



PARAMAETHU  
CYMRU WALES

Grŵp Paramaethu Llambod  
Lampeter Permaculture Group

## 2026 LAMPETER COMMUNITY APPLE JUICING

at Lampeter Market  
Sat 26 Sept 10am-12.30pm

Bring your apples +  
1 or 2 clean glass/plastic bottles,  
to make juice for yourself & others  
with help from  
Lampeter Permaculture Group

We will juice all apples together to  
create a Lampeter blend to share

Come and enjoy creating  
some lovely juice for us all to taste!



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## SUDDO AFALAU CYMUNEDOL LLANBED 2026

ym Marchnad Llambod  
Sadwrn 26 Medi 2026 10yb-12.30

Dewch â'ch afalau a  
1 neu 2 botel wydr/blastig lân,  
i wneud sudd i chi'ch hun ac eraill  
gyda chymorth  
Grŵp Paramaethu Llambod

Byddwn yn suddo'r holl afalau gyda'n gilydd  
i greu cymysgedd Llanbedd i'w rannu

Dewch i fwynhau creu  
sudd hyfryd i ni i gyd blasu!

