

Cress Sprouts in a Bag

Grow cress and other sprouting seeds on your windowsill without soil. Try this easy, quick, portable, 'no mess' activity.

You will need:

- Cress or mustard seed (1 pkt. seed = 2-3 bags)
- Resealable food bags (The type with a seal strip helps keep bag open for growing or sealed closed for transportation.)
- Kitchen roll/paper towel or other absorbent paper
- Water



Step 1 Fold paper towel

Step 1 Fold paper towel to fit in bottom of plastic bag.

Dampen the paper with water



Step 1 (cont.) Dampen paper

Step 2 Sprinkle the seed onto the damp paper.



Step 2 Sprinkle seed onto paper

Step 3 Place on a windowsill or somewhere with lots of light, to grow. Keep bag open and the paper moist. Cress will sprout in 2-3 days.



Step 3 Place in a light place to grow



Harvest your cress in 7-10 days.

It's all edible. Trim off the roots if you prefer.

Enjoy its peppery flavour in salads and sandwiches!