

Grow Cress

- Useful link to help you grow cress –

<http://www.planet-science.com/categories/under-11s/our-world/2011/07/grow-a-cress-head!.aspx>

Equipment and items you need –

- Cress seeds – most supermarkets have these
- Cotton wool balls or pads or paper towel
- Water
- Plate

Step by step what you need to do –

- Put cotton wool pads or balls or paper towel on a plate
- Scatter seeds on top
- Pour water on top
- Put plate on windowsill
- Watch them grow

- **Once fully grown by week 5, you can make an egg and cress sandwich – recipe below:**

<https://www.bbcgoodfood.com/recipes/egg-cress-club-sandwich>