

# Ffrwythau a Llysiau yn eu Tymor

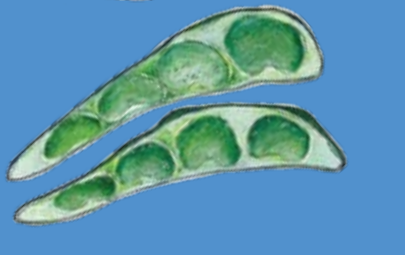
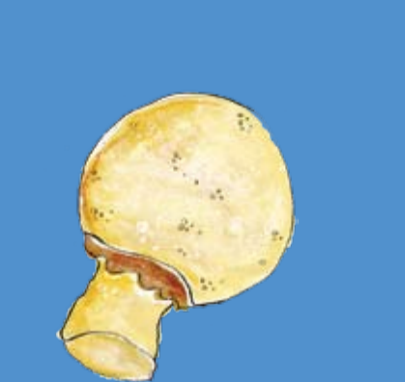
## Fruit and Vegetables in Season



Llywodraeth Cynulliad Cymru  
Welsh Assembly Government



		Ionawr January	Chwefror February	Mawrth March	Ebrill April	Mai May	Mehefin June	Gorffennaf July	Awst August	Medi September	Hydref October	Tachwedd November	Rhagfyr December
afalau	apples												
wyllys	aubergine												
ffa	beans (broad)												
ffa ffrengig	beans (french)												
ffa dringo	beans (runner)												
betys	beetroot												
mwyar duon	blackberries												
brocoli	broccoli												
bresych	cabbage												
moron	carrots												
blodfresych	cauliflower												
seleri	celery												
ceirios	cherries												
courgettes	courgettes												
ciwcymbr	cucumber												
cwrens	currants												
garleg	garlic												
airin Mair	gooseberries												
cennin	leeks												
letys	lettuce												
mange tout	mange tout												
maros	marrow												
madarch gwyllt	mushroom (wild)												
tatws newydd	new potatoes												
winwns	onions												
pannas	parsnips												
pys	peas												
gellyg	pears												
airin	plums												
tatws	potatoes												
pwpenni	pumpkins												
radisy	radishes												
mafon	raspberries												
riwbob	rhubarb												
sbigoglys	spinach												
shibwns	spring onions												
sbrowts	sprouts												
mefus	strawberries												
swêds	swede												
india corn	sweetcorn												
tomatos	tomatoes												
maip	turnips												
berw dwr	watercress												



D23900809 CMK-22-02-296