

# CRESS

# COMPETITION



*Cress is a fast growing, edible herb. Once you've planted the seeds, they are ready to eat in 5-7 days.*

## TO GROW:

- All you need is some cress seeds, kitchen roll and a plastic tray or plate.
- Line the tray or plate with kitchen roll, and pour a bit of water on it.
- Sprinkle your cress seeds over the kitchen roll and place on a windowsill in the sun – remembering to keep the kitchen roll wet.
- Your cress should be big enough to harvest and eat in 5-7 days.

## WHERE WILL YOU GROW YOURS?



## DID YOU KNOW?

The very first sandwich, invented and eaten by the Earl of Sandwich, had cold roast beef and watercress as a filling!

## HOW WILL YOU EAT YOURS?



**WHY NOT GET CREATIVE?  
SEND YOUR PHOTOS IN  
TO US AND WE WILL SEND  
YOU SOME STICKERS!  
YOU MIGHT EVEN FEATURE  
IN THE NEXT MAGAZINE.**

