



Cress Heads

Growing seeds with children and showing them how plants grow is great fun, but it's also an essential part of their development. Children's gardening will give them a love of nature, and they'll develop an understanding and appreciation of how things grow and where food comes from. When they finally come to study how plants grow at school, they'll be able to put it into real-life context, and they'll have had a fantastic time getting their hands dirty! These cress heads are an easy way to start growing plants with children, but they're also a fantastic opportunity for the kids to get creative. Encourage them to make funny faces out of the yoghurt pots (or egg cartons), so that when the cress grows, it looks like silly green hair.

What you need:

- A pack of cress seeds (available from garden centres and some supermarkets)
- Empty yoghurt pots or egg cartons
- Kitchen roll
- Cotton wool
- Paints and glitter to decorate the heads

What to do:

1. Decorate and add features to your cress head pot or egg carton before you plant the seeds, maybe styling it on yourself or a family member!
2. Wet some kitchen roll and put it in the bottom of your head, then wet some cotton wool and place on top of the kitchen roll. Leave a 3 cm gap between the cotton wool and the top of the egg carton or pot.
3. Sprinkle a teaspoon of cress seeds onto the wet cotton wool, and press them down gently with your finger.
4. Place the cress heads in a warm place, exposed to daylight, like on the windowsill, and wait for your seeds to grown into tiny, delicious bushes of cress!
5. Don't forget to spray the seeds with a little water every day, to ensure that the cotton wool stays moist. Once your cress has grown to about 10 cm, chop the cress and add it to an egg and mayonnaise sandwich for lunch! Once the cress has been cut it won't re-grow, so why not make growing cress a regular activity with new seeds?