

Lisa Larkin

Durrow Mills



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As a mother of four young children and graduate of UCD Agricultural Science, Lisa Larkin is 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.

It took 18 months to perfect the recipe and in March 2016, she launched Durrow Mills, becoming the first person in Ireland to produce sprouted flour. The grain is rehydrated, sprouted and then milled in a stone ground mill at the production unit in Kibbegan. Lisa produces a range of organic sprouted grain flours, including wheat, rye, buckwheat, amaranth and a new bakers all purpose mix. Durrow Mills' Organic Sprouted Fine Milled Wheat Flour and Organic Sprouted Buckwheat Flour won the Chef's Choice award at the Blas na hEireann Irish food awards in 2017 and 2020 respectively and are proving to be the most popular flours in the range.

In addition, she setup a small bakery in September 2018, to supply the midlands region. The bakery specialises in organic sprouted sourdoughs using Durrow Mills flours, and also allows testing of batches and R&D of new flours while gaining customer feedback at the same time.

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 stone milled 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. The company has started to export this year and is working with a number of companies in the UK, France and Spain. Now a client of Enterprise Ireland, Lisa has recently been accepted on to the European Rising Food Stars programme.

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