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Cress

Lay two pieces of kitchen roll in a dish, and pour or spray only a little bit of water onto them to make them damp.

Sprinkle a fair amount of cress seeds over the tissue, making sure the seeds don't clump together.

Cover the top of the dish with another dish or two pieces of kitchen roll.

Check up on your cress every day until it begins to sprout to 1 cm, when it is at this height remove the cover, and put it somewhere sunny - not forgetting to use the same method of watering when they become a little dry!

When they have reached 2 and a half cm, cut off the amount of cress you want to use and put the cover back on the dish for next time.

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