

Watching Plants Grow - Mustard and Cress



What do we need to start?

- Packet of mustard and cress seeds
- Piece of absorbent cloth, some kitchen roll or cotton wool
- Small plate or saucer or a plastic fruit tray

When you buy a packet of seeds there will be instructions on the packet to help you get the best results. Mustard and cress seeds will germinate at any time providing there is warmth and moisture. To get mustard and cress plants to grow, place them in a warm, dark cupboard and move them into the light after they have germinated. Mustard and cress is delicious as a salad garnish or in sandwiches.

Growing mustard and cress seeds

1. Cover a small plate or saucer with a folded piece of absorbent cloth or kitchen roll.
2. Cover it with tap water and let all the liquid completely soak in.
3. Sprinkle a small quantity of mustard and cress seed all over the moist material.
4. Put the plate/saucer into a warm, dark cupboard (the airing cupboard is a good place).
5. Ensure that the cloth/kitchen roll does not dry out; add a little water to keep moist.
6. When the plants are 2cm to 3cm tall move them to a warm place in the light.
7. Keep the plants moist.
8. After a few more days the plants will have little green leaves at the end of their white stems.
9. Cut the crop with a pair of scissors and enjoy the taste. It is good in sandwiches.
10. For a continuous crop, repeat the seed sowing every week.

Make an 'Egghead'

The same procedure can be used to grow cress seed in an egg shell.

The empty egg shell can be painted with facial features; it will look most realistic with cress as hair.

Fill an empty egg shell with cotton wool, add water and sprinkle cress seed on top.