

Cress

Cress is really quick and simple to grow. It's ready to enjoy in about a week and can be grown all year round.

Sowing

Put some wet cotton wool in the bottom of a cup. (Leave a couple of cms between the cotton wool and the top of the cup)

Sprinkle a teaspoon of cress seeds (buy these from a garden centre) on to the wet cotton wool and press them down firmly.

Place the seeds in a warmy, sunny spot such as a windowsill.

Check the seeds everyday to make sure the cotton wool doesn't dry out. Spray it with a little water to keep it moist.

Growing

After a day or two, you should be able to see the seeds growing.

Once the cress is 5 cm, cut it with a scissors and add it to your salad or sandwiches.

