**Cress heads**

Cress is a very fast growing plant and is great in salads, sandwiches or as a garnish. Why not make a funny face to grow your cress in?

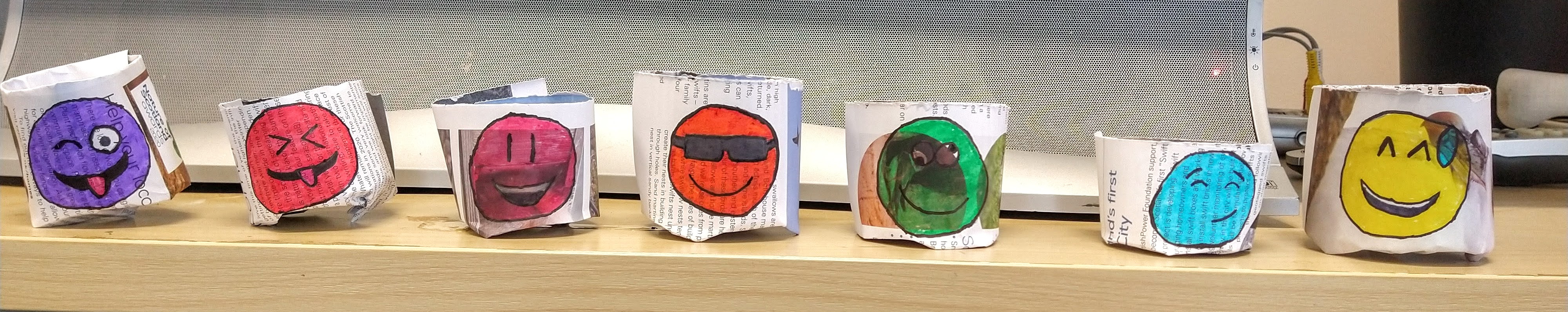
**You will need:**



* Paper pot\* **or** empty yogurt pot (or similar container)
* Permanent marker
* Cotton wool
* Cress seeds
* Water

\*You can find a video we made showing you how to make a paper plant pot on our [YouTube channel.](https://www.youtube.com/watch?v=ed87do6x03U&list=UUtNhmtOwuleYNiBMqouMBqA&index=11)

**Step 1.**



Use the permanent marker to make a funny face on your pot.

**Step 2.**



Fill the pot with cotton wool and slowly add water until the cotton wool is damp, not soaking.

**Step 3.**



Sprinkle the cress seeds over the surface of the cotton wool.

**Step 4.**



Place your pot in a warm, light place such as a window sill and wait for the cress to germinate! Keep the cotton wool damp, the seeds should start sprouting in a few days.

**Step 5.**

When the cress seedlings get to a few centimetres long then you can snip them off and enjoy them in a salad or sandwich.

Have fun and don't forget to show us how you get on!