

# Get Growing!

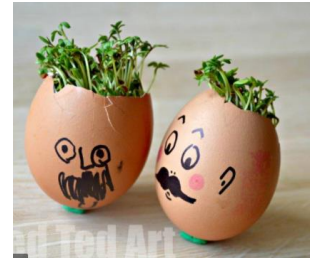
## Grow a cracking cress head!

You will need:

- Cress seeds
- 2 eggs
- Cotton wool balls
- Something to decorate the eggshell (felt tips work fine)
- Water

**STEP 1-** Carefully remove the tops from the eggs, leaving the bottom two-thirds of the shells intact. Empty the shells (save the eggs for another time), then carefully wash them out. Decorate the shells with pens or paint, then leave them to dry.

**STEP 2-** Dip the cotton wool balls in a little water, squeezing off any excess. Place 1 ball inside each shell, then sprinkle 1 tsp cress seeds onto each one. Sit the filled shells in eggcups and leave in a dry, well-lit place for a week – a windowsill is perfect. Your cress will start to grow within a few days, perfect for making egg & cress sarnies!



## Grow a carrot top!

You will need:

- Carrot top (2-3 cm from stem with some root growth remaining on top)
- Shallow dish
- Cotton wool
- Water
- Window sill

Simply add a layer of cotton balls to your small dish. Add a light dribble of water over the cotton balls so they are wet but not completely flooded with water. Press your carrot top into the wet cotton balls and place the dish in a sunny location. Be sure to check that the cotton balls remain wet throughout the growing period. You do not want to dry them out.

It will take a few days for children to see the carrot top begin to grow, however, once it starts it will grow quite quickly when in the right conditions.

