

# let's plant some CRESS HEADS!



1 Fill a plastic cup 3/4 full of soil.



2 Sprinkle seeds on top and press them lightly into the soil.



3 Spray with water to dampen.

4 Decorate a paper cup with paper, glue, and markers.

5 Place the plastic cup in the paper one.



6 Take your cress head home and place it in a sunny spot.

7 Keep the seeds damp and in a few days the seeds will germinate!

In a week or two they will be ready to harvest (and eat!).

## You will need:

- paper cup & a plastic cup that fits inside
- potting soil
- cress seeds
- markers
- glue stick
- paper scraps