



## **Harry's Cress Heads**

Follow these simple steps to quickly grow your own cress and see the rewarding benefits that planting has to offer.



### ***What you will need:***

- Cress seeds
- Egg shells or yoghurt pots
- Kitchen roll
- Cotton wool
- Felt tips or paint

### ***What to do:***

1. If you are using eggs, carefully remove the tops, leaving the bottom two-thirds of the shells intact. Empty the shells (save the eggs for another time), then carefully wash them out.
2. Decorate the shells or yoghurt pots with pens or paint and leave them to dry.
3. Dip the cotton wool balls in a little water, squeezing off any excess. Place 1 ball inside each shell/pot, then sprinkle 1 tsp cress seeds onto each one.
4. Sit the pots, or filled shells in eggcups, and leave in a dry, well-lit place for a week – a windowsill is perfect.
5. Your cress will start to grow within a few days; then pick and enjoy.