

## Lisa Larkin

### *Durrow Mills*



#### CONTACT DETAILS

T: + 353 86 3056553  
E: [info@durrowmills.com](mailto:info@durrowmills.com)  
[www.durrowmills.com](http://www.durrowmills.com)  
[facebook.com/durrowmills](https://facebook.com/durrowmills)



As a mother of four young children, Lisa Larkin was always on the lookout for healthy and nutritious food. This passion and interest led her to discover sprouted grains, which are healthier because the sprouting returns the whole grain to a plant state, allowing the body to digest it more easily.

As sprouted flour was only available to buy from the USA, Lisa — who was commuting from Kiltbeggan, Co Westmeath to a job as a clinical embryologist in Dublin — decided to make the flour herself.

It took her 18 months to perfect the recipe and in March 2016, she launched Durrow Mills, becoming the first person in Ireland to produce sprouted flour.

Since Ireland doesn't have the ideal climate conditions to grow the high-protein wheat grain, Lisa imports grain from abroad, sprouts it and then mills it herself in a stone ground mill.

She produces a range of organic sprouted grain flours, including wheat and rye, and will be launching a few more flours this year. Last year, Durrow Mills' Organic Sprouted Fine Milled Wheat Flour won Chef's Choice at the Blas na hEireann Irish food awards.

Getting a new business off the ground has its challenges and Lisa credits ACORNS for helping her drive the business forward. By engaging with other women in business, she was able to bounce ideas and problems off them and create milestones for the company.

Durrow Mills flours and products, which are stonemilled fresh to order, are available online and in over 65 stores nationwide as well as being supplied as bulk orders for bakeries and food manufacturers.

*Providing early stage female entrepreneurs, living in rural Ireland, with the knowledge, support and networking opportunities to meet and even exceed their current aspirations.*