

Rosemary O'Shea

Tullahay Farm

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Rosemary O'Shea always had a keen interest in natural foods and healthy eating. She grew up on a dairy farm in South Tipperary where her grandmother drank whey and believed in its natural goodness.

Fast forward to a time when Rosemary's career path changed. Having spent 25 years in the insurance industry, a shortage of available farmhands compelled Rosemary into working alongside her husband Jim on their dairy farm in Tulllohea in South Tipperary.

A return to her roots and the production of whey-based drinks and curd-based soft cheeses was inevitable. Even more so when she researched further into her grandmother's long held beliefs. And yes, she has wonderful health giving properties in that it contains all the essential amino acids, gut-friendly bacteria, natural electrolytes, minerals and vitamins.

As a zero-waste company, Tullahay Farm produces soft cheeses from the curds left over from producing the whey drinks.

Rosemary's current product range includes two flavoured whey drinks: Mango and Passion fruit (Bronze winner at 2020 Blas na hÉireann Awards), and Raspberry (Gold Winner at 2021 Blas na hÉireann Awards). These drinks also won honours at the Great Taste Awards 2021.

Her soft cheeses are available in both natural and savoury flavours: Tullahay Farm Natural Soft Cheese, a multi award winning cheese (Great Taste Awards 2021, Cais Bronze Award 2021 and Artisan Cheese Awards UK Bronze Award 2022), Tomato, Basil and Garlic (Artisan UK Awards Silver 2022) and Honey and Chilli Flavour also.

These products are available in selected SuperValu stores, Ardkeen Stores and Sheridan's cheesemongers as well as online.

"As an early stage female entrepreneur, I found the round table discussions at ACORNS invaluable. There I could ask questions, share my struggles and gain advice and mentoring from other businesswomen".

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