

Teach your monster

Grow a cress monster!

Included in this pack

- Instructions
- Monster parts to copy or cut out for your eggs!
- Bub's growing certificate

What you'll need

- 1 teaspoon of garden cress seeds
- 1 large egg (or other pot)
- 1 cotton wool ball
- Felt-tip pens or a glue stick
- A pair of scissors

Cress is a tangy, peppery herb. It loves jazzing up salads and making egg sandwiches extra snazzy. The best part? It's a breeze to grow and ready to munch in just a couple of weeks.



Once the cress has grown, award yourself a growing certificate! Fill out Bub's certificate by filling in what you grew, in words, a picture or even photograph and be proud of your new growing skills!

TIP: You can use any small pot for this activity, not just egg shells. Try a yoghurt pot or lid as an alternative if you don't have eggs.



Grow your own Cress Monster - Instructions

Step 1

- Carefully remove the tops from the eggs, leaving the bottom two-thirds of the shells intact. An adult is very useful for this part!
- Empty the shell (you can cook and eat the egg later) and gently wash it with water until all the runny egg is cleaned out.



Step 2

- Get creative! Draw your own monster features with pen, copy ours, or cut out and stick the monster parts on your egg shell using a glue stick.

Step 3

- Dip the cotton wool in water, and give it a squeeze out.
- Carefully place the ball inside the shell.
- Sprinkle a teaspoon of cress seeds onto it.
- Put the shell in an egg cup and leave it in a dry, well-lit place, such as a windowsill.



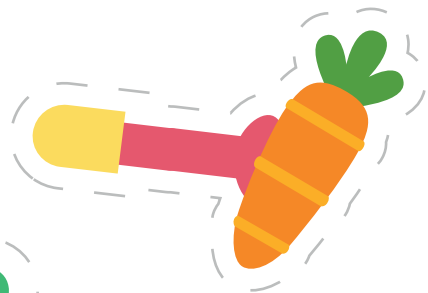
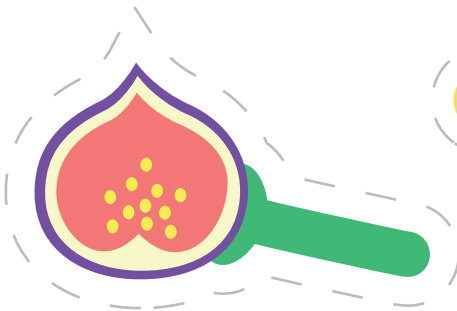
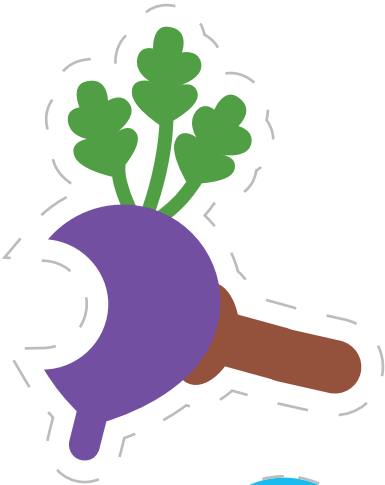
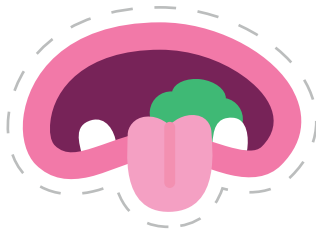
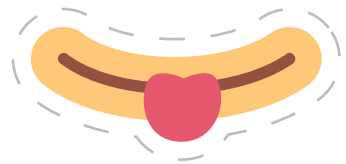
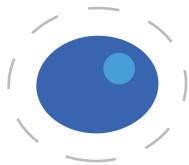
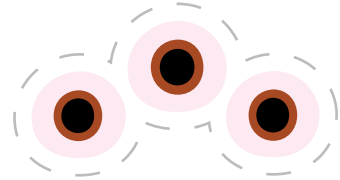
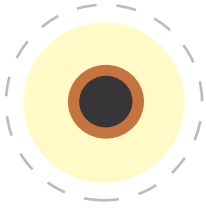
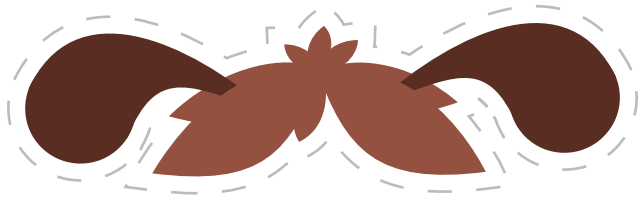
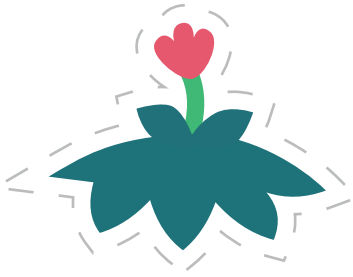
Step 4

- Your cress will start to sprout in just a few days!
- It should grow out of the top of the egg shell after about 1 week.
- Your cress monster should have a full head of hair within 15-20 days. When it's long enough, harvest your cress with a pair of scissors.

TIP: Feed your cress with tomato feed to give it a boost!

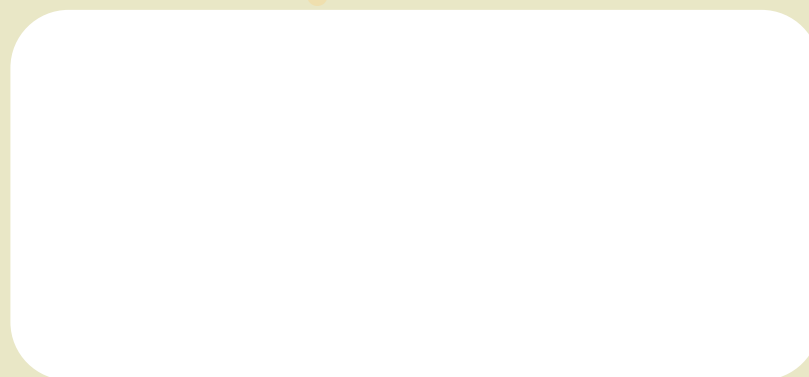
TIP: Make a delicious egg and cress sandwich using your cress!





Growing Award

I grew...



Well done for some
amazing growing!

Signed by _____ Bub

