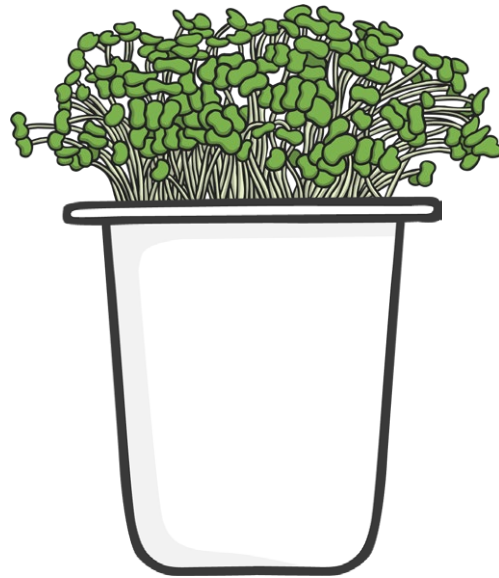
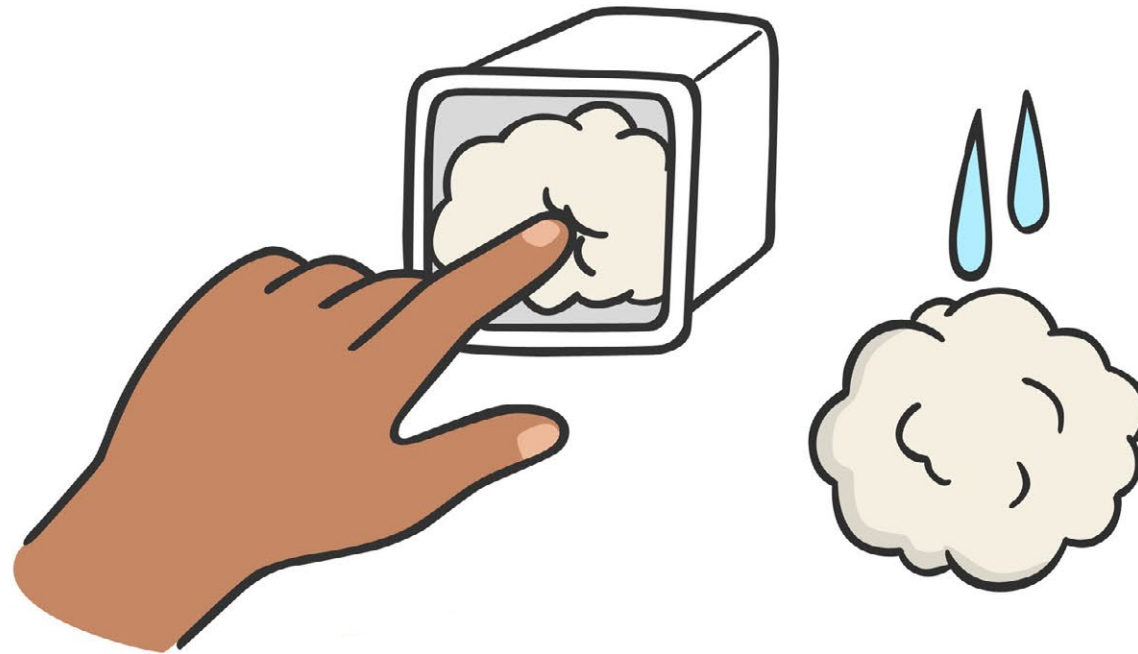


How to Grow Cress



1. Get an empty yoghurt pot. And then, wet some cotton wool and push it into the bottom of the yoghurt pot. Add another layer of damp cotton wool on top.



2. Sprinkle the cress seeds on top of the cotton wool.



3. Place the pot in a warm, sunny spot.



4. After about a week, your cress will have grown!

