

make your own cress head

1. drink

Finish your drink before getting started



2. snip

Cut your empty carton in half, just above the Dude's head



things you'll need:



empty carton

+



some soil

+



a splash of water

+



cress seeds

3. water

Fill the carton almost to the top with soil and slowly add water until it feels damp to the touch



4. plant

Sprinkle the cress seeds on top of the soil, and put your carton somewhere warm



5. observe

Check your cress every day to see how it's doing



6. eat

When it's green and tall try picking it and popping it in your favourite sandwich

egg and cress go really well together

We'd love to see a photo of your cress head. Please send your snaps to hello@innocentdrinks.co.uk

