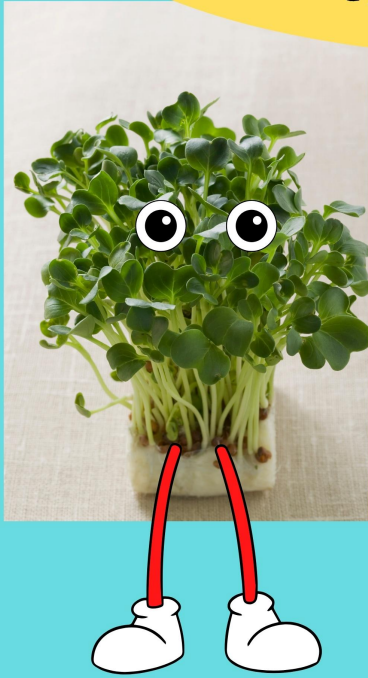


# GROW YOUR OWN AT HOME!

WHY NOT GROW YOUR  
VERY OWN CRESS?



## What do I need?

- A clean yoghurt pot or a tupperware
- Kitchen paper or cottonwool
- Mustard and cress seeds
- Water.

## What do I do?

WHAT DO YOU GET WHEN  
YOU EAT A SANDWICH IN  
BED?

- Put a thick layer of kitchen paper or cotton wool on the bottom of the yoghurt pot or tupperware. Then sprinkle with water so it is damp.
- Sprinkle some seeds on top
- Place somewhere warm and sunny like a window sill
- Remember to look at it every day. Make sure the kitchen paper or cotton wool is damp but not too wet or it will go mouldy.
- The seeds will grow into cress in a few weeks
- Now you can cut off the shoots and eat them in a sandwich.



...BED CRUMBS!

HUGE THANKS TO EVERYONE AT THE NORWICH COMMUNITY PLANT HUB FOR ALL THEIR EXPERTISE AND IDEAS.