

## Growing your own cress egg head



### You will need:

- Eggs or empty yogurt pot
- Cotton Wool
- Cress seeds
- Some paint or pens



1. Boil an egg, crack off the top and save the large part of the shell if you don't have an egg, you can grow in an empty yogurt pot instead.
2. Wash out your egg or pot carefully and let it dry.
3. Decorate your egg shell or pot with a silly face or your favourite cartoon character.
4. Fill the egg shell or pot with cotton wool and add water until it feels damp (but not too wet)
5. Sprinkle your cress seeds on top of the cotton wool and put on a window sill with plenty of light (but not direct sunlight) and don't let the cotton wool dry out.
6. Watch and wait for your hair to grow
7. When it is really long you can cut the hair and use it in a salad or try an egg and cress sandwich!