

Grow Your Own Cress

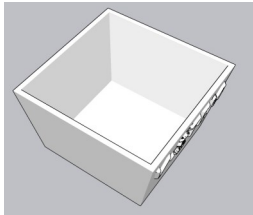
You will need:



Cotton Wool



Cress Seeds



V-STEM Plant Pot



Sprinkle of Water



Felt Pens



Paint

- 1) Decorate your V-STEM plant pot with felt pens or paint and leave to one side to dry.
 - 2) Once your plant pot has dried, add a little bit of water to your cotton wool then place your cotton wool into the plant pot.
 - 3) Scatter a thin layer of cress seeds over the top of your cotton wool.
 - 4) place you plant pot in a well lit, dry area (A windowsill is perfect)
 - 5) Sprinkle water over your seeds every day and watch your cress grow.
- You should usually start to see your cress growing after 5 days.

