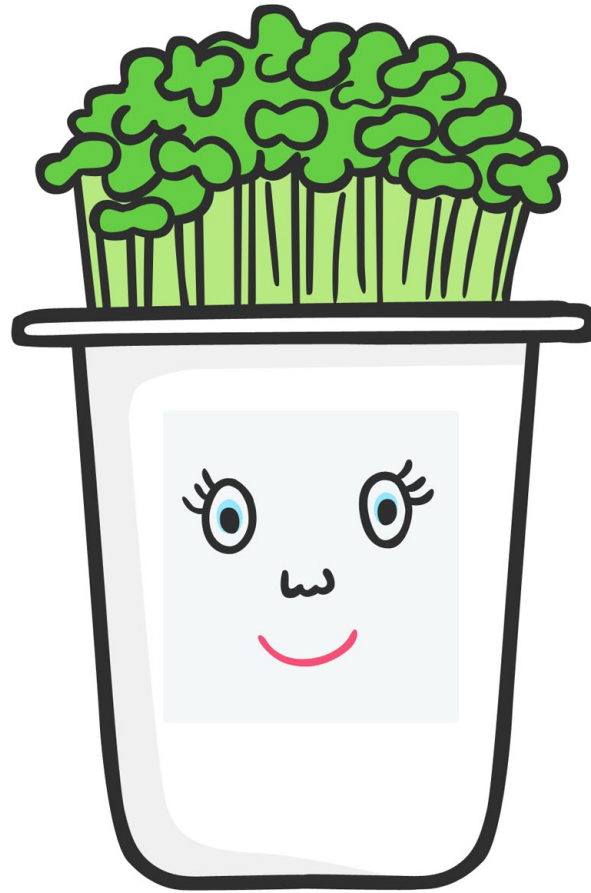


How to Grow a Cress Head



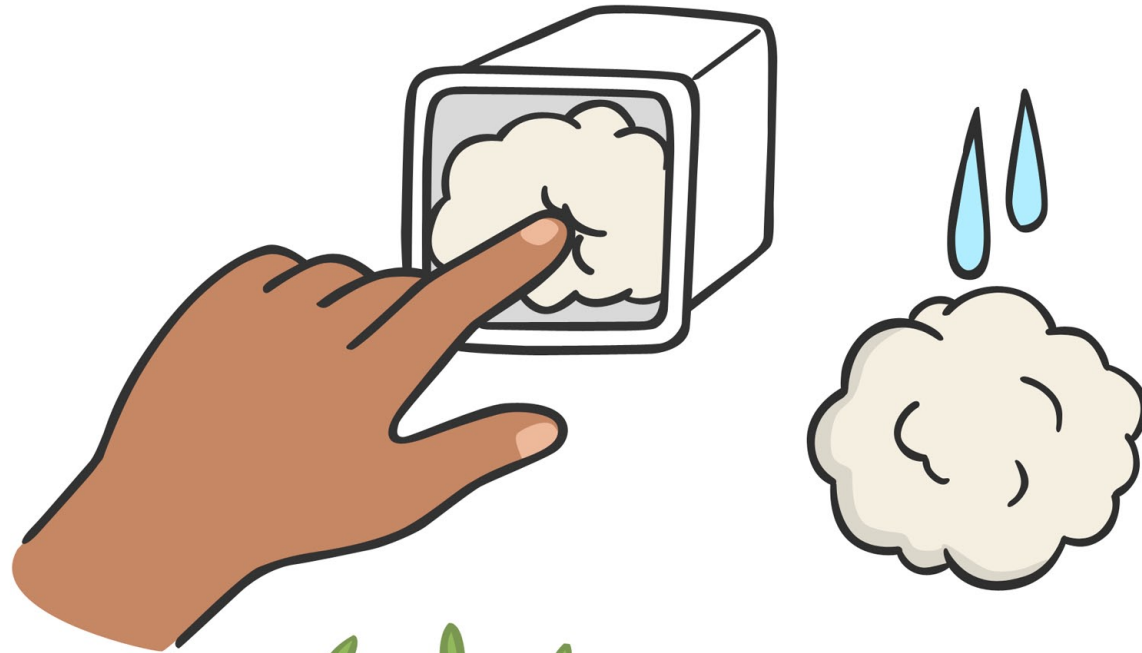
How to Grow a Cress Head

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



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



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



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



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

