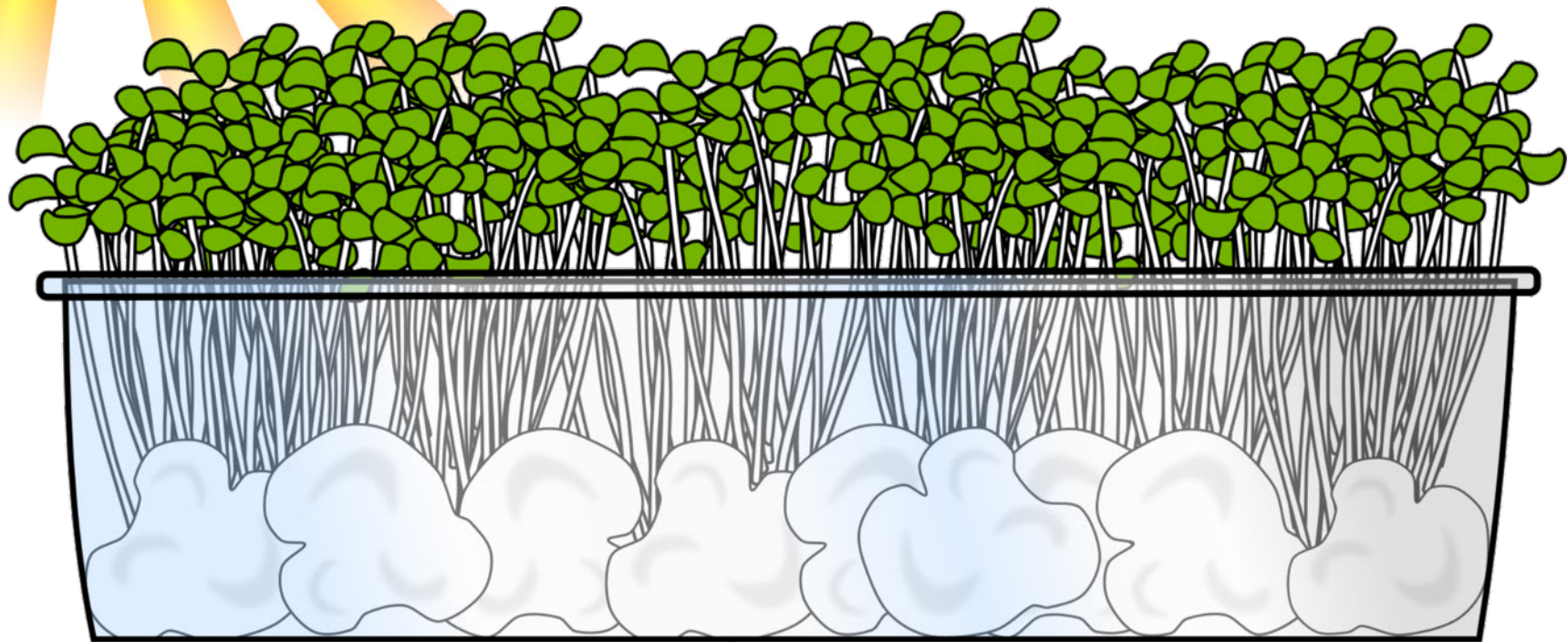




How to

Grow Cress

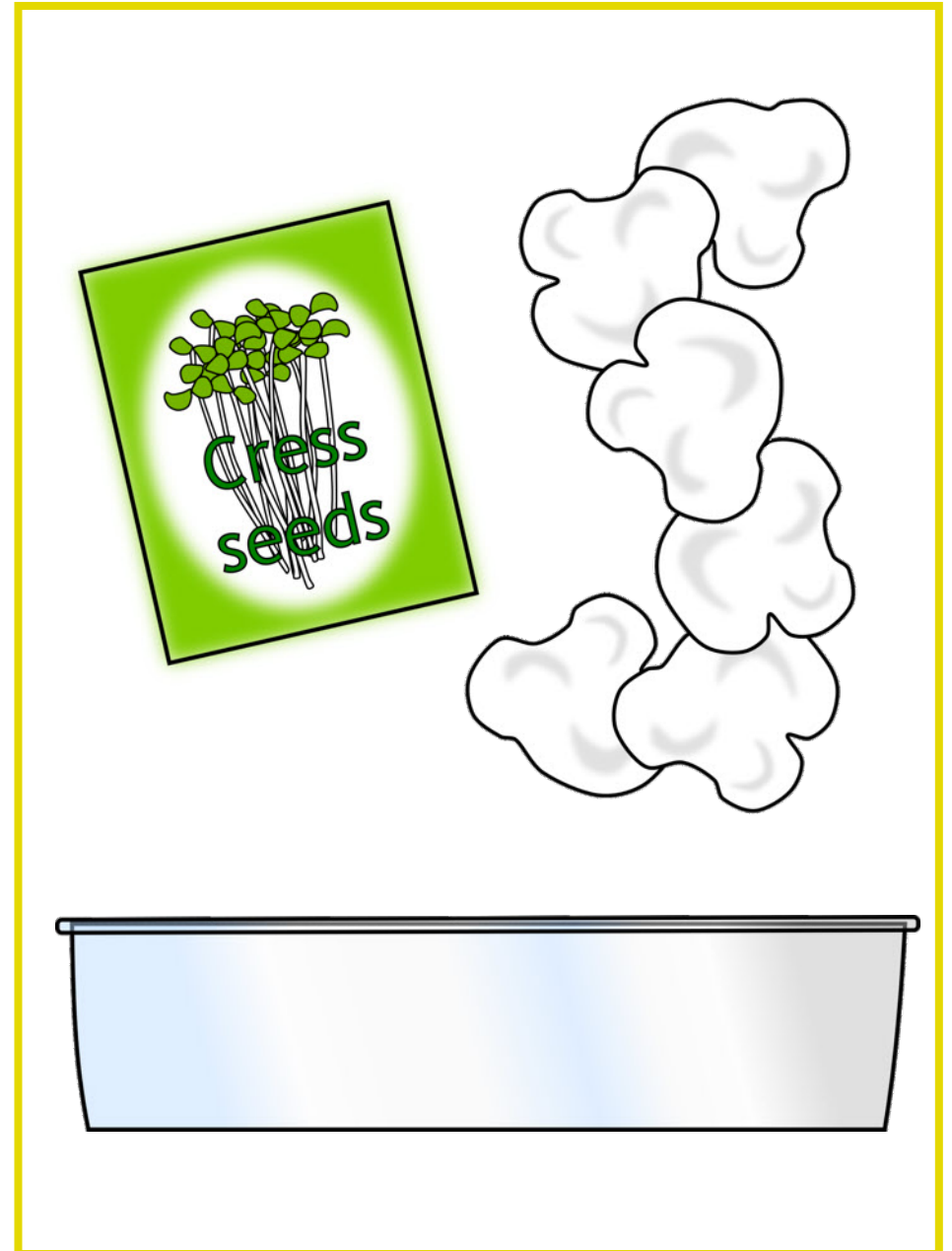


You will need:

cress seeds

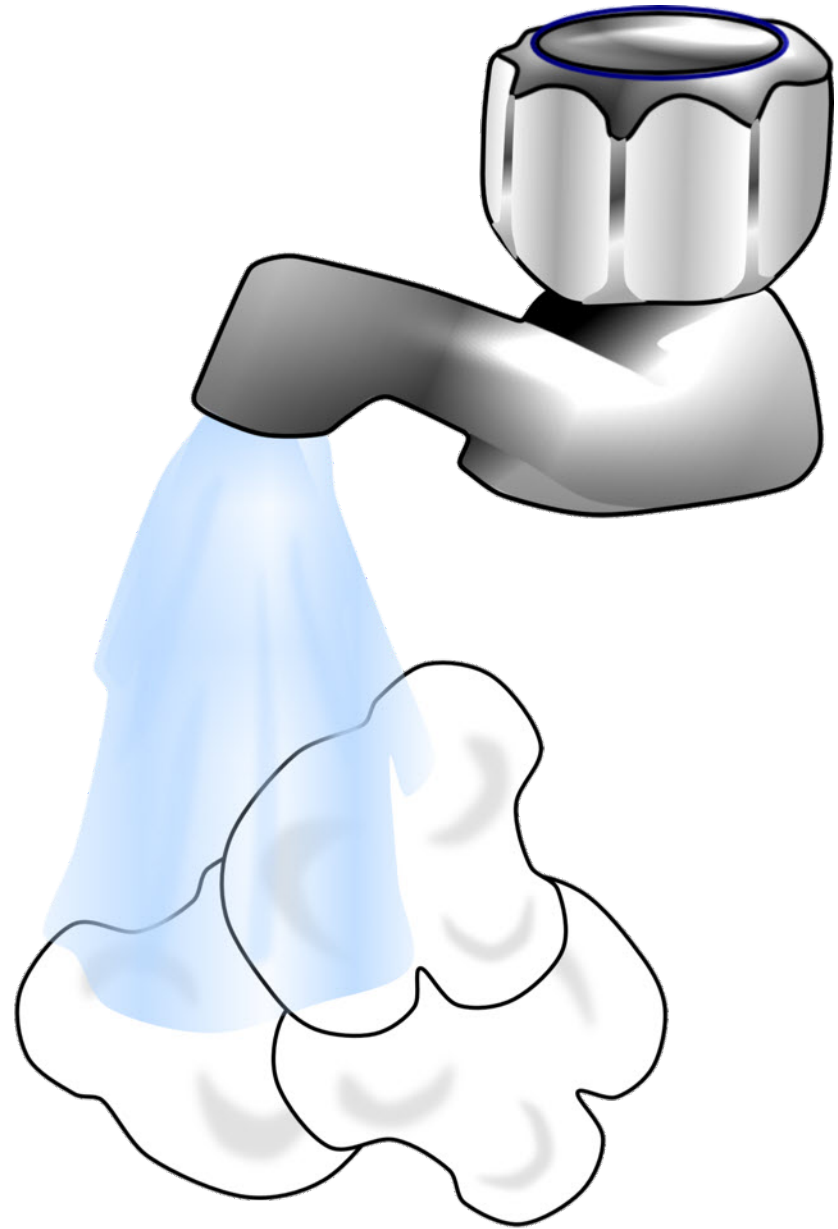
cotton wool

a plastic container



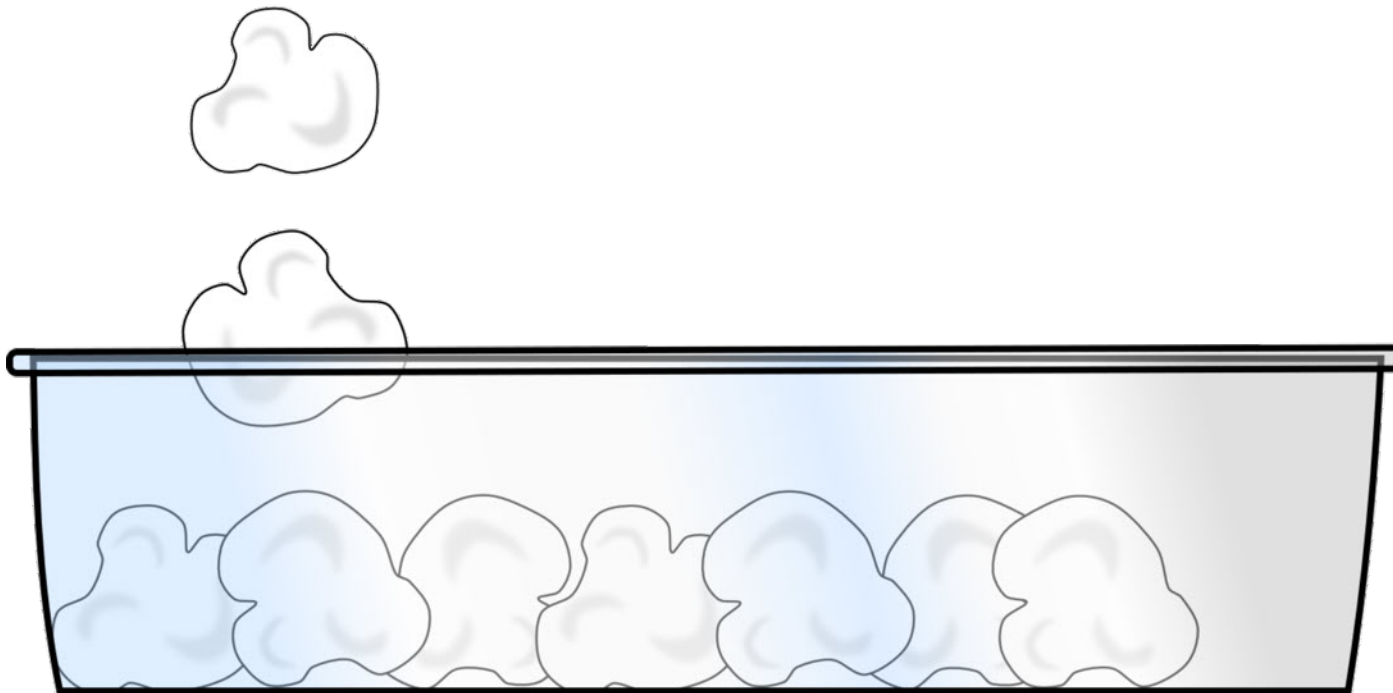
1

Wet some cotton wool.



2

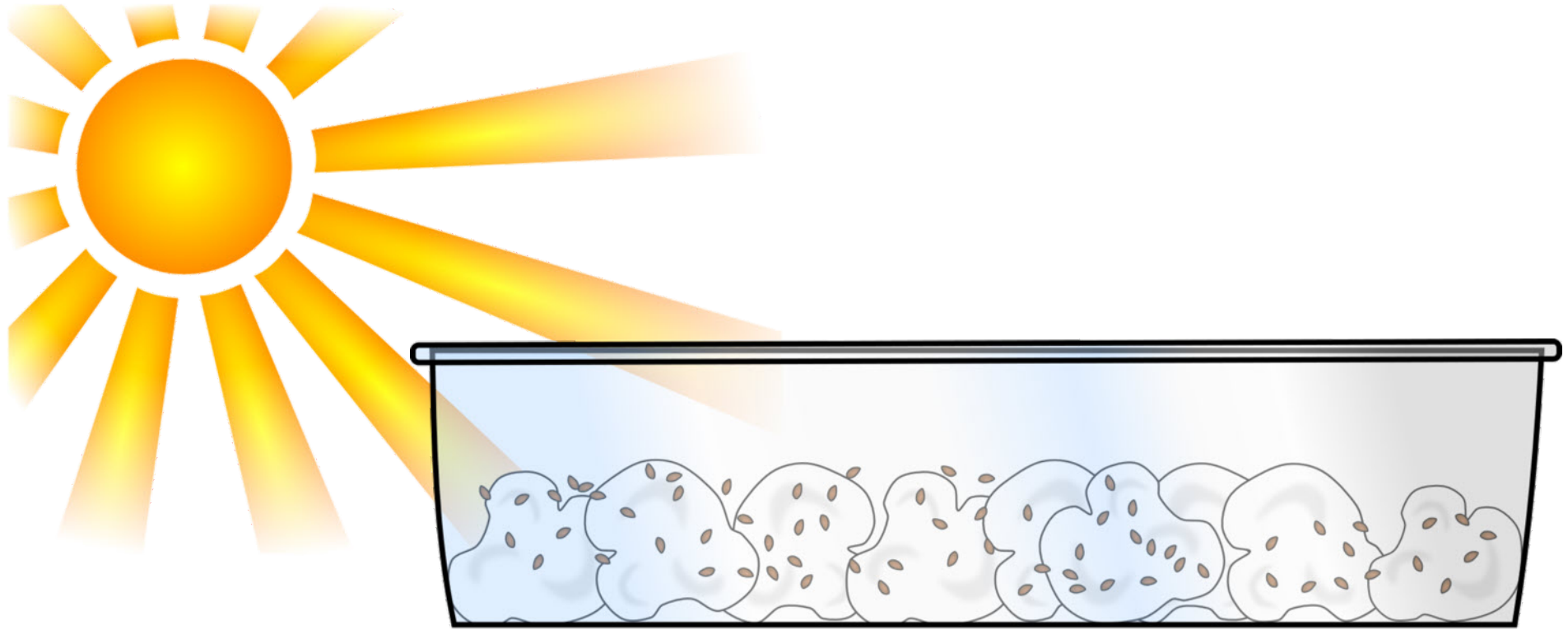
Put the cotton wool into your plastic container so that the base is covered.



3

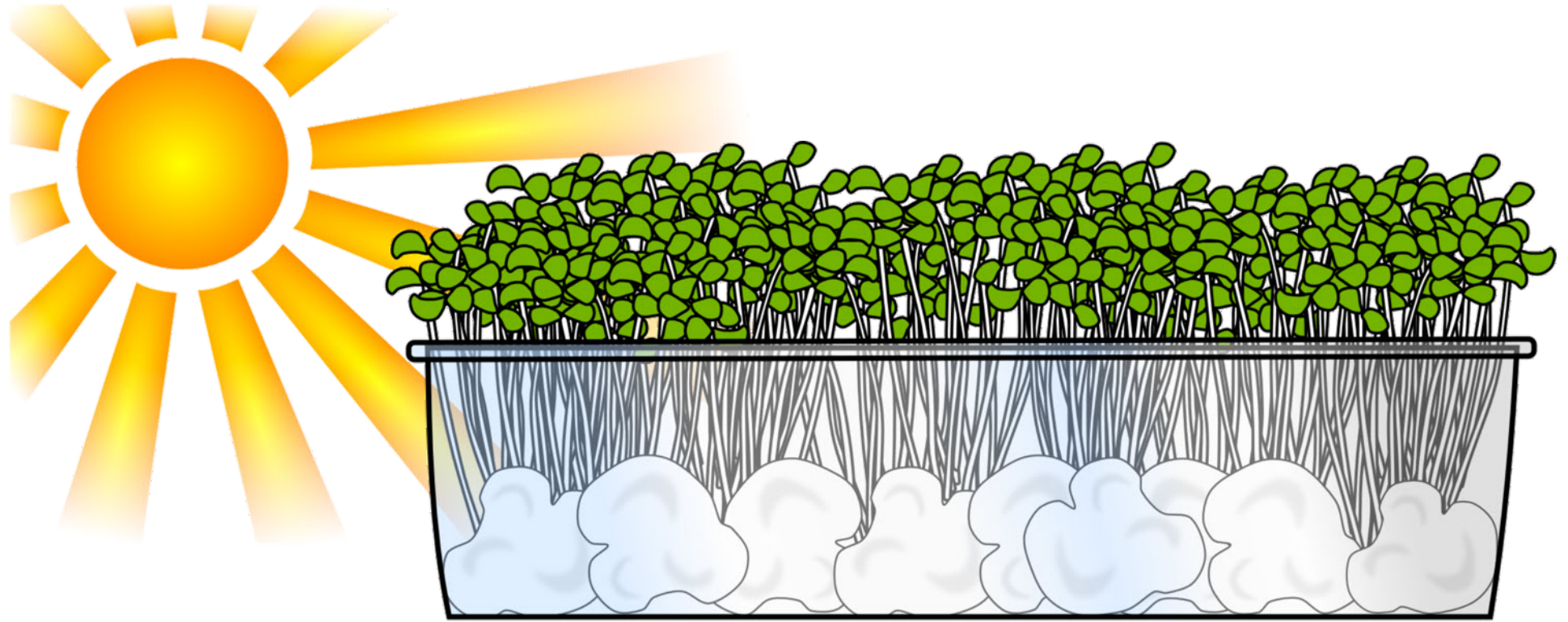
Sprinkle some cress seeds onto the cotton wool.





4

Put your container somewhere that is warm and light, such as a windowsill.



5

After about a week your cress should have begun to grow!