

Family Cress Heads

A fun way to introduce kids to growing food from seed on the windowsill.



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Skill Level

Beginner. Adult supervision needed.

Time to Make

20 minutes plus drying time

Adult Supervision Needed

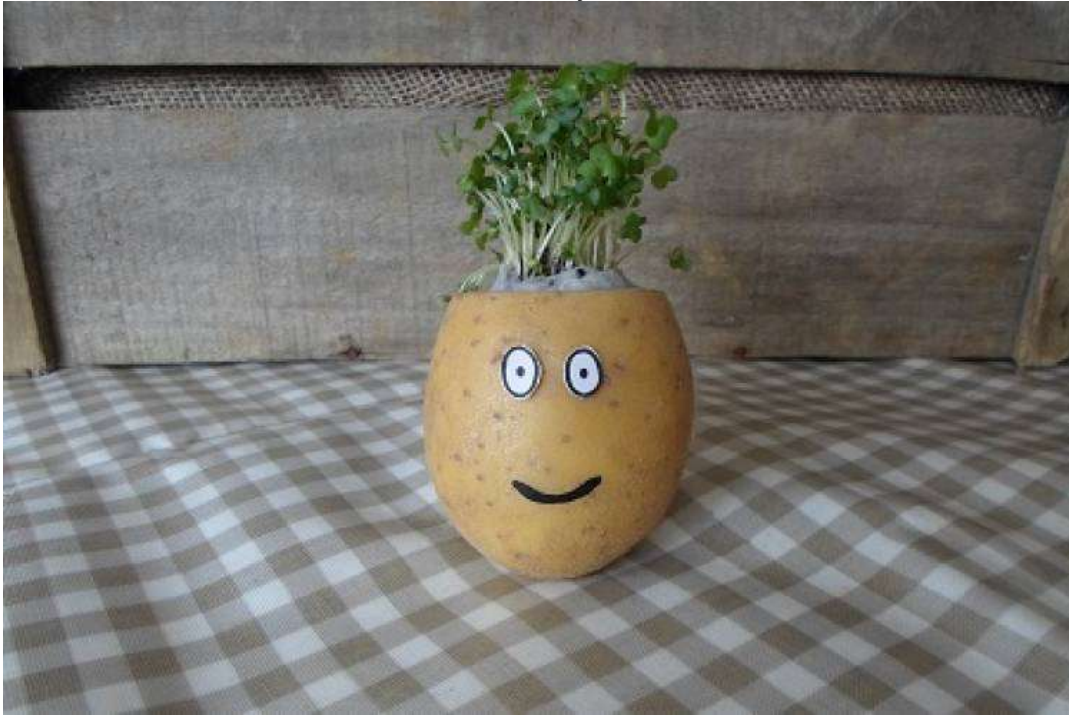
Yes

How to Make

1. Using porcelain paint pens, paint the flowerpot with family member features . Leave to dry.
2. When paint is dry, put cotton wool in base, add folded kitchen towel to about 2/3rds the way up the flowerpot. Wet the kitchen towel and cotton wool, removing any excess water.
3. Sprinkle a layer of cress seeds on top of the damp kitchen towel. Place on the windowsill.
4. Keep damp daily by sprinkling with water, removing any excess at the bottom of the flowerpot.
5. When your cress is fully grown, let the kids snip hairstyles every time they make a sandwich!

Potato cress head

28th May 2013



You will need:

- 1 fresh potato
- Paints or felt-tip pens
- 1 packet of cress seeds
- 2 balls of cotton wool

First, an adult will need cut off and then scoop out the top of the potato to create a little hollow for the cress to be grown in. Then slice off the bottom of the potato to create a flat surface so the potato will stand up.

The potato can then be decorated with paints or felt-tips.

Once the decorating masterpiece is complete, dampen the cotton wool balls and place on the top of the potato. Sprinkle the cress seeds on top of the cotton wool.

Then find a sunny spot to place your potato cress head and wait for the magic to happen.

Check each day and add water, if needed, to keep the cotton wool damp. Once the cress has grown enough it can be cut, eaten and enjoyed.

Growing Egg Heads



What you will need

Eggs – yes, you can eat them first – just be careful how you crack them. Past experience shows that boiled eggs are best

Cotton Wool – A staple in every family home

Cress Seeds – Bought from any garden centre. We use these ones from [Amazon](#)



Coloured pens – Some coloured pens to decorate the eggs. You can also use other craft if you want to get creative!

Something to stand them in – Egg boxes are fine for this but you can also make a little person if you are an arty type.

Preparing the eggs

There is one of two things that you can do here. You can either boil the eggs and eat them – saves on wastage. Or, you can literally put some very small holes in the eggs and drain out all of the insides. Either way, you need to be careful not to crack too much off the top of the egg. About that of the picture below.

Once you have the egg shell with nothing in it, wash them out so that there are no 'bits' left that will begin to smell a few days down the line. Warm water is fine.

Decorate the eggs

Decorate the eggs. It is best to do this now so that you don't end up spilling the seeds when you pick them up later.

Decorate a whole family

Filing the eggs

Now that the eggs are clean, you can start putting the filling in them. We're going with cotton wool on this one but you can use compost if you wish – it is just a little messier. Put enough cotton will in so that it comes up to about 1cm below the top of the egg

Put the cotton wool in each of the eggs

Add the seeds

Now sprinkle some seeds on the top of the cotton wool and mist spray with some water. If you don't have a mister, we found the next best thing to use is a Call syringe (most homes have a few of these lying around).

Evenly place the seeds in the egg

Now wait

It will only take a few days for you to see the results. These seeds germinate pretty quickly.

After only a few days, you can see the seeds starting to grow

Whilst the seeds are growing, don't forget to water them. They don't need much, only a small amount every couple of days. If you have them in full sun on the windowsill, you might want to water them with only a little every day. If you have a spray gun, this will be fine. However, we actually use the Calpol syringe as we can get to the area where the roots are. This way is also great for little fingers as they can use them pretty easily.

After only 10 days, we have our Cress Heads!! Time to give them a quick haircut and enjoy some lovely egg and cress sandwiches!

