bean@gmail.com)*

Tom and Lara Bean from Myddfai have a mobile wood-fired pizza oven and pop-up kitchen in which they cook at events, festivals and private functions such as weddings. Hand-made fresh pizzas savoury and sweet, salads, hot and cold drinks. Using organic stoneground flour of Felin Ganol Watermill, Llanrhystud, Ceredigion, whenever possible,

Welsh cheeses and other local foods plus foraged ingredients such as samphire, nasturtiums, asparagus and blackberries. Latest information on the Blas o'r Tan Facebook.

### **33) Cwmcerrig Farmshop and Grill**

*Gorslas, Llanelli SA14 7HU. Tel: 01269 844405*

*Website: [www.cwmcerrigfarmshop.co.uk](http://www.cwmcerrigfarmshop.co.uk)*

The Watkins family's farm diversification has created a popular café at the farm shop, open 8am to 5pm Mondays to Saturdays, 10am to 4pm on Sundays and Bank Holidays.

The café serves large portions of freshly cooked food at fair prices. Both the shop and café are accessible to wheelchairs. For children, there is an outdoor play area.

*See also under Retailers*

### **34) Four Seasons Cafe and Shop**

*Nantgaredig, Carmarthen SA32 7NY. Tel: 01267 290014*

*Website: [www.fourseasonswales.co.uk](http://www.fourseasonswales.co.uk)  
Email: [enquiries@fourseasonswales.co.uk](mailto:enquiries@fourseasonswales.co.uk)*  
Café is open 5 days a week, serving lunches, afternoon teas and coffee. Beer, cider and wine is sold as well as gifts and local produce. Cyclists and walkers welcome, parties by arrangement. Opening hours Sat 10am-4pm; Mon, Wed, Thur, Fri 11am-5pm.

### **35) Lasswade Country House Hotel and Restaurant**

*Station Road, Llanwrtyd Wells, Powys LD5 4RW. Tel: 01591 610515  
Website: [www.lasswadehotel.co.uk](http://www.lasswadehotel.co.uk)  
Email: [info@lasswadehotel.co.uk](mailto:info@lasswadehotel.co.uk)*  
Roger and Emma Stevens' country house hotel, award winners for Green Tourism and Sustainable Food, has four star accommodation and a restaurant open in the evenings, specialising in fresh local food. Roger was formerly head chef at the Waldorf Hotel in London, and gives cooking demonstrations.

### **36) Llandeilo Country Market**

*Llandeilo Civic Hall, Crescent Road (opposite entrance to Llandeilo's main carpark)*  
Locally grown and freshly baked produce, on sale in Llandeilo Civic Hall on Friday mornings 8am to 12 noon. Wide variety – fairy cakes to quiches, courgettes to redcurrants, bean plants to pansies. Craft items ideal as gifts. Free entry. New members welcome, to sell their produce, plants and crafts.

### **37) The Lusty Hog**

*Cwtch Farm, Rhiwfawr, Swansea SA9 2RL.  
Tel: 01639 831036 / 07749 363351 / 07845 788208  
Website: [www.thelustyhog.co.uk](http://www.thelustyhog.co.uk)  
Email: [thelustyhog@talktalk.net](mailto:thelustyhog@talktalk.net)*  
Hog-roast catering, many happy customers at the 2014 Llandovery Sheep Festival. Selling succulent pork rolls, prime Angus burgers, large hot dogs, bacon rolls, teas, coffees, soft drinks. Available for any occasion.



**38) Valans**

*29 High Street, Llandybie, SA18 3HX*

*Tel: 01269 851288*

*Website: [www.valans.co.uk](http://www.valans.co.uk)*

*Email: [enquiries@valans.co.uk](mailto:enquiries@valans.co.uk)*

Family-run independent restaurant in the village of Llandybie, now in its tenth year. Everything is made 'in house' from the bread to mayonnaise, dressings, stocks and ice cream. They say "If we don't make it then it isn't on the menu!" The menus make the most of fresh local ingredients including salt marsh lamb from the Gower and line-caught fish from Burry Port. Valans is open lunchtimes and evenings Tuesday to Saturday.

**39) Wright's Food Emporium**

*Golden Grove Arms, Llanarthne SA32 8JU*

*Tel: 01558 668929*

*Website: [www.wrightsfood.co.uk](http://www.wrightsfood.co.uk)*

*Email: [maryanne@wrightsfood.co.uk](mailto:maryanne@wrightsfood.co.uk)*

Popular café and delicatessen. Local specialities including Seren & Handmade

Brewery beer, Towy sewin, Hafod Cheddar cheese, Charcutier bacon and much more. Open Mon, Tues 11am-7pm; Wed, Thur 9am-7pm; Fri, Sat 9am-10pm; Sun 11am-5pm. Car park.

**Our Sponsors**

**The Green House, 91 Rhosmaen Street, Llandeilo**

Selling new Fairtrade goods and eco-friendly toiletries, 2<sup>nd</sup>-hand clothes, books, many other items. Run by volunteers who fundraise to finance projects/ campaigns focussed on social and environmental responsibility. Tel 01558 822646

**Dodd Racher Ltd, Llansawel, Llandeilo**

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## STOP PRESS

### **40) Y Pantri**

*83 Rhosmaen Street, Llandeilo SA19 6HD*

*Tel: 01558 328206*

Local foods, and ranges of gluten-free, vegetarian and vegan products. Suppliers include Calon Wen organic milk, butter and cheese, Goo's Garden preserves, breads from Popty Patagonia, Rachel's Dairy yogurt, herbs and herbal products from Liliwen Herbs, and baked tarts, quiches and pies from Waverley Stores and Vegetarian Restaurant, Carmarthen. Honey, coconut milk, fruit juices, fruit and vegetables, lots of ingredients, foods for special occasions.

Opening hours: Tues-Thur and Sat 9.30am-3pm, Fri 9.30am-6pm. Deliveries within Llandeilo town.

# **LLANDEILO & TYWI**

## **LOCAL FOOD GUIDE 2015**

**See the back cover for a location map**

