

Cress heads

Growing cress heads is a fun activity for all ages, and it is so easy.

You will need

- Empty eggshells
- Waterproof ink or acrylic paint
- Paintbrush or pen
- Absorbent material (tissue, cotton wool)
- Cress seeds



What to do

- 1 Gather up the left over egg shells from breakfast, or carefully break a raw egg as near to the top as possible, tipping out the contents (you could make a lovely scrambled egg from this). Wash and dry the shell.
- 2 Draw or paint a face on to the shell with the acrylic paints or ink.
- 3 Fill the shell with your choice of absorbent material, just below the top, and then wet thoroughly with water. Sprinkle the cress seeds generously on the top and add a little more water to dampen.
- 4 Balance your heads in your egg cups or trays, and place in a sunny position such as a window ledge. Water regularly and do not allow them to dry out.
- 5 Within a few days the seeds will germinate, and will begin to sprout 'hair'. They will last for a couple of weeks if you give them a trim, as they will grow a second head of 'hair'.