

## FUN THINGS TO DO FROM THE FARMING MUSEUM TEAM AT ADEN



### MAKE YOUR OWN CRESS HEADS

Plants need water, air and sunlight to grow. Did you know they can grow without soil? You can make your own cress head to prove this!

#### What you need:

- Cress seeds
- Egg carton
- Cotton wool
- Felt tips or crayons
- Googly eyes (if you have them)

#### How to:

1. Draw a face on the egg carton using felt tips or crayons and googly eyes.
2. Wet some cotton wool and put it in the egg carton.
3. Put some cress seeds on the cotton wool and press down gently.
4. Put your egg cartons in a sunny, warm spot - try a kitchen windowsill and remember to keep the cotton wool damp.
5. After a day or two the seeds will start to germinate and grow. By the end of a week the stalks look like hair!
6. When the cress gets green leaves on top of the stalks, you can eat it! Cut the tops off the stalks and try it in a sandwich or a salad.