

Denise Rocks

Little Green Growers



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Little Green Growers mission is to make it easy to grow sustainable organic food & flowers at home with an online range of Irish certified organic plants, seeds and gardening supplies.

Denise set up Little Green Growers with her husband on her small certified organic farm at her home in Spiddal, Co Galway in April 2018. Initially, Little Green Growers produced organic edible flowers and other garnishes for restaurants, but when COVID-19 hit the restaurants closed. At the same time, it was clear that there was a demand for plants produced without the harmful chemicals that are common in the horticulture industry. In May 2020 the business pivoted to produce certified organic salad, vegetable, tomato and flower seedlings for home gardeners.

Since then, the company has received national print and television media coverage and won an award. Production capacity has also increased and the range has expanded to include larger plants as well as certified organic seeds, compost and other supplies for a sustainable garden.

All products can be ordered online at www.littlegreengrowers.ie and delivered nationwide in zero waste packaging.

Little Green Growers also offers a 'Garden Guru' advice service to help home gardeners on their growing journey, as well as an online community group for gardeners who want to grow their own food in harmony with nature .

As Denise is a first time entrepreneur she found some aspects of getting started tough, but with the support of her fellow ACORNS participants, she was motivated to keep going and now her business is thriving.

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



An Roinn Talmhaíochta,
Bia agus Mara
Department of Agriculture,
Food and the Marine