

# Grow A Cress Head

Growing your own food is fun and delicious, so why not give these cress heads a try



What you need:

Tape cress seed packet above

- A packet of cress seeds
- Empty yoghurt pot, eggshells or similar
- Cotton wool
- Felt tips or paint to decorate
- Scissors

What to do:

1. Draw or paint a funny face on your empty pot or eggshells.
2. Wet some cotton wool and place it at the bottom of your eggshells or pot. Make sure you leave a gap between the cotton wool and the top of each eggshell or pot.
3. Sprinkle the cress seeds onto the wet cotton wool. Try and make sure the seeds are evenly spread over the cotton wool. Press the seeds down gently with your finger.
4. Put your eggshells or pot in a sunny, warm spot like a windowsill for seven to ten days and watch your cress grow.
5. Remember to sprinkle the seeds with a little water every day so that the cotton wool stays moist.
6. When the cress gets long enough, you can give your cress head a haircut! Why not try the cress stalks in a delicious egg sandwich – yum!