



Grow-your-own Water Cress

Do you like water cress? If you do, why not grow-your-own. It's dead easy to grow water cress at home

1. Go to the supermarket and buy one of those bags of water cress (it will cost over £1!!!).
2. Get a largish container with just a few drainage holes...and old washing-up bowl is ideal, with some small holes drilled round the sides an inch from the bottom.
3. Half fill with soil/compost and add enough water to waterlog it.
4. Take ten to a dozen shoot tips from your bag of water cress (nip off just below a pair of leaves) and stick them in the quagmire. Eat the rest of the bag. And let the planted water cress grow.

In winter grow in the greenhouse or garden cold frame; in summer it will grow well outside. From one planting you should get at least half a dozen pickings (each the equivalent of one expensive bag). Then renew. If you have two of three containers going, you can have water cress every day of the year!

