

# Crazy for Cress

Grow cress and make a tasty egg and cress sandwich.



Cress is a member of the Brassicaceae family, as are radishes and beetroot. It is a reliable and quick crop to grow which makes it great for growing in school, youth club or at home.

This resource is a step-by-step guide to growing cress and making a tasty egg and cress sandwich.

Cress is an easy and cost-effective plant to grow on a windowsill in class or at home. You can undertake a short experiment suitable for children aged 5-12 where they can test how to grow the best crop and learn about growing conditions. Using yogurt pots or egg boxes to grow it is a great way to start your gardening journey.

## Cress growing experiment

Growing cress is always a fun thing to do. Not only do you get to experience growing plants, but you can eat the results too! This experiment helps children understand what is needed to grow plants and the conditions where cress seeds grow best.

We know a plant needs the following things to grow successfully:

1. Sunlight
2. Soil
3. Space
4. The right temperature
5. Water

## You will need:

- Cress seeds
- Soil
- Cotton wool
- Water
- Five small plant pots (egg boxes or yogurt pots will be fine)
- Labels so you remember which experiment is which when you gather them all together
- Various places to do your experiment: somewhere dark, somewhere cold and somewhere sunny



How to plant	Instructions	How do you predict the cress will grow?	How has the cress grown?
Plant a pot of cress seeds with all the things they need. This is your control crop.	Plant seeds in soil and leave them on the windowsill to grow where they can get sunlight and be sure to water them often (but not too much - you don't want them to rot).		
Plant cress but without cotton wool	Plant some of the seeds with no cotton wool or soil. You may want to swap the plant pot for a small plastic dish. Make sure you water them.		
Without warmth	Plant some seeds in a pot on top of some cotton wool (no soil) and leave in a cold place. Make sure you water them.		
Without light	Plant another pot with some cotton wool and place them in a dark place like a cupboard or shed. Make sure you water them.		
Without water	Plant another pot with the seeds with cotton wool in the bottom and place some more on top of the seeds and don't water them, place in the windowsill.		

In 10–14 days, your experiment will be complete. Come together to assess your findings and see what helped or hindered growth.

This experiment can be used in KS1 and KS2 and working scientifically.



# Share an egg and cress sandwich

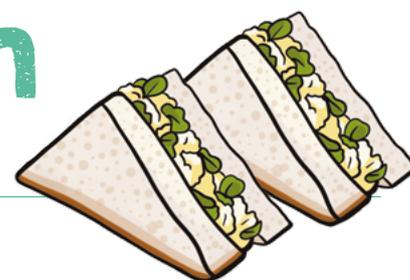
(Serves one)

Organisation and skill: ★☆☆☆ (Easy)

Cost: ★☆☆☆ (Low cost)

Community involvement: children under supervision, young adults, families, older people

Equipment: ★☆☆☆ (Basic)



## Equipment

- saucepan
- slotted spoon
- mixing bowl
- fork
- butter knife
- bread knife
- bread board

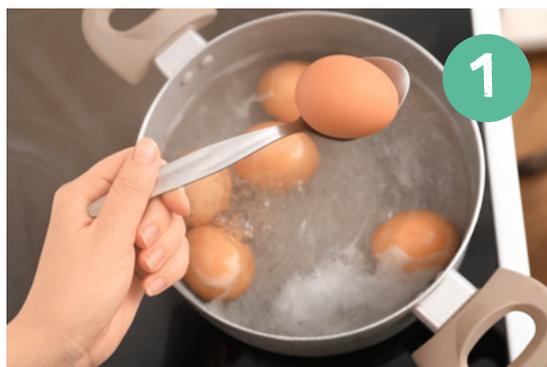
## Ingredients

- two slices of bread or one bread roll – you could make some using **this bread roll recipe**
- two organic or free-range eggs
- two tbsp mayonnaise or salad cream
- home grown lettuce leaves or tomatoes
- salt and pepper
- a knob of butter
- a handful of your cress

Consider using organic eggs, which means higher welfare for hens.

## Method

- 1 Bring a pan of water to the boil and, using the slotted spoon, carefully lower the eggs into the water and cook for six minutes. When done, cool under running water until cold enough to be peeled.
- 2 Peel the eggs, adding the shells to your compost bin, and then leave the eggs to cool completely.
- 3 When cold, mash with a fork, add the mayonnaise or salad cream and season to taste.
- 4 Place both slices of bread on a board and spread with butter. Gently spread the egg mix onto the first slice of bread and then add lettuce or tomatoes and your cress before placing the second buttered slice of bread on top.
- 5 Carefully cut your sandwich into triangles and enjoy!



 6 mins



## Generate conversation and explore sensory experiences.

- Discuss events you could host to share sandwiches together.
- Share your favourite sandwich combinations, whose is the most popular?
- Which cultures and countries do sandwiches come from? Discuss club sandwiches or the New York deli sandwich. What do other cultures eat instead of sandwiches for lunch?

## About this resource:

Keen to do more growing? Check out the full range of resources, including how to **grow pea shoots** and **window sill herbs**.

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