

# How to Grow a Cress Head

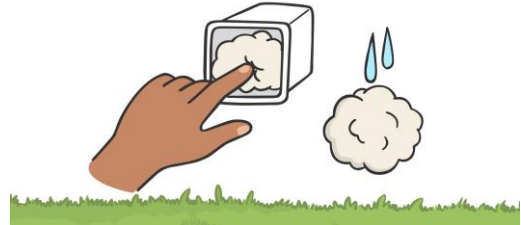


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1. Draw a face onto a sticky label and stick this onto the yoghurt pot.



2. Wet some cotton wool and push it into the bottom of the yoghurt pot. Add another layer of damp cotton wool on top.



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



4. Place the pot in a warm sunny spot.



5. After about a week your cress head will have a head of cress hair!

