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Watercress

Water cress requires a large amount of running water so it is best grown in a pot. The whole idea is to keep the water in the base and create a mini lake.

Plant in a traditional planter. Use a mix of one half compost soil and one half sphagnum moss. You could also plant your seeds or your cuttings in this mixture. This planter must have drainage holes - they will allow it to absorb the water through the holes and keeping your plant nice and moist.

Watercress in northern climates prefers full sun.

Make sure there is always water in the tray.

That's it! The watercress will grow beautifully and can be regularly harvested.

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