



### CRACKIN' CRESS HEADS

Enjoy growing at home by decorating eggshells with living cress hair!

#### YOU WILL NEED:

- 2 eggs
- 2 teaspoons of cress seeds
- Cotton wool balls
- Felt-tip pens or acrylic paints

#### STEPS TO MAKE YOUR CRACKIN' CRESS HEADS

- 1) Carefully remove the tops from the eggs, leaving the bottom two-thirds of the shells intact. This will give you more room to watch your plants grow and leaves more room for adding cute spring-inspired faces. Empty the shells (save the eggs for another time), then carefully wash them out.



- 2) Decorate the shells with pens or paint, then leave them to dry. Can you draw little faces?

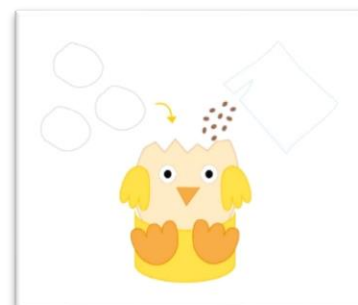
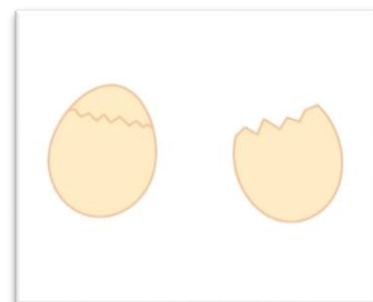


- 3) Dip the cotton wool balls in a little water, squeezing out any excess. Place 2 balls inside each egg shell, then sprinkle 1 teaspoon of cress seeds onto each one. Make sure you spread the seeds out nicely.



- 4) Sit the filled shells in eggcups and leave in a dry, well-lit place for a week – a windowsill is perfect! Check them every day to make sure they don't dry out. Add a little water when they do.

Your cress will start to grow within a few days. Perfect for making egg and cress sandwiches!



We'd love to see your Crackin' Cress Heads, so why not share them on Facebook, Instagram, or Twitter with **#ArmchairAgriculture**

Images provided by  
ToucanBox.