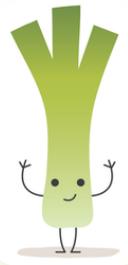
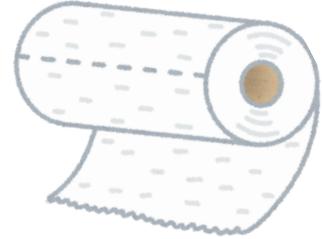


CRESS HEAD WITH LLEWELLYN LEEK



WHAT YOU'LL NEED:

- Cress seeds
- An empty egg shell, yoghurt pot or paper cup
- Felt-tip pens or paint and paint brushes
- Kitchen roll
- Cotton wool
- Water
- Teaspoon



HOW WE DO IT:

1. Decorate the empty egg shell, yoghurt pot or paper cup using the felt-tip pens or paint and paint brushes. You and your child could draw funny faces so when the cress grows it'll look like green hair.
2. Wet some kitchen roll and place it at the bottom of your decorated egg shell, yoghurt pot or paper cup.
3. Then, wet some cotton wool and place this on top of the kitchen roll. Leave a small gap (about 2 – 3cm) between the cotton wool and the top of the eggshell, yoghurt or paper cup.
4. Sprinkle a teaspoon of the cress seeds evenly onto the wet cotton wool. Press them down gently with your finger tips.
5. Put in a warm place that gets plenty of sunlight, like a windowsill, to grow
6. Add a little water every day to make sure the cotton wool remains moist. The cress should grow in 7 – 10 days.

LLEWELLYN'S TOP TIPS:

- When the cress has grown about 10cm, cut it with a pair of scissors and add to a sandwich or the quesadilla recipe.
- You can replace kitchen roll with cotton wool at the bottom of your cup.



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