

GROW YOUR OWN CRESS HEAD

Growing your own food can be lots of fun and you can't get fresher food to eat and enjoy! Why not try growing your own cress head? It grows quickly and doesn't need soil.



HOW TO:

- 1 Enjoy a yoghurt, then wash the pot out.
- 2 Using your pens or paints, draw eyes, a nose and a mouth on your pot. you might like to paint the pot a different colour first.
- 3 Wet some cotton wool and put it in the bottom of the pot. You will need to leave a gap of about 2 - 3 centimetres, which is around half your thumb's length, between the cotton wool and the top of the pot.
- 4 Put some cress seeds onto the cotton wool. Make sure the seeds are spread evenly all over the cotton wool. Press them down a little bit into the cotton wool.
- 5 Put your pot somewhere that gets daylight and is warm. A windowsill is a good place to put it. Check your pot every day to see if your cress is growing. This should happen after about seven days.
- 6 Your cress is grown when it has got green leaves at the top of its stalks. When your cress has grown, you can either keep your cress head, or you can cut the tops of the cress off and eat them in a sandwich!

YOU NEED:

- A packet of cress seeds
- Clean, empty yoghurt pots.
- Cotton wool
- Felt-tip pens or acrylic paint



Safety tip

Ask an adult before you make your cress-head, so that they can make sure everything you are using is safe.

