



## Cress

Cress is so easy to grow and is delicious when added to a sandwich or salad.

### How can we grow it?

1. Cress can be grown on your windowsill all year round!
2. It can be grown in a recycled container (make holes in the bottom) or in a growing pot.
3. Fill the pot with soil and sprinkle the seeds on top.
4. Don't forget to water the cress to keep it moist.
5. Pick the leaves as required and enjoy!