

Cress is a tangy, peppery herb. It's delicious in salads, and added to egg sandwiches.

It's also really easy and fun to grow, and super-fast: you can harvest it in just a couple of weeks! You can grow it in any container - but why not try growing cress heads in egg shells, with living cress 'hair'?

## Popular cress varieties:

### Garden cress

Also called mustard cress. Perfect for 'cress heads'.

### Curly cress

Bigger, curlier leaves.

### Watercress

Likes running water - usually grows beside a stream.

## What you'll need:

- 2 teaspoons of garden cress seeds
- 2 eggs
- 2 cotton wool balls
- Felt-tip pens or acrylic paints
- A pair of scissors for harvesting!

## Why should you grow cress:

Cress may be a tiny plant, but it's packed full of vitamins, including:

### Vitamin A

Good for your vision, bones, teeth and skin - and important for your growth and immune system.

### Vitamin B1

Also known as 'Thiamine', good for reducing stress and increasing energy.

### Vitamin K

Needed for blood clotting, and to keep bones healthy.

## FUN FACT!

Cress seeds contain their own nutrients. That means it's self-sufficient, and can grow in very basic conditions - even without soil!



## Step 1: Prepare your eggs

- Carefully remove the tops from the eggs, leaving the bottom two-thirds of the shells intact.
- Empty the shells - and save the eggs for cooking with another time!
- Gently wash them out.
- Get creative! Decorate your shells with faces, using pens or paint, and leave them to dry.

## Step 2: Sow your cress

- Dip the cotton wool balls in water, and squeeze out.
- Place one ball inside each shell.
- Sprinkle a teaspoon of cress seeds onto each one.
- Put the shells in egg cups and leave them in a dry, well-lit place. A windowsill is perfect.

## Step 3: Harvest your cress

- Your cress will start to sprout in just a few days!
- It should grow out of the top of your egg heads after about a week.
- Your cress head should have a full head of hair within 15-20 days
- When it's long enough, carefully harvest your cress with a pair of scissors.
- Make a delicious egg and cress sandwich!